



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 217) Share May 3, 2025

Welcome to Week #217 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

PLEASE NOTE: When you are bringing your payments with CASH, please bring EXACT AMOUNT in a labeled envelope. You will not receive a Pick Up Reminder email. At the Washtenaw Food Hub we ask that you come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/imm...>

REFLECTIONS ON THE FARM WITH RICHARD AND DEB

*May, and among the miles of leafing,
blossoms storm out of the darkness—
windflowers and moccasin flowers. The bees
dive into them and I too, to gather
their spiritual honey. Mute and meek, yet theirs
is the deepest certainty that this existence too—
this sense of well-being, the flourishing
of the physical body—rides
near the hub of the miracle that everything
is a part of, is as good
as a poem or a prayer, can also make
luminous any dark place on earth.
("May" poem by Mary Oliver)*

It is May. The Bradford pear is blooming all around town. The sidewalks are sprinkled with their delicate, tiny, white flowers full of the buzzing of bees. Though the fruit initially was thought to be sterile, after many years it was discovered that it had cross pollinated with other pears and spread to many wild areas, fence rows, scrubby pastures, edges of woods. Once this supposedly sterile, Asian hybrid, was introduced to America, it became a strong competitor amongst the natives in the wild lands of Michigan. Several states have banned or restricted Bradford pear trees due to their invasive nature. South Carolina, Ohio, and Pennsylvania have banned their sale and cultivation, while other states, like [Kansas](#), are taking steps to control their spread. Nonetheless, it was a good primary soil builder creating bushy shade for native plants and birds. This is yet another of a long list of domestic, nonnative hybrids,

which seeded this region trying to find it's place and its life on the landscape with all the other nonnatives and native plants, animals, and people.

Indeed like the rest of us, they have been transplanted here due to many and various reasons, but now are trying to discover what it means to be native to this place, finding their home. A domestic gone wild! We should all be so lucky to find our place within this land, to create and to live and to realize our life every every minute. Are there any humans who realize life while they are living, every every minute? Probably not. The saints and the poets do some realizing. Maybe this is something we can aspire to be and in some small ways, we can realize our lives now on this beautiful earth in this wonderful rich land of health, vitality, and gastronomic epiphany.

As we realize this place and the "miracle that everything is a part of", we hope you can appreciate the miracle of good food provided in the box from the farmers at Second Spring Farm, Kapnick Orchards, Sell Farms and Greenhouses, Garden Works Organic Farm, and our staff at Tantre Farm. We also are proud to provide you the skills and talents of Pilar's Tamales, Ann Arbor Tortilla Factory, and It Kicks! Thanks for gathering this good food to provide a sense of well-being for you and your families. Hope you enjoy this "spiritual honey"!

THIS WEEK'S SHARE ITEMS:

APPLE MEDLEY MIX (Gala, Pink Lady, Fuji) from [Kapnick Orchards](#): You will receive a mix of [Gala](#) (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance ; good for snacking, baking, juicing, freezing, and adding to salads. They are also especially suitable for creating sauces), [Fuji](#) (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, and also performs well in baking and applesauce), and [Pink Lady](#) (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a "fizz-like" burst of flavor). Thanks to Scott of Kapnick Orchards, who supplies apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

-How to use: see above in description; all good for fresh eating and baking!

-How to store: can store for 2 to 3 months in cool location.

ORGANIC RED CABBAGE from [Second Spring Farm](#): You will receive [Ruby Perfection](#) which is a fancy, fall storage, red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-How to use: good steamed, stir-fried, or chopped raw into salads or coleslaw.

-How to store: refrigerate for up to 1 month.

BABY ORANGE CARROTS from [Tantre Farm](#): You will receive [Bolero](#) (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). Thanks to the Tantre staff for sorting and washing the orange carrots.

-How to use: Can be used raw as carrot sticks, grated in salads or juiced;

steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

-How to store: Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks, and sometimes longer

ROMAINE LETTUCE from [Sell Farms & Greenhouses](#): upright, dense heads produce long, uniform hearts with good flavor; organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan Sell, the owners of this family-owned business in Ypsilanti. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July.

-How to use: raw in salads or sandwiches or use in soups or smoothies.

-How to store: refrigerate in plastic bag for 3-5 days.

ORGANIC RED ONIONS from [Second Spring Farm](#): You will receive [Rossa di Milano](#) (classic Italian storage onion; strong, bronze-pink skins; an excellent cooking onion adding sweetness and pungency to any cuisine). Thanks to Second Spring Farm with description above.

-How to use: Great for salads, soups, stews, egg dishes, and other dishes for flavor.

-How to store: Once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea shoots. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Thanks to Rob, who lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

CAROLA POTATOES from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying. Thanks to Tantre staff for sorting and cleaning all these roots.

-How to use: good roasted, fried, mashed, or in salads.

-How to store: keep in cool, dark place in paper bag for several months

FROST-SWEETENED SPINACH from [Tantre Farm](#): These crisp, dark green leaves are super sweet, since they have emerged in the hoop houses, so they are frost-sweetened. They are good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced.

Thanks to our very own Tantre staff for harvesting, washing, and packing.

-How to use: toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, soups, or spinach pie

-How to store: refrigerate with a damp towel or in a bag for up to 1 week

ORGANIC TETSUKABUTO SQUASH from [Second Spring Farm](#): a 5-6 pound Japanese squash; nearly round with dark green rind, slightly mottled and ribbed; sweet and nutty flavor with yellow, thick flesh. See more detailed description of Second Spring Farm in produce above.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off “before” or “after” cooked, but “after” is easiest when it’s cooled); mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

PUPUSAS WITH CORTIDO & RED SAUCE from [Pilar's Tamales](#): You will receive 3 pupusas in a Ziploc bag with the curtido and red sauce in separate containers. Traditionally a popular El Salvadoran dish, pupusas are thick, stuffed corn cakes which are made simply with Masa corn flour, water, canola oil. They can be filled with cheese, beans, or meat, but these are vegetarian, so they are filled with Monterey cheese, mozzarella cheese, cheddar cheese, Chihuahua cheese, Michigan refried beans, garlic powder, onion powder, salt. Curtido is kind of like a coleslaw with tangy, slightly fermented flavors that provide a refreshing counterpoint to the richness of the pupusas. They are made up of shredded green cabbage, carrots, onion, apple cider vinegar, salt, oregano, water. This dish adds another layer of flavor with Pilar's House Sauce consisting of tomatoes, bell peppers, onions, garlic, Mexican chilies, pumpkin seeds, Mexican chocolate, lots of spices, lots of Love. Thanks to Sylvia from Pilars Tamales who packs everything with LOVE, and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: Preheat a skillet and heat for 12 minutes on low to medium heat. Flip every 3 minutes on each side for 12 minutes. Pupusas are typically served warm, and they are often traditionally eaten by hand. Curtido and the red sauce are usually served on the side, so you can scoop up the ingredients with the pupusa.

-How to store: This dish can be placed in the fridge for up to one week or more.

ANN ARBOR TORTILLA CHIPS from [Ann Arbor Tortilla Factory](#): This 8-oz bag of chips is vegan and gluten-free and comes with a hint of lime to enliven the flavor of these all natural tortilla chips. They make the tortillas traditionally with minimal ingredients such as Non-GMO Corn, Water, Lime, Non-GMO Sunflower Oil, Salt. No gluten, no preservatives, and no trans fats. You can find Ann Arbor Tortilla Chips in many stores around Ann Arbor including Argus Farm Stop, Sunflower Farm Market at the Washtenaw Food Hub, and in Chelsea at Agricole Farm Stop.

-How to use: Eat as a snack with salsa or make Nachos, or use with a cheese dip.

-How to store: Can be stored for 60 days.

LA VERDE GREEN SALSA from [It Kicks A2](#): This vegan and gluten-free, green salsa has tomatillos, jalapeno, green peppers, cilantro, garlic, avocado, olive oil, apple cider vinegar, lime, spices and love. This medium hot salsa/sauce can be served warm or cold and is rich in fiber, helps lower serum cholesterol, is low in calories, and contains protein, vitamins A, B6, and C. Lupie creates his hot sauces with love and care. He prepares his products at the Washtenaw Food Hub kitchens and currently sells at the Ann Arbor Farmers Markets on Saturdays, Argus Farm Stop, and for catering events.

-How to use: delicious with tortilla chips; use it as a sauce for enchiladas, quesadillas, or tacos, drizzle it over carne asada or chicken fajitas, or spoon it over rice; this will pair nicely with Pilar's pupusas and Ann Arbor Tortilla chips

-How to store: Keep in refrigerator for 5 to 7 days after opened. May be frozen as well for longer storage.

ANNOUNCEMENTS

1. TANTRE FARM VISIT WITH ARGUS FARM STOP on May 6: Join us at 10 AM to Noon for a fun day at Tantre Farm with Argus staff to get a spring tour of the farm, sample some early spring produce, and learn about Richard and Deb's farming practices! You are also invited for lunch with the farm crew after the tour, so feel free to bring a dish to pass if you'd like to join in! There is a \$10 fee through Argus, so please go to this link to sign up if you'd like to visit us at the farm: <https://www.eventbrite.com/e/t...>

2. TANTRE SUMMER CSA SIGN UP IS STILL OPEN: When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$680 beginning the week of May 25-May 31 and ending the week of September 21-27. That's approximately \$38/week (often with a \$50 real value) of groceries every week! Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until May 24 to register for the regular \$680 full cost. Please let us know if you have any questions. *Hope to see you this summer in 2025!*

3. SHOP LOCAL AT [SUNFLOWER FARM MARKET](#) on Wednesdays, Fridays, and Saturdays: Many people view small and local businesses as a vital part of the economic and social fabric of communities. Our regular hours will continue on Wednesdays and Fridays from 4 PM to 7 PM and Saturdays from 9 AM to 12 PM. If you are thirsty we have started carrying another Lively Up Kombucha called "Tropical Dream". We also have a Maple Butter and Garlic Parmesan Pretzel package from PopDaddy. Of course, there will be fresh produce from Tantre Farm and other local farms, including freshly harvested, hydroponic, Lettuce from Sell Farms, Microgreens from Gardens Works, and hoop house Spinach from Tantre Farm. [Carosello Pasta](#) has several flavors of dry pasta and [Zingerman's Bakehouse](#) will have a few loaves of bread. Many frozen items are available including frozen meats, fish, tempeh, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries, Blueberries, Peaches, and Tart Cherries. We have fresh muffins and cookies along with frozen lasagna, quiches, and mac n cheese dishes from [Harvest Kitchen](#). Fluffy Bottom Creamery will have yogurt, aged and feta cheeses again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, beet kvass, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of

Unity Vibration's kombucha spritzer and Bea's Squeeze Lavender Lemonade, [Kapnick Orchards](#) apples, and [Calder Dairy](#) regular & chocolate milk. Come and get free samples of [Harvest Chocolate](#) snacking chocolate and some new PopDaddy pretzels! We also have several snacks including 313 Urban Tortilla Chips, PopDaddy kettle corn, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips, and several flavors of [Zingerman's Creamery](#) gelato. As usual you can pick up your basic needs of maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, salad dressings, broths, and [Tiani Body Care](#) products. Check out our Natural Peanut Butter from Koeze. Lots of fun things to check out at the [Sunflower Farm Market](#) located at the [Washtenaw Food Hub](#) this Saturday!

4. FREE HOT COFFEE and HOT TEA AVAILABLE at Sunflower Farm Market on

Saturday mornings: We have decided to continue offering a FREE 8-oz, self-serve coffee for the month of May. You will also be given the opportunity to buy a 16-oz cup of coffee or tea and enter your name in a drawing to win a Sunflower Farm Market mug at the end of the month. We will contact you sometime after the end of May, if you are a winner! Roos Roast Lobster Butter coffee will be brewed and hot water will be available for herbal and caffeinated tea, if you need a hot pick-me-up on Saturday mornings. Half and half, coconut cream/almond milk, raw sugar, stevia will also be available to amend your drink. You will be able to choose from a couple of cup sizes. Come in and buy a cup and make connections with others around you!

5. SOCIAL MEDIA: Follow us on Instagram [@tantrefarm](#) to learn more. We are also active on [Facebook](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

RECIPES

*****Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!***

SHEET-PAN POTATO ONION CABBAGE APPLE HASH (from <http://hapaway.com/2020/04/18/sheet-pan-potato-onion> cabbage-apple-hash/) Serves 2-3.

1.5-2 lbs. **Tantre Farm potatoes**

1/2 med. **Second Spring cabbage**

1 med. **Second Spring onion**

3 Tbsp. olive oil

1 tsp. salt

1 large (or 2 small) **Kapnick apples**

Heat oven to 425°F. Chop potatoes into 1/4-1/2" cubes. Chop cabbage into large 1/2-1" chunks. Chop onion into 1/4-1/2" pieces. Place on large rimmed baking tray, toss with 2 tablespoons olive oil and spread evenly. Season with 1 teaspoon salt. Bake 15 minutes. Toss everything around and bake another 8 minutes. While hash is baking, chop apple into 1/4-1/2" cubes. Add apple to tray along with 1 tablespoon olive oil. Toss everything around and bake another 10 minutes.

SPANISH TORTILLA WITH APPLE & PEA SHOOT SALAD (from <https://munchyseeds.co.uk/reci...>)

For the tortilla:

1 finely chopped **Second Spring onion**

1.5 tbsp oil

400g (3) **Tantre potatoes** thinly sliced
2 cloves of crushed garlic
1/2 tsp smoked paprika
8 beaten eggs
50-g serving of Savoury Crunch or mild Chili seeds
sea salt and black pepper
a handful of parsley and extra seeds to serve (optional)

For the salad:

1 finely sliced **Kapnick apple**
2 large handfuls of **Garden Work's pea shoots**
1 tsp wholegrain mustard
1 tsp honey
1 tbsp apple cider vinegar
1.5 tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

CARROT LENTILS (from [Learning to Eat Locally](#).) Serves 6

3 whole cloves
1 medium **Second Spring red onion**, quartered
1 cup small green lentils
2 medium **Tantre carrots** cut into 1-inch chunks
1 tsp salt or to taste
Freshly ground pepper to taste
2 bay leaves
1 tsp olive oil (optional)

Poke cloves into onion quarters. Put lentils, onion, carrots, salt, pepper and bay leaves into a 2-quart saucepan, and cover with water by one inch. Bring to a boil, reduce heat to low, and simmer covered until lentils and carrots are tender, about 30 minutes. Drain lentils, leaving some of the juice and remove bay leaves and cloves. Toss with olive oil if desired.

WINTER VEGETABLE CHOWDER (from [366 Simply Delicious Dairy Free Recipes](#) by Robin Robertson) Serves 6

1 tsp canola oil
1/2 cup **Second Spring onion**, chopped
1/2 cup celery, chopped
1-2 medium **Tantre carrot**, chopped
2 cups **Second Spring Tetsukabuto squash**, peeled and chopped
1/2 cup sweet red or green pepper, chopped
1 tsp garlic, minced
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 2 Tbsp parsley, chopped
2 cups kale or **Tantre spinach**

1 cup unsweetened soymilk
Salt and pepper, to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery, turnip, and carrot for 5 minutes. Add squash, bell pepper, garlic, stock or water, and herbs. Reduce heat and simmer for 20 minutes or until vegetables are tender. Boil greens in lightly salted water for 3–5 minutes. Drain and set aside. Puree soup in a blender (or use a stick blender in saucepan) until smooth. Return to saucepan. Stir in the soymilk, cooked greens, and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve.

Hope you are enjoying this week! We look forward to seeing you next week for the Immune Booster's Week #218 with pick up on Sat. May 10 at the [Washtenaw Food Hub](#) or [Agricole Farm Stop](#)! Thank you for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

***We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Deb or Richard with questions or comments at info@tantrefarm.com.*

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