



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 218) Share May 10, 2025

Welcome to Week #218 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

Early in the morning about an hour after sunrise, I found myself walking in the soft soil in between mud puddles after three days of rain this past week. I was snapping asparagus stalks, while I bent and walked, moving down the row, filling a bushel basket and listening to the sandhill cranes call across the hills while the song sparrows and the vireo made fluted calls deep within the woods. This activity feels like exercise, rhythmic exercise-- squatting, bending, and snapping each stalk one by one into the basket as the sun continues to rise higher. As the earth turns and the sun ascends, the warmth spills into a rather toasty midmorning and then our baskets are full. Five bushels picked after three hours of bending and snapping these spears. What a way of physically measuring the morning's accomplishments!

A chipmunk peeped his tiny head out from in between the loader and the side of the barn. He sat for several minutes waiting, watching, and warily looking for danger before he emerged from his protected hiding place. He had found some aspen buds that had fallen off the poplar tree after the cotton had flown away, so he jumped down on the ground and started eating with nervous, agitated movements. Two savannah sparrows joined the company of the chipmunk pecking the little buds in the soft sand. The outer husks looked tender and sweet and soon the chipmunk scurried away with full cheeks. One small moment of interaction that might go unnoticed. I happened to linger to sit and observe and was rewarded with this delightful company. After 15 minutes or so I got up and noticed the long rays of sunshine while the warmth of the day slid into coolness. It was the end of the day, and I headed back towards the house. But my rewards of the day, were not quite over yet! Underneath the Chickasaw plum I noticed three tiny morels poking out of the ground. With the cool nights and the

rain, it seems that we are having a few good morel moments this spring on the farm. What pleasure it is to pluck the tender morels from their perch in the grass, to bring them inside, brush off the soil, and then to fry these few morsels to be eaten off the end of a fork. Each bite an original taste of delicious, tender, mushroom flesh.

The oaks are sending out their little baby leaves, and their frilly flowers look like lace strung between the twigs and branches. The dogwoods are in full profusion. Millions of strawberry blossoms have started to open attracting a number of pollinating wasps, bees, and flies, which is good to see for the health of the ecosystem. It is the return of all living things finding their livelihood together; a broad diversity of lives knitted to each other. The birds call from the early morning until darkness falls as the tree frogs and toads begin a nightly chorus, a rhymical chirping that's very easy to listen to as it eases the stress of the day, and helps everyone relax for their nightly rest.

We are grateful for these many sights and sounds of the earth that are created each day and each night. We especially are grateful for the hours of hard work that our partners have put into creating this box of food for you this week. We would like to thank the farmers at Sell Farms, Second Spring Farm, Garden Works, Kapnick Orchards, Jacob's Fresh Farm, and the crew at Tantre Farm. We would also like to acknowledge those who added value to our produce by creating a few of our tasty dishes this week with Ginger Deli, Blue Lemon Thai, and El Harissa Market Cafe. Hopefully we can find many ways to also be grateful to the mothers, who have created us, as we celebrate Mother's Day this weekend, and especially our gratitude to Mother Earth for all of this life that sustains us. Hope you enjoy the sustenance of this box, and from all of us to all of you, we wish you a healthy and Happy Mother's Day weekend!

THIS WEEK'S SHARE ITEMS:

EVERCRISP, GALA, and PINK LADY APPLES from [Kapnick Orchards](#): You will receive a mix of Evercrisp (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies), 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), 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.

ASPARAGUS from [Tantre Farm](#): the edible, succulent young shoots of the asparagus plant; can be green, white, or purple stems; good amount of vitamin A and fair source of vitamin B and C and iron. Thanks to our very own Tantre staff for harvesting and bunching these asparagus spears.

-How to use: serve raw chopped in salads or with dips; steam, roasted, grilled, serve "cold" with vinaigrette or with a bit of olive oil and dash of salt and lemon juice.

-How to store: wrap in damp cloth and plastic bag and refrigerate or bundle spears with rubber band and place upright in container with inch of water for

several days

ORGANIC RED BEETS from [Second Spring Farm](#): You will receive Red Ace Beets (round, smooth, deep red roots with sweet flavor and many health benefits). Thanks to our former intern (2003)– turned–farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

–**How to use:** beet roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

–**How to store:** store roots in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

ORGANIC RAINBOW CARROTS from [Second Spring Farm](#): A carrot is a root whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to Second Spring Farm with farm description above.

–**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 PEA SHOOTS from [Garden Works Organic Farm](#): the young, tender leaves and stems of pea plants, harvested early in their growth cycle, before they develop into a mature pod; they have a sweet, nutty flavor; also known as pea microgreens. These pea shoots are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. 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, in a stir fry or a sandwich, also excellent garnish in a soup and almost any other dish, so yummy and tender!

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

ORGANIC RED SHALLOTS from [Second Spring Farm](#): member of the onion family; classic teardrop shape, reddish–copper skin, and white flesh; richer, sweeter and milder flavor typically than onions. Thanks to Second Spring Farm with farm description above.

–**How to use:** good pickled, raw, roasted; excellent caramelized and in vinaigrettes

-How to store: store the shallots in a paper or mesh bag in a cool (32 to 40 F), dry (60 to 70 percent relative humidity) location for six months or longer.

SPINACH from [Tantre Farm](#): These crisp, dark green leaves are super sweet. 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 SWEET POTATO MIX (orange, purple, & red) from [Second Spring Farm](#): these edible roots related to the morning-glory family may have dark red-orange, deep purple, or dark red skin with a moist, sweet flesh; high in vitamins A & C. See if you notice any of their subtle differences in flavor. Thanks to Second Spring Farm with farm description above.

-How to use: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

VERMICELLI BOWL WITH EGG ROLL & CHICKEN OR TOFU KEBABS from [Ginger Deli](#):

Depending on which dish you selected when signing up, you will receive a gluten-free dish of vermicelli noodles with shredded green lettuce, fresh mint, cilantro, cucumber, crushed peanut, roasted Second Spring Farm shallot and a light, sweet, tangy sauce (water, garlic, Michigan maple syrup, pepper flakes, apple vinegar, sea salt) served on the side. The [Chicken Kebabs](#) are a traditional Vietnamese kebab marinated with Greek yogurt, garlic, Second Spring Farm shallots, hoisin sauce, olive oil, black pepper, sea salt, chili, paprika, cumin, fresh thyme, lime, cinnamon, organic halal chicken thighs and then stacked with winter squash, onion and cherry tomatoes. If you ordered the vegetarian dish, then you will receive the barbecue, charcoal-grilled [Tofu Kebabs](#) mixed with a similar marinade as the chicken, which is also stacked with winter squash, onion and cherry tomatoes and also served on a bed of vermicelli noodles with the tangy sauce to drizzle over the noodle bowl or dip your kebabs into. Both options of this dish come with a [Crispy Roll](#) (vegan) that is made up of onion, garlic, jicama, Second Spring sweet potato, shredded Second Spring Farm carrot, clear noodle, sea salt, black pepper, lightly fried in vegetable oil. Thanks to Te Phan and his staff from Ginger Deli, who is a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea. Please stop by to try their items.

-How to use: heat to warm when ready to eat

-How to store: keep in refrigerator for 5 to 7 days

TANGY YUZU SPINACH SALAD & CANDIED WALNUTS from [Blue Lemon Thai](#) (vegetarian and gluten-free): This particularly beautiful salad is so colorful with fresh spinach (Tantre Farm), English cucumber, orange carrots, yuzu juice, lemon juice, Dijon mustard, sea salt, black pepper, honey, olive oil, rice vinegar, walnuts, cane sugar with salad dressing in separate containers. Thanks to Chef Nam for bringing her rural Thailand roots into her inventive cooking. The vibrant flavors of Thailand come through in her personal chef services and pop up

events around Ann Arbor and the Washtenaw and Wayne County areas. Check out the website above to find out more about her.

-How to use: Open and ready to go! *Can be topped with **Garden Works pea shoots** as a garnish.*

-How to store: Keep in refrigerator for 5 to 7 days

BLACK TEA & SAFFRON RICE PUDDING from [El Harissa](#): This exotic, yet simple, pudding is a gluten-free, vegan dessert in an 8-oz container containing medium grain Arborio rice, oat milk, water, raisins, cardamom, cinnamon, salt, sugar, orange blossom water, saffron, toppings: toasted almonds, pistachios, and rose petals. Thanks to Susan and Khaled who own El Harissa Market Cafe, which is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region. Please stop by and visit!

-How to use: Open, dip in with a spoon, and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

SPRINGTIME VIOLA MIX from [Jacob's Fresh Farm](#): This 3-pack of the "Admiral Mix" is a mixed selection of violas known for its compact growth habit and abundant, early blooming flowers. These violas come in a variety of colors, including blues, oranges, pinks, purples, reds, and whites. They are well-suited for containers, borders, and other areas where compact plants are desired and a lovely Mother's Day gift! Thanks to Jacob and Anna, who live in Dexter, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Hub Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. Now Sunflower Farm Market is even carrying some of their plants. See specifics below in the Announcements and more of what they offer on their website above in the name.

-How to use: can be planted in containers, along borders, or in gardens; known for it's uniform growth habit and excellent branching, which results in more violas, which are edible for salads, garnishes, and decorating desserts

-How to care for: these violas are known for being heat and drought tolerant, but in the beginning need soil moist after being transplanted for a couple of weeks; break off spent blossoms to encourage new blossoms

ANNOUNCEMENTS

1. TANTRE SUMMER CSA SIGN UP IS 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!

2. 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. **NEW ITEMS, especially for MOTHER'S DAY!!** We have collected several items from [Jacobs Fresh Farm](#) in Dexter for your mother, who appreciates

gardening or culinary flavoring, so now we have several **hanging flower baskets** on our front porch, about **12 varieties of herb plants** to pot up or put in a garden, and a few pots of cold hardy, edible **violets** that can be repotted or planted in your garden. Also, new fresh spring produce is arriving every week from Tantre Farm including this week's **asparagus, rhubarb, oyster mushrooms, nettles, green onions, chives** and **lovage**. We also continue to include freshly harvested, hydroponic, Lettuce from Sell Farms, Microgreens from Gardens Works, and apples from Kapnick Orchards. [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, and [Calder Dairy](#) regular & chocolate milk. Come and get free samples of [Harvest Chocolate](#) snacking chocolate! 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!

3. 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!

4. SOCIAL MEDIA: Follow us on Instagram [@tantrefarm](#) and [@washtenawfoodhub](#) 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!***

NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>)

3 crisp **Kapnick's apples**

2/3 cup plain low-fat yogurt (or vanilla)

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

1/4-cup sliced almonds, toasted (or untoasted if preferred)

Mix yogurt with marmalade and black pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately. Serves 5.

SPINACH AND ASPARAGUS FRITTATA (from Capay Organic Farm CSA "Farm Fresh To You" website) Serves 4

Filling:

1 bunch **Tantre spinach**, washed and drained, with stems removed

1 lb **Tantre asparagus**, cut into 1-inch pieces

2 cloves garlic (or 1 **Second Spring shallot bulb**), minced or mashed

Egg mixture:

8 eggs, beaten

3 Tbsp whipping cream or water

1/4 tsp salt

Pepper, to taste

2 Tbsp Parmesan cheese, shredded

Olive oil, to coat skillet

Preheat broiler. Mix ingredients well and pour into a greased 8-inch skillet and stir until set (about 5 minutes). Place under broiler for 2 minutes until top is golden brown. Cut into slices.

BEET AND SUGAR SNAP PEA SALAD (from Capay Organic Farm CSA "Farm Fresh To You" website)

1 lb **Second Spring beets**, scrubbed or peeled and quartered or sliced

1 small red onion (or **1-2 Second Spring shallots**), halved and thinly sliced

1 tsp ground coriander, lightly toasted

1/2 lb snap peas, trimmed (or a handful of **Garden Works pea shoots**)

2 Tbsp extra-virgin olive oil

3 Tbsp rice vinegar

2 tsp sugar

1 tsp salt

Soak onion in cold water for 10 minutes; drain. Whisk together vinegar, coriander, sugar and salt in a salad bowl, then add oil in slow stream, whisking. Toss onion and beets with dressing. Steam peas over boiling water, covered, 2 minutes, then transfer to ice water. Drain well and toss with beet mixture.

SWEET POTATO FRIES (One Potato, Two Potato by Roy Finamore with Molly Stevens)

2 lbs **Second Spring sweet potatoes** (and could add 1 lb. julienned **Second Spring rainbow carrots** as well), peeled

Vegetable oil for frying

Coarse salt, to taste

Slice into 1/4-inch sticks. Put the sweet potatoes (and carrots) in a saucepan, cover with cold water by at least an inch, and bring to a boil. Reduce the heat to medium and simmer until crisp-tender, about 3 minutes. Drain and dry thoroughly on towels. Heat at least 3-inches of oil in a deep pot to 360-365 degrees, and heat slotted spoon or skimmer with it. Drop the sweet potatoes by large handfuls into the oil. Cook, stirring a few times, until the sweet potatoes

are deeply golden, about 4 minutes. Lift the fries out with a slotted spoon and drain on paper towels. Sprinkle with salt (or try cayenne pepper) and serve immediately.

Hope you are enjoying these warmer temperatures this week! We look forward to seeing you next week for the Immune Booster's Week #219 with pick up on Sat. May 17 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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