



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 219) Share May 17, 2025**

Welcome to Week #219 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**

I heard a crackle of thunder far to the south just as I was making my last round with the potato planter behind the tractor. With the bins empty and the seed in the ground, I headed back to the barn. As I made my way down the gravel road, I noticed two adult geese hovering near two smaller geese even though I could tell they wanted to get away from the sound of the tractor. Then suddenly the little goslings darted off the edge of the road into the tall grasses, and finally the adults burst into the air circling past after their little ones were safely hidden. I parked under the protection of the edge of the barn and kicked up my feet on the steering wheel to stretch out my back for a moment, while I listened to the growing rumble of thunder as the rolling, darkening clouds continued to come closer.

Right along the roof of the barn the carpenter bees competed for their dominance as they jostled each other, hovering and fighting for their territory. I rested there and listened to the birds in full song. The maple leaves on the trees were brilliant neon green, so fresh and tender, while the oak leaves sprouted paisley yellow, green leaves. The toads and the tree frogs called to each other as the sun was going down.

The crash of thunder grew closer and closer. I got out of my relaxing position from the tractor seat and headed to the house just as little spits of rain came down. I sat on the porch to watch the storm come in with a ferocity that passed through the field of wheat with a giant sheet of translucent rain swirling across the vulnerable wheat in a burst of wind. The rain came down harder, and I noticed a tiny hummingbird fly into the pines taking shelter from the big heavy drops. The thunder shook the house with great, booming claps. The yard

quickly filled up with water under the pines and maple tree as I sat and enjoyed this moment of wild things revealing themselves to me within this stormy turbulence almost like a vacation where there is no intention but to watch and to be and to wonder and feel grateful for the rain.

We are grateful for the gifts that nature fills our senses within this ecosystem and also to the farmers, who have harvested this lovely box of breakfast items, which can be used for many meals. Thank you to Sell Farms, Second Spring Farm, Kapnick Orchards, and Tantre Farm staff, who harvested and stored the following items. We also are thankful to those who added value to these products and especially to Juicy Kitchen, Harvest Kitchen, Fluffy Bottom, Miss Kim's Jams, and Elder Farms. We hope you have a happy, healthy week of many tasty and nutritious breakfasts.

### **THIS WEEK'S "BREAKFAST 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 CELERIAC** from [Second Spring Farm](#): also called "Celery Root", rather ugly, knobby, brown vegetable skin with white flesh when peeled; taste is like a cross between strong celery and parsley and wonderful in soups; can range anywhere in size from an apple to a small cantaloupe; high in carbohydrates, vitamin C, phosphorus, and potassium. 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:** after skin is peeled, it can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed. Tip: after peeling it should be soaked in lemon juice to prevent discoloration of the flesh.

**-How to store:** refrigerate in plastic bag for up to a month; may also be dried

and used as a seasoning.

**GREEN GARLIC** from [Tantre Farm](#): young, baby garlic with tender leaves that is harvested early in the season before the bulb is fully formed; long, green top that looks a bit like scallions with usually a tiny white or red (depending on the variety) bulb at the end; more mellow and less spicy in flavor than regular garlic. Thanks to our very own Tantre staff for harvesting, washing, and packing.  
**-How to use:** can be used raw or cooked like scallions; use as a pesto or subbed in for garlic in a plethora of pasta dishes to get just the right amount of spring on your menu.

**-How to store:** keep in the refrigerator in a plastic bag or wrapped in a damp cloth for 1 week

**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 ONION MIX (red & yellow)** 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) AND [Patterson](#) (medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion). Thanks to Second Spring Farm with description above.

**-How to use:** Great for salads, soups, stews, egg dishes, and many 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.

**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 TETSUKABUTO SQUASH** from [Second Spring Farm](#): a 5-6 pound Japanese squash, similar to a kabocha squash; nearly round with dark green or orange 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.

**HALLOUMI SHAKSHUKA** from [Juicy Kitchen](#) (vegetarian & gluten-free): Shakshuka is a popular breakfast in the Middle East and North Africa. Poached eggs cooked on top of a spiced tomato and pepper sauce is often the basis for this dish, but it has many variations with the addition of grilled or fried halloumi cheese, which is a firm, pickled cheese. This 32-oz container is filled with roasted bell peppers, tomatoes, onions, garlic, spices, grilled Halloumi cheese, parsley, basil. Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Road just a few miles away, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

**-How to use:** Heat up and enjoy with **Harvest Kitchen's buttermilk biscuits**, **Fluffy Bottom feta cheese**, and topped with an **Elder Farms poached egg**.

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

**BUTTERMILK BISCUITS & HONEY BUTTER** from [Harvest Kitchen](#) (vegetarian): What better way to start breakfast with 4 biscuits which include flour, butter, buttermilk, sugar, honey, cinnamon, salt, baking powder, while the honey butter is made with Lesser Farms honey, cinnamon, and Calder Dairy butter. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Sunflower Farm Market.

**-How to use:** Enjoy these biscuits with **Elder Farm's eggs** or **Juicy Kitchen's Shakshuka**.

**-How to store:** Can be stored in an airtight container for up to a week or frozen for longer storage.

**MIXED BERRY JAM** from *Miss Kim's Jams*: This super tasty Michigan jam is made up of 8-ounces of yummy raspberries, blackberries, strawberries, sugar, pectin, and smells of summer sun. This is a perfect flavor to spread in between the two halves of a biscuit or a couple of slices of bread for a PB & J. Thanks to Kim from Howell, MI, since she will continue to have all different flavors of jam and pickles at the Kerrytown Ann Arbor Farmers Market on Wednesdays and Saturdays. She also displays her wares at the Friday Dixboro Farmers Market, and also at our own Sunflower Farm Market at the Washtenaw Food Hub with a number of flavors like blueberry, raspberry, and strawberry, along with beet pickles, and dill, sweet/heat, and bread & butter cucumber pickles.

**-How to use:** can be used in many ways, from spreading it on toast to using it in baked goods and even as a glaze; great in oatmeal and yogurt

**-How to store:** this is a canned product, so it has a long shelf life, but once opened just keep it in your refrigerator.

**FETA CHEESE** from **Fluffy Bottom Creamery**: a fresh, white, soft or semisoft

cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from Calder milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Creamery, which is owned by Inanna Andres & Jack Miles. They now are producing all of their creamery products onsite, so we are excited to see many more new creations. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

**ONE DOZEN EGGS** from **Elder Farms**: A soft boiled or poached egg is a standard topping for traditional Shakshuka, so we have included a dozen eggs. It is thought that free range eggs contain more omega-3 fatty acids than other eggs. These USDA certified eggs come from George's farm in Milan, Michigan. All of his chickens are pasture raised.

**-How to use:** boil, poach, scramble, baked: can be stuffed into burritos, used in baking products, added to savory oatmeal or mixed into an egg salad

**-How to store:** may be refrigerated three to five weeks

## ANNOUNCEMENTS

1. **PLANT & MUSHROOM WALK AT TANTRE FARM ON MAY 24-FROM 12:00 – 2:00 PM:** Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from [“Will Forage for Food”](#). Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and chose around 20-25 edible, medicinal, or otherwise useful plants and mushrooms to focus on. Kids under 12 are free with paid adult. Walks are almost never cancelled due to weather (one time in 13 years), so dress accordingly. We will be mostly on trails, no need to dress for bushwhacking. You may want to bring a notebook, camera, and water. No other gear is required. Unlimited class size, and cost is \$25, but *all Tantre CSA members are eligible for a 20% discount, if you apply the code TANTRE during checkout*. To register ahead of time or to find more information, just go to this link: <https://www.willforageforfood.com/store/p/plant-and-mushroom-walk>
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. **NEW ITEMS:** Our new addition is many **vegetable starts** like tomatoes, melons, and squash from Sweet Baby Acres. We also have collected several items for the gardener and lover of plants from

[Jacobs Fresh Farm](#) in Dexter, 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 right now! Also, new fresh spring produce is arriving every week from Tantre Farm including this week's **asparagus, rhubarb, oyster mushrooms, nettles, green onions, green garlic, chives, lovage, and now SORREL**. 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!

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](#) 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!***



## APPLE SPINACH SALAD (<https://www.gimmesomeoven.com/...>)

10 oz **Tantre spinach**, chopped

2 large **Kapnick apples**, cored and thinly-sliced

half a small **Second Spring red onion**, peeled and thinly-sliced

1 cup walnut halves, toasted (or pecans)

2/3 cup dried cranberries

5 oz goat cheese, crumbled (or **Fluffy Bottom's feta cheese**)

1 batch apple cider vinaigrette (see below)

### Champagne Vinaigrette Ingredients:

1/3 cup extra virgin olive oil

1/4 cup champagne vinegar (or apple cider vinegar)

2 tablespoons lemon juice

1 tablespoon Dijon mustard

1 garlic clove, peeled and minced

a generous pinch of salt and black pepper

(optional) 1 tablespoon honey or maple syrup, to sweeten

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve immediately, garnished with the remaining cheese and add a crunchy topping of Harvest Kitchen's granola.

### TO MAKE THE CHAMPAGNE VINAIGRETTE:

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

## ANGEL HAIR PASTA WITH GREEN GARLIC CREAM SAUCE

2 Tbsp unsalted butter (1/4 stick)

1/2 medium **Second Spring yellow onion**, diced small

1/4 cup plus 2 Tbsp minced **Tantre green garlic** (white and light green parts only)

Kosher salt

Freshly ground black pepper, to taste

1 1/2 cups heavy cream

1 lb angel hair pasta

1 lb **Tantre asparagus** (about 1 bunch), thinly sliced on the bias

12 oz sugar snap peas, strings removed and thinly sliced on the bias (about 3 1/2 cups)

Bring a large pot of heavily salted water to a boil over high heat. Melt the butter in a small saucepan over medium heat until foaming. Add the onion and 1/4 cup of the garlic. Season with salt and pepper and cook, stirring occasionally, until the onion is tender but not browned, about 5 minutes. Add the cream and bring to a boil. Immediately reduce the heat to low and simmer until the onion is completely tender and the flavors have infused the cream, about 5 minutes.

Taste and season with more salt and pepper as needed. Remove the sauce from the heat and set aside. Add the pasta and vegetables to the boiling water. Boil, stirring occasionally, until the vegetables are tender and the pasta is cooked all the way through, about 4-5 minutes. Reserve 3/4 cup of the pasta water. Drain the pasta and vegetables and return them to the pot. Add the reserved cream sauce, remaining 2 tablespoons garlic, and 1/2 cup of the pasta water. Toss to coat the pasta and vegetables, adding more pasta water by the tablespoonful as needed to reach the desired consistency. Taste and season with more salt and pepper as needed; serve immediately.

**CELERIAC AND APPLE SALAD** (from *Victory Garden* by Marian Morash) Makes 5 cups

1 large **Second Spring celery root** (about 1 lb)

1/2 cup orange juice

3 firm **Kapnick apples**

1/2 cup mayonnaise

1 cup chopped celery

1/2 cup chopped walnuts

Salt and freshly ground pepper, to taste

Peel and julienne celeriac into matchstick pieces. Toss with orange juice until coated. Peel, core, and chop apples; mix with celeriac. Marinate for 10 minutes, turning often; strain, reserving juices. Place mayonnaise in a large bowl, and little by little, add orange juice marinade until thinned to the point where it coats a spoon thickly. Beat smooth and combine with the drained celeriac, apples, celery, and nuts. Marinate for 2 hours, season with salt and pepper, and serve on a bed of **Sell Farms Romaine lettuce**.

**WINTER SQUASH & CELERY ROOT SOUP** (adapted from

<https://www.gardenfortheenviro...>)

1 winter squash (**Second Spring Tetsukabuto**), cut in half and seeds removed\*

1 **Second Spring celery root**, peeled and medium diced

1 **Second Spring yellow onion**, peeled and quartered

4 garlic cloves, whole, skin on

1 tsp. fennel seed

Olive oil

Salt

Chicken or vegetable stock (I used about 1.5 quarts but really depends on how big your squash is)

Grated cheese (gruyere, parmesan, OR **Fluffy Bottom feta cheese**) for finishing

Preheat oven to 400 degrees and pull out a cookie sheet. Rub olive oil on the cut sides of the squash, sprinkle with salt, and place two garlic cloves in each half. Flip the squash over, cut side down on the cookie sheet. Take the celery root, onions and fennel seeds and toss with olive oil. Spread out in the remaining space on the cookie sheet. Roast for about 25-30+ minutes, tossing the cut veggies a couple of times. When the cut vegetables are caramelized and the squash is soft take the cookie sheet out of the oven. Place the vegetables into a large Dutch oven or soup pot. When cool enough to handle, scoop the squash out of its skin and add to the pot, along with the broth. Place the pot on the stove and bring the broth to a boil. Once boiling, turn the flame down to a simmer and simmer for 30 minutes. Let the soup cool slightly then blend with an immersion blender. If your soup is too thick, add more broth. If too thin, cook it down slightly on the stove. Ladle soup into bowls, top with some freshly ground pepper, a drizzle of olive oil, cheese and croutons. Serve with **Harvest Kitchen buttermilk biscuits**.

Hope you are enjoying the ups and downs of the weather this week! We look forward to seeing you for our LAST WEEK for the Immune Booster's Week #220 with pick up on Sat. May 22 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](mailto:info@tantrefarm.com).*

## **Tantre Farm**

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