



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 220) Share May 24, 2025

Welcome to Week #220 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

After three days of rain, the gray clouds still hung low as the twilight settled in. I was crawling along the carrot bed picking out weeds in between the feathery, baby, carrot leaves listening to the birds in the distant, newly leafed, oak trees. A puff of wind tossed the tip of the oak trees with a wave of undulation coming from the west. The fresh fragrance of post rain and tender greenness met with the moist bare earth on my bending knees and fingers. The soft moistness saturated deep into the soil. This unseasonable coolness for the end of May has helped the spring, cool loving crops like arugula, carrots, spinach, and peas to thrive. Roots dive deep in the moist, soft soil from which all terrestrial animals depend and so much food is born. Just this thin layer of soil holds so much importance, which we are born from and die back into it and then find a way to be recycled into new life. For this soil, we are thankful and for all the abundance and diversity of all life, which depends on this thin layer of topsoil.

Thank you for being a part of this great community of birth and death. As many of you know, this is our last Immune Booster share box until next December, while we transition into our 18-week Summer CSA season, which will start next week. Some of you are already Summer CSA members. However, if you want to sign up for our produce only box called the Tantre Produce Box, you can still opt in or out of it every week. You will still be able to view the new menu of produce in the box each Sunday through Wednesday, so you are committing only to the week that you sign up. Folks with smaller households will have a longer chance to use up the produce in their box as well before getting it again. The pick up options will still be at the Washtenaw Food Hub in Ann Arbor, whereas the

Chelsea folks will move to the Summer Pickup Location at the Chelsea Farmers Market starting next week on May 31. Many prepared food options will still be available from some of our same prepared food partners in the past, but only if you shop for them at the Sunflower Farm Market, at Chelsea Farmers Market, and at Agricole and Argus Farm Stops. We still plan on bringing back our usual mix of produce and value-added products with the Immune Booster CSA boxes again in the winter after our Summer and Fall CSA seasons are over. Please let us know if you have any questions or comments. We appreciate your comments about why you sign up each week, since it helps inform us to make decisions for future boxes.

Also, the pinkish red of the strawberries are just beginning to appear blending with the green of the new berries, while millions of tiny white flowers still keep blooming. It is looking like a few should be ready in a week or more for picking at our HoneyBee U-pick location on the corner of Zeeb and Scio Church Road in Ann Arbor. Please go to our website to sign up on our HoneyBee mailing list, if you are interested in being informed of starting dates, prices, and protocols on the HoneyBee U-pick page. <https://www.tantrefarm.com/hon...>

In the meantime, we would like to thank all of our Immune Booster food businesses who have contributed to this last box of a mix of farmers and artisan food businesses below. Please find ways to support these businesses throughout the summer as well. We appreciate their skills and talents, and we especially appreciate you for supporting all of us! Hope you all have a safe and enjoyable Memorial Day weekend!

THIS WEEK'S SHARE ITEMS:

FUJIS & GALA APPLES from [Kapnick Orchards](#): You will receive a mix of 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 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). 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

FROZEN BLUEBERRIES from [Michigan Farm to Freezer](#): You will receive 1 pint of these properly ripened fresh fruit, which are then flash frozen. Blueberries are rich in antioxidants and full of vitamins and minerals; may help lower cholesterol; delicious in many dishes. Michigan Farm to Freezer specializes in the preservation of Michigan-grown produce through freezing, operating within the food processing and agriculture industry. The company offers a range of frozen fruits and vegetables, ensuring peak freshness and traceability from field to kitchen. They primarily cater to grocery stores and institutional buyers seeking high-quality, frozen produce sourced from Michigan farms. It is based in Detroit, Michigan.

-How to use:excellent snack, uses in smoothies, ice cream, cheesecake, pancakes, oatmeal, or baked as a fruit crisp with pears and apples (hint! hint!).

-How to store: will last 10-12 months in a freezer

ORANGE CARROTS from [Second Spring Farm](#):You will receive Bolero(excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). Thanks to our former Tantre 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 Farm Stops.

- **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

MUIR LEAF LETTUCE from [Sell Farms & Greenhouses](#): 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 (believe it or not!) use in soups or smoothies.

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

GOLDEN OYSTER MUSHROOMS from [Two Tracks Acres](#): You will receive a 5-oz bag of Golden Oyster(golden oyster-shaped cap with a mild, anise, earthy odor). Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They may also help to lessen the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. Thanks to our former Tantre interns (2011+) and now farmers, Taik and Stephanie, who grow vegetables, dahlias, microgreens, mushrooms, etc. on Two Tracks Acres in Grass Lake, MI. You can find their produce at the AA Farmers Market and the Howell Farmers Market and sometimes Agricole Farm Stop.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; good grilled, sautéed, steamed, in soups, and tossed in flour and pan sear.

-How to store:place in paper bag or wax bag and keep in refrigerator for up to 5-7 days.

ORGANIC YELLOW ONIONS from [Second Spring Farm](#): You will receive

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.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive a 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. Visit Rob 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 or two.

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](#): You will receive one of each color of each of these edible roots related to the morning-glory family that have dark red-orange, deep purple, or 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.

CHOICE #1: BRATWURST/KIELBASA from [Washtenaw Meats](#): You will receive a 4-pack of [Bratwurst](#) or [Kielbasa](#). Both are composed of 100% local pasture-raised Michigan Pork. Bratwurst and kielbasa are both types of sausages, but they differ in origin, flavor profiles, and preparation methods. Bratwurst is a German sausage, typically made from pork (or veal/beef) and flavored with sweet seasonings like nutmeg and caraway. Kielbasa is a Polish sausage, often made from pork or a mix of pork and beef, and is seasoned with garlic, herbs, and spices, then smoked.

-How to use: Both products can be grilled, cooked in a skillet, or mixed and matched with all sorts of breakfast, lunch, and dinner dishes of your very own culinary wishes.

-How to store: uncooked can be stored in the fridge for up to 3 or 4 days and cooked bratwurst can be kept for 4 to 7 days; if frozen, can last 3-6 months.

OR

CHOICE #2: ORIGINAL SOY TEMPEH from [The Brinery](#): This vegan, gluten-free alternative is in a 1/2 lb. package composed of non-GMO soybeans, live active cultures and citric acid. Tempeh is a cake-like fermented soybean food that originated from Indonesia. It's a popular meat alternative due to its firm, chewy texture and nutty, savory flavor. Tempeh is made by fermenting cooked soybeans with a fungus, which binds the soybeans together into a dense, cake-like form and is an excellent source of protein and fiber; contains some B vitamins which we need to help us break down and get energy from our food, as well as support our nervous system, and a good selection of minerals including calcium, magnesium and phosphorus and zinc. If you see any black spotting, it is normal, safe, and delicious, and a harmless sign of a fully ripened tempeh. Please click <https://keepitvegan.com/vegan-...> for a really helpful link to give you further information about tempeh with pictures and descriptions and recipes. The Brinery is a local foods business, specializing in naturally fermented local vegetables and operated by long time Tantré farmer/alum (2001+), David Klingenger. Their products are available in many stores in the area, including Whole Foods, Plum Market, Arbor Farms, the Argus Farm Stops in Ann Arbor, and Agricole in Chelsea, etc. We carry many of their varieties of sauerkraut, pickles, kimchi, and tempeh at the Sunflower Farm Market in Ann Arbor.

-How to use: good sautéed, fried, crumbled as a taco filling and on salads, great on sandwiches such as a tempeh reuben, and can be used in a variety of dishes, including stir-fries, soups, chili, casseroles, and even as a bacon alternative. See the Recipe section for a very good, easy way to make tempeh as a salty, tasty treat to add to any dish with eggs, soup, sandwiches, salads, etc.

-How to store: To store tempeh effectively, refrigerate it in an airtight container for up to 5-7 days, or freeze it for extended storage (up to 6 months or longer).

HOTDOG BUNS from [Lakehouse Bakery](#): A hot dog bun is a type of soft bun shaped specifically to contain a hot dog or another type of sausage. This healthier version comes in an 8-pack and includes actual vegetables with Russet potatoes, King Arthur bread flour, eggs, butter (pasteurized cream, natural flavors), sea salt, sugar, and yeast. Thanks to Keegan from Lakehouse Bakery for baking these fresh buns for our brats or tofu this weekend. If you need more of his products head to his bakery in Chelsea near Waterloo State Recreation Area. He also sells his baked goods at many local stores including Agricole Farm Stop in Chelsea.

-How to use: great with grilled brats or a marinated tofu

-How to store: store for about 5 days or freezer for longer storage

BROCCOLI SALAD from [Juicy Kitchen](#) (12-oz, vegan & gluten-free, contains nuts)
: Fresh broccoli salad is creamy, salty, tangy, sweet, and is one of the popular salads produced by Juicy Kitchen. The ingredients are simple and few and include broccoli, red seedless grapes, red onion, sliced almond, dried cranberries, carrots, cashews, apple cider vinegar, Michigan maple syrup, salt and pepper. Talk about a healthy salad full of vitamins and fiber! 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 Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea:

-How to use: Open the container and enjoy!

-How to store: Store in refrigerator for up to a week

VANILLA GELATO from [Zingerman's Creamery](#): According to Zingerman's this particular gelato sources the best quality vanilla bean from Madagascar bringing a bit of earthiness to the cream of this particular traditional, plain gelato that you can add other toppings like blueberries. You will receive a pint with the following ingredients of Milk, Sugar, Cream, Non-fat Milk, Egg Yolk, Guar Gum, Vanilla Extract, Vanilla Bean. Thanks to Arend and the staff at Zingerman's Creamery, whose products can be found all around Ann Arbor and now at Agricole in Chelsea and the Hub Market. We also will have four other kinds of gelato or sorbet at the Sunflower Farm Market. See more of what they offer on their website above in the name.

-How to use: Enjoy as a dessert or a snack! See below for a Homemade Blueberry Sauce recipe with **Michigan Farm to Freezer blueberries** for an excellent sweet, tart topping.

-How to store: Store in freezer for long term storage.

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!***

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

2 lbs **Second Spring sweet potatoes**, peeled

Vegetable oil for frying

Coarse salt, to taste

Slice into 1/4-inch sticks. Put the sweet potatoes 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. Great complement to grilled or roasted **Washtenaw Meats Bratwurst/Kielbasa** or the **Brinery's Tempeh**.

APPLE, PEAR, AND BLUEBERRY CRUMBLE (from <https://cookingwithfudge.com/apple-pear-blueberry-crumble>) Makes 6 servings.

2 **Kapnick's apples** thinly sliced

2 pears thinly sliced

1/2 cup **Michigan Farm to Freezer's blueberries**

1 tablespoon lemon juice

1/8 cup brown sugar

1 tablespoon corn starch

1/4 teaspoon salt

1/2 cup old fashioned oats

1/4 cup all purpose flour

1 teaspoon cinnamon

1/2 teaspoon nutmeg

4 tablespoons light butter melted

Cooking spray

Preheat your oven to 400 degrees and spray an 8x8 baking dish with cooking spray. Using a knife and cutting board, peel the apples and pears if desired. Then, thinly slice the apples and pears. Juice and zest the lemon. In a large bowl, mix together the apples, pears, blueberries, lemon juice, lemon zest, half of the brown sugar, corn starch, and salt. This is your crumble filling. Next, spread the filling into the 8x8 baking dish. In another bowl, combine the oats, flour, the remaining brown sugar, cinnamon, nutmeg, and melted butter. This topping mixture will be crumbly, and that's how you want it! Then, sprinkle the topping on top of the filling. It does not need to cover the whole surface. Finally, bake for 30–35 minutes until the topping is golden brown. Serve warm with ice cream or whipped cream. This can also be served cold if desired.

EASY HOMEMADE BLUEBERRY SAUCE (from <https://pinchofyum.com/easy-ho...>)

2 cups **Michigan Farm to Freezer blueberries**

1 cup water

1/2 cup sugar

1 1/2 tablespoons cornstarch, dissolved into 3 tablespoons water

1/2 teaspoon vanilla

Place 1 1/2 cups blueberries in a small saucepan. Cover with water and add sugar and vanilla. Heat over medium-high heat until mixture comes to a low boil and blueberries just start to break apart. Add dissolved cornstarch to saucepan and bring mixture to a rolling boil. Turn heat down and simmer on low heat for 2-3 minutes, or until sauce reaches desired consistency. Add water, one tablespoon at a time, if the sauce gets too thick.

Remove from heat. Add remaining blueberries and stir gently. Serve warm or cold, but especially over **Zingerman's Vanilla Gelato**.

ASPARAGUS WITH LEMON AND MINT (from <https://www.food.com/recipe/as...>)

2-lbs **Tantre asparagus**, cut diagonally into 2-in. lengths

2 tablespoons extra virgin olive oil

2 teaspoons lemon zest, finely grated

1/2 teaspoon salt

1/2 teaspoon fresh ground pepper

3 tablespoons very fresh mint leaves, finely shredded

1 tablespoon lemon juice

In large pot of boiling salted water, cook asparagus 3 to 5 minutes, until crisp-tender. Drain in colander; dry on paper towel. In serving bowl, combine olive oil, lemon zest, salt and pepper. Add hot asparagus. Toss mixture to bring to room temperature. Just before serving, stir in mint and lemon juice. Serve at room temperature. Serves 8.

SAUTEED SPINACH WITH APPLES AND GARLIC (from

<https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag **Tantre spinach**, washed and dried

2 cloves garlic chopped

1-2 **Kapnick apple**, cut into small cubes (tart, firm apple works well)

2-3 tablespoons pine nuts

2 tablespoons olive oil

Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste.

CARROT-MUSHROOM LOAF (from *Moosewood Cookbook* by Mollie Katzen)

Serves 4-6

1 cup chopped **Second Spring onion**

4 1/2 cups grated **Second Spring carrots**

1 lb chopped **Two Tracks mushrooms**

5 eggs

2 cloves garlic

1 cup fresh whole wheat breadcrumbs

1 cup grated cheddar cheese

1/4 cup butter

Salt, pepper, basil and thyme, to taste

Crush garlic into melting butter. Add onions and mushrooms and sauté until soft. Combine all ingredients (saving half the breadcrumbs and cheese for the top). Season to taste. Spread into buttered baking pan. Sprinkle with remaining breadcrumbs and cheese. Dot with butter. Bake at 350 for 30 minutes covered, then uncover for an additional 5 minutes or until brown.

BBQ SRIRACHA TEMPEH WITH BLACK RICE (<http://foodfitnessfreshair.com...>)

Serves 4.

1/3 cup ketchup

1/4 tsp. cumin

1 Tbsp. apple cider vinegar

1 Tbsp. honey

2 Tbsp. soy sauce

1 tsp. lime juice

3 Tbsp. Sriracha

2 1/2 Tbsp. shallots (or **Second Spring onion**), minced

1 Brinery's tempeh

1 1/3 cup black rice + 2 3/4 cup water

1/4 cup cilantro, chopped

Place rice and water in a medium pot. Bring to a boil. Reduce heat to low simmer and cook 45-50 minutes, until rice is soft. Meanwhile, fill pan with 3-4 cups of water. Bring to a simmer, add tempeh, and let simmer for 20-30 minutes. Meanwhile, place remaining ingredients in a bowl. Whisk until combined. Strain tempeh, and cool just until able to handle. Cut tempeh rectangle in half widthwise to make two squares. Slice each square into six strips to make a total of 12 strips. Place in BBQ Sriracha sauce, and let marinate for 30 minutes. Preheat oven to 400F. Line baking sheet with aluminum foil, and spray with cooking oil or lightly grease with oil. Place tempeh in a single layer, and pour remaining sauce on top. Bake 25-35 minutes, until sauce begins to brown. Portion out black rice. Drizzle with extra virgin olive oil and lightly season with salt and pepper. Place tempeh strips on top, and add chopped cilantro.

Hope you enjoy this Memorial Day weekend! We look forward to seeing you next week for our summer version of the Immune Booster with our weekly Tantre Farm Produce Box with pick up on Sat. May 31 at the Washtenaw Food Hub OR our new Summer Location at Chelsea Farmers Market! 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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States



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