



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 223) Share December 20, 2025

Welcome to Week #223 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/immune-booster-csa-pick-up-protocol/>

REFLECTIONS ON THE FARM WITH RICHARD AND DEB

We lost all of our bright crystal snow over these last couple of days due to days of rain. It was like a fever was spiking going from single digit temps to 50 degrees overnight as though the land and the sky suffered a sudden flu or cold blowing in on the wind. A sinking feeling within one's heart settles in with this unseasonalbe weather, not uncommon but unseasonable. Well, a half inch of rain is probably better than six inches of snow! The consolation prize is watching the water level in the swamp slowly rise to more normal levels as the snow melts and the rain flows.

As the winter solstice draws nearer, these shorter days give us a chance to go to bed early and pull the heavy blankets up to our chins while the cool nights sweep through the house. With these darker days we find it easier to have longer conversations as we work at the dining room table husking hazelnuts during the morning meetings. After about an hour we have a nice little pile. It is good to have a mindful and gentle start of the day working with our hands as we husk waiting for the sun to rise.

As these darker days commence, we are looking for the silence and calm that the winter solstice offers as a refuge at this time of year. Our work day is shorter and slowed down compared to the rapid pace of summer, so everyone seems more cheerful, and the conversations linger over coffee in the morning or soup and broth in the afternoon. The work is simple now sorting roots, bunching kale, peeling cabbages, dumping crates of potatoes and carrots through the root washer, then storing them in our walk in cooler. The former biting cold weather

has made all the greens sweet like candy and all the carrots like candy canes-- crunchy, sweet, glowing, living roots.

As we prepare for the deepest and darkest time of winter, it may be time to settle in with a freshly heated plate of Italian lasagna, a crust of garlic toast, a crunchy root salad with a hint of the warmer Southeast Asian climates, and a few decadent sips of hot cocoa to bring cheer to these days of darkness. As the gray skies turn grayer and grayer and the black of night gradually blankets our days more and more, it is a time to turn to the warmth of the kitchen and create the gift of food, so conjure up some warm soup or bake some squash and enjoy the flavors and crunch of a variety of vegetables or fruits, while we settle in for the journey through the darkest days of the season. Thank you for joining us for the last share of 2025. We hope to see you all in the coming of the new year. Thank you so much for coming along for this part of the journey as we share our Winter Solstice menu with you! Hope you are able to have a little more time with family and friends during the coming weeks to share thoughts and memories of the past year with affection, understanding, and hope. Happy Holidays!

THIS WEEK'S "WINTER SOLSTICE" SHARE ITEMS:

FUJI & EVERCRISP APPLES from [Kapnick Orchards](#): You will receive 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 Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp, and aromatic; good snacking apple and good for pies). 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 for uses in the description; all good for fresh eating and baking!

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

BRUSSELS SPROUTS STALK from [Tantre Farm](#): You will receive these tiny, green cabbage-like sprouts with mildly pungent, mustard-like flavor on a stalk. These sprouts are very easy to break off and often store better while still on the stalk until ready for use.

-How to use: break off sprouts by pushing down with a snap; sprouts may be boiled, steamed, stir fried, or roasted but without overcooking, so they are still bright green; toss with olive oil, lemon juice, salt and pepper, or a pat of butter

-How to store: Refrigerate for up to a week or more unwashed in a plastic bag in hydrator drawer.

PURPLE CARROTS from [Tantre Farm](#): You will receive Purplesnax (sweet, mellow flavor with a dazzling combination of purple skin outside and golden color inside, which makes it a superb variety for enjoying fresh or roasted). You will receive Purplesnax (sweet, mellow flavor with a dazzling combination of purple skin outside and golden color inside, which makes it a superb variety for enjoying fresh or roasted) Thanks to the Tantre staff for sorting and washing these beautiful 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

GREEN CURLY KALE from [Tantre Farm](#): well-ruffled, curly green leaves on green stems; this variety makes a good, roasted “kale chip”, and excellent in a wilted kale salad drizzled with a lemon vinaigrette, topped with toasted nuts and dried fruit bits! This is the best time of year to eat this bitter green, since it is frost-sweetened from the cold weather. Thanks to the Tantre staff for sorting and bunching these greens.

-How to use: good in salads, soups, smoothies, lightly steamed or baked

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

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.

MUSHROOM MIX from [Two Tracks Acres](#): You will receive a 5-oz bag of some combination of Blue Oyster (a gray oyster-shaped cap with a mild, anise, earthy odor; texture is velvety and dense, and when pan seared, their edges turn deliciously crisp) AND Black King Oyster (a hybrid of oyster and king trumpet mushrooms that are dense, meaty, and have a unique flavor). 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. Taik and Stephanie 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 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: 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.

WINTER SQUASH from [Tantre Farm](#): You will receive Honey Bun (a new sweet dumpling squash with excellent, mild flavor with thin, edible skin; its variegated cream with green striped fruits ripen to a beautiful caramel color; great for roasting and stuffing). Thanks to the Tantre staff for sorting these squash.

-How to use: has a thin, edible skin that becomes tender when cooked, making it very easy to prepare without peeling. This makes it easy to slice into rings, roast, saute, stuff, steam, or microwave.

-How to store: keep for several months (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature.

VEGGO LASAGNA from [Silvio's Trattoria e Pizzeria](#) (vegetarian): Lasagna is an Italian dish of pasta sheets layered with fillings and baked in the oven. This classic comfort food includes lasagna noodles (flour, eggs, milk) tomato, garlic, onion, oregano, basil, rosemary, olive & canola oil, parsley, salt, pepper, hot pepper flakes, eggplant, mushrooms, & spinach. Silvio's Italian American flair is to offer the herbal tomato sauce in a separate container to pour over the top of the lasagna and then reheat. Silvio Medora brings his Italian roots into his restaurant in Canton creating authentic Italian food. The Medoro family prides itself on making sure that each dish is created by hand and with fresh ingredients. Silvio is heavily committed to the local Slow Food movement since his days in Ann Arbor. They host local musicians and other events, so be sure to visit this restaurant in Canton for a truly authentic, Italian experience.

-How to use: Follow directions on slip of paper in box. Reheat by pouring sauce over top of lasagna and put in oven for about 15 minutes at 400 degrees. ***Great served with Ginger Deli's Root Cellar Salad and a slice of Zingerman's Baguette made into garlic bread recipe below.*

-How to store: Keep in the refrigerator for 5 to 7 days or put in the freezer for several months.

ROOT CELLAR SALAD from [Ginger Deli](#) (vegan & glutenfree): This 1-quart salad features all kinds of winter storage crops, such as shredded organic red cabbage (Second Spring Farm) daikon radish (Tantre Farm), kale (Tantre Farm), carrots (Tantre Farm), mango, toasted shallot, and tossed with flavorful, clear rice noodles (gluten free), served with sweet Thai basil/ tangy citrus vinaigrette dressing (basil, water, lime, kiwi, olive oil, apple vinegar, minced garlic, red pepper flakes, honey). This salad is created by Te Phan of Ginger Deli (www.gingerdeli.com), 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.

-How to use: when ready to use, take dressing out of cup and toss with vegetables and top with cup of chopped peanuts

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

RUSTIC ITALIAN CITY BAGUETTE from [Zingerman's Bakehouse](#) (vegan): This rustic Italian bread features a tender crumb and crisp crust, which are great for garlic bread. This top seller is vegan and uses organic wheat flour (organic wheat, malted barley), water, sea salt, yeast. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their products can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. See more of

what they offer on their website above in the name.

-How to use: Many uses like mini sandwiches, French toast, with dipping sauces or with spreads, but especially garlic bread (see recipe below). Stale bread can be made into bread pudding or made into croutons! Be creative!

-How to store: Baguettes tend to harden in just one day, but if stored in a paper bag, it will last for several days and you can bring it back to like by just sprinkling some water on the crust to reheat in the oven. It comes out just as if it was freshly baked!

HOT COCOA STICKS from [Mindo Chocolate](#) (vegan & glutenfree): You will receive two (1-oz) of these 67% dark chocolate hot cocoa sticks, crafted from heirloom cacao sourced from Ecuador. This rich, single-origin chocolate will melt into your favorite hot milk, coffee, black tea, or water. These elegant sticks are handcrafted with care in Dexter, MI using only high quality cocoa beans, cane sugar, and cocoa powder, ensuring a pure and authentic chocolate experience and a perfect gift for the holidays. Thanks to the Mindo Chocolate staff for this fusion of flavors with high quality, fair-trade ingredients. They hand-craft bean-to-bar chocolate in small batches, using only the purest and best-tasting, ethically-sourced ingredients. Family-cultivated over generations for superior flavor with organic Ecuadorian Nacional cacao beans. You can find Mindo Chocolate all over Ann Arbor in many stores, especially their retail store location on 4th Ave., also at Agricole in Chelsea, as well as various stores in Dexter.

-How to use: Enjoy stirring into a hot cup of milk, coffee, or black tea

-How to store: store at room temperature

ANNOUNCEMENTS

1. NO IMMUNE BOOSTER CSA on DEC. 27 (Sunflower Market will be OPEN!) and NO WEDNESDAY SUNFLOWER FARM MARKET on Dec. 24 and Dec. 31:

We are taking a holiday break with the Immune Booster CSA next week on Sat., the 27th, but the Sunflower Farm Market will be open! Also, our Market will be closed on Wednesdays for the next 2 weeks, and on Friday, Dec. 26. Hopefully most of you will stock up on holiday feasting items this coming Saturday at Agricole Farm Stop and the Hub Market, and have plenty of holiday leftovers for the middle of the weeks! We will be back in action for our next Immune Booster menu sent out to you on Sunday, Dec. 28, for Week 224, for pick up on January 3 with plenty of surprises for 2026!

2. SHOP LOCAL AT [SUNFLOWER FARM MARKET](#) on Wednesdays, Fridays,

Saturdays and Sundays: 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 now all day on Saturdays and Sundays from 9 AM to 5 PM. **NEW**

ITEMS: We have many new items including **frozen cheese pizzas** from [Lakehouse Bakery](#), **ready to go dishes** from [Ginger Deli](#) & [Harvest Kitchen](#), **thawed meats** from [Marrow Detroit Provisions](#) and [Webbed Foot Pines](#), **1/2 gallon vanilla or chocolate ice cream** from Calder Dairy, **beewax candles** from the [Beeswax Barrn](#), **holiday soaps** from [Tiani Body Care](#), Holiday Chocolate Bars from [Mindo Chocolate](#), and more! We also will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and apples from Kapnick Orchards. 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 [Lively Up Kombucha](#), various flavored teas & lemonades from [Leelanau Bottling Company](#), and [Calder Dairy](#) regular milk, chocolate milk, and now buttermilk and eggnog! Come and get free chocolate samples from [Harvest Chocolate](#) and [Mindo Chocolate](#) each week! 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, salad dressings, broths, and [Tiani Body Care](#) products. Lots of fun things to check out at the [Sunflower Farm Market](#) located at the [Washtenaw Food Hub](#) this Saturday and Sunday!

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

Saturday mornings: We continue offering a FREE 8-oz cup of self-serve coffee or tea. You will also be given the opportunity to buy a 10 or 16-oz cup of coffee or tea that pairs well with a freshly baked Harvest Kitchen muffin or cookie. 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. We will also provide half and half cream, coconut cream/almond milk, raw sugar, and stevia to amend your drink. 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

APPLE STUFFED SQUASH (from *There is a Season: Cooking with the Good Things Grown in Michigan*)

2 acorn or sweet dumpling squash (**Tantre's honey bun squash**)

3 Tbsp butter

2 chopped **Kapnick's apples**

1 chopped **Second Spring's yellow onion**

2 cups cottage cheese

2 Tbsp lemon juice

3/4 cup grated cheddar cheese

1/4 tsp cinnamon

1/4 cup raisins (optional)

Cut squash in half lengthwise; remove seeds. Place face down on oiled baking sheet; bake at 350 degrees for 1 hour. While squash is baking, saute apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15-20 minutes.

BRUSSELS SPROUTS AND CARROT SALAD (from *Moosewood Restaurant Daily*

Special) Serves 4-6

3 cups water

1/2 tsp salt

3 large **Tantre purple carrots**, cut into 1-inch chunks

1 lb **Tantre Brussels sprouts**, washed with stems cut off

Freshly ground black pepper, to taste

Fresh dill or parsley sprigs, to taste

Diced red onions (optional)

Vinaigrette Dressing:

1/4 cup canola or other vegetable oil

4 tsp apple cider vinegar

4 tsp prepared horseradish

1 Tbsp chopped fresh dill (1 tsp dried)

1/4 tsp salt

Bring the water and salt to a boil in covered saucepan. Add the carrots and cook until just tender, 6-8 minutes. Meanwhile, halve any Brussels sprouts larger than 1-inch across. When the carrots are tender, remove and set aside in a large bowl. Ease the brussels sprouts into the boiling water and cook until tender, about 6-8 minutes. While the Brussels sprouts cook, whisk together all the dressing ingredients in a small bowl. After the Brussels sprouts are tender, drain and add them to carrots. Pour the dressing over the vegetables and toss gently. Serve immediately or chill for about 30 minutes. Garnish with pepper and a few dill or parsley sprigs. If desired, add red onions for color and spark.

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.

STIR-FRIED OYSTER MUSHROOM WITH EGG (from

<https://sichuankitchenrecipes....>)

2 eggs

5-oz **Two Track's oyster mushrooms** (or any kind)

1 stalks green onion

1 Tantrecarrot

1/4 tsp salt

1.5 Tbsp cooking oil

Clean oyster mushrooms with a paper towel and split them into smaller pieces.

Beat eggs in a bowl. Slice 1 carrot and some green onion. In a pan, add cooking

oil on medium heat. Fry eggs and separate into smaller pieces. Add carrots and

oyster mushrooms. Stir fry until oyster mushrooms are tender (3-4 minutes).

Season with salt.

WINTER KALE SOUP

3 minced garlic cloves

1 large **Second Spring onion**, chopped
3 Tbsp olive oil
6 cups vegetable stock
2 cups tomatoes, chopped or puréed
1 bunch shredded **Tantre kale**
1 can canellini beans (or other large bean)
Parmesan cheese for garnish
Salt and pepper, to taste

Saute garlic and onion until translucent. Add vegetable stock, tomatoes, herbs, and drained beans. Heat to boiling. Add kale and cook on medium heat for 20 minutes. Serve with Parmesan sprinkled on top and a slice of **Zingerman's baguette**. Salt and pepper to taste.

BEST GARLIC BREAD RECIPE (from [https://www.loveandlemons.com/...](https://www.loveandlemons.com/))

½ cup unsalted butter, 1 stick, at room temperature
1 Tbsp finely chopped fresh parsley or chives, plus more for garnish
2 garlic cloves, grated
½ tsp sea salt
1 (15-ounce) loaf **Zingerman's Rustic City baguette**
2 Tbsp grated Parmesan cheese
Flaky sea salt
Red pepper flakes, optional

Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Use a serrated knife to slice the bread in half lengthwise. Slather the cut sides with the garlic butter. Place the bread, cut side up, on the baking sheet. Place on the high oven rack and bake for 8 minutes, then broil for 2 to 5 minutes, or until the bread is golden brown around the edges. Sprinkle with the Parmesan, flaky sea salt, parsley, and red pepper flakes, if desired. Slice and serve hot.

Hope you enjoy the delights and flavors of these Winter Solstice-inspired foods this week! This would be a good time to get a few things to stock up on before company comes, or give some items away as a holiday gift! Hope to see you in a few weeks for our Immune Booster Week #224 with pick up on Sat. Jan. 3 at the [Washtenaw Food Hub](#) OR our Winter Chelsea location at [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.

Tantre Farm

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