



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 221) Share December 6, 2025

Welcome to Week #221 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

The glorious white light of the full moon shines through the fog and over the snowy fields and woods, quietly casting shadows in the cold air staying out until the dawn greets the horizon with a pink glow. The white clouds turn sparkly bright pink while the fog blankets the valleys merging with the snow and the leafless blooms of trees.

The barn and the root cellars are full of squash and potatoes at this time of year. The rooms are brimming full of crates and boxes of vegetables that we sort and clean throughout the week, so that our community may enjoy the bright summery sweetness of the colors, orange, red, yellow, black, green in their cozy homes.

After lunch the sun has come around the barn enough to warm the root washer, so that we may wash carrots, squash, radishes, and potatoes. While the small farm crew works, discussion travels from health care to data centers covering farm fields. Enjoying the quiet hush on the snow covered earth, we are entering the season of friendship and conversation with a little less of the intensity of summer with the remaining small farm crew.

We are grateful to our small but mighty crew, who sorts, washes, packs, and delivers all this sweet and savory goodness to our community each week. We also are thankful to each one of you for your appreciation and support of all these local farms and small businesses who are supplying all this delicious and nutritious goodness to you in a box. We couldn't have done this without the hard work of the farmers from Second Spring Farm, Sell Farms, Kapnick Orchards, Garden Works Farm, and Tantre Farm. Our gratitude also goes out to

our food partner creators from Pilar's Tamales, Ginger Deli, It Kicks, and Ann Arbor Tortilla Company. Hope you enjoy all the delicious efforts of hard work and care that these boxes represent. Thanks for coming back or trying our Immune Booster CSA for the first time. We hope to see you again over the coming months of winter and spring.

THIS WEEK'S SHARE ITEMS:

PINK LADY APPLES from [Kapnick Orchards](#): You will receive this sweet-tart apple, which 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.

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

-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.

RAINBOW CARROTS from [Tantre 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. You will receive Romance (blunt-tipped, deep orange roots with impressive flavor for a summer-harvested carrot), Red Dragon (beautiful magenta-purple, smooth, thin skin and broad, Chantenay-type shoulders with orange internal color and yellow core), and Purple Haze (bright purplish-red roots with bright orange interior and a sweet flavor; cooking will cause the color to fade). 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.

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 Tanre 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.

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 Tanre 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 or sandwich and almost any other dish, so yummy and tender!

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

WINTER SQUASH from [Tantre Farm](#): You will receive a couple of Delicata (small, oblong, creamy colored with long green stripes, only slightly ribbed; pale yellow, sweet flesh with nutty, earthy flavor; edible skin; best eaten within 4 months of harvest). Thanks to the Tanre 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.

ORGANIC RAINBOW SWEET POTATOES from [Second Spring Farm](#): You will receive a combination of Second Spring Farm's organic, edible roots related to

the morning-glory family that have dark red, white, purple, or orange/brown skins. Different colors indicate different flavor profiles, textures, and nutritional benefits. Orange (brown, skin with orange flesh and a sweet, moist texture, making them ideal for mashing, baking, and desserts; rich in beta-carotene), Purple (vibrant purple skin and/or flesh, which is a sign of anthocyanin antioxidants, a slightly nutty or mildly sweet and savory flavor, and a dense, dry, and starchy texture), White (cream-colored or light tan skin with white or light yellow flesh with less sweet, slightly nutty flavor, and a drier, firmer, and sometimes more crumbly texture, making them a good choice for fries or dishes requiring a less sweet potato), and Red (sweet, buttery flavors; moist, juicy, slightly stringy, breaks down easily; mashing, baked goods, desserts, general all-purpose). Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI.

-How to use: prepare like potatoes--baked, boiled, sauteed, 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, since it oxidizes then doesn't store well.

BLACK BEAN & JALAPENO TAMALES from Pilar's Tamales: You will receive 3 tamales that will be wrapped in aluminum foil that can be stored in your freezer or put in your refrigerator. Silvia's Tamales are handmade with 100% stone-ground corn masa, filled, rolled, and then steamed. You will receive 1 Jalapeno & Cheese Tamale, which is a kid favorite that is not too spicy. It is made up of Corn Flour Masa, Canola Oil, Vegetable Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Fresh Jalapeno Peppers, Garlic, Onion, Salt. You will receive 2 Black Bean/Cheese Tamales, which are filled with Corn Flour Masa, Canola Oil, Black Bean Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Michigan Black Beans, Salt, Onions, Garlic. Thanks to Sylvia from Pilars Tamales who packs everything with LOVE, and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: To reheat for moist and fresh tamales, we recommend steaming/stovetop. The reheating process is the same as if they were uncooked especially if they are hard frozen. Just throw them in the steamer and they will have a great consistency again!

-How to store: Cooked tamales can be placed in the fridge for up to one week or freezer for a couple of months.

GARDEN SALAD from Ginger Deli: This 1-quart salad is 100% vegetarian and gluten-free. This salad features all kinds of vegetables, such as baby arugula, green leaf lettuce, cucumber, shredded pickled carrot, fresh mango, cherry tomatoes, fresh mint and toasted shallot, tossed and served with tangy citrus vinaigrette dressing (olive oil, lime, apple vinegar, sea salt, kiwi, minced garlic, red pepper flakes, water, 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 Ann Arbor store locations at *203 E. Liberty Street* and their new location *1701 Plymouth Road*. They also sell a variety of their prepared foods at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: Open container, toss ingredients, and use!

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

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

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

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

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

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

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

ANNOUNCEMENTS

1. THE HUB HOLIDAY MARKET on DECEMBER 13 from 10 AM to 2 PM at the WASHTENAW FOOD HUB: We are excited to invite you to the first annual Hub Holiday Market at the [Washtenaw Food Hub](#) (4175 Whitmore Lake Rd, Ann Arbor, MI)! This seasonal event showcases local makers, artisans, and small businesses offering one-of-a-kind gifts, tasty treats, agrarian-inspired goods, and holiday cheer including Mindo Chocolate, The Beeswax Barrn, Michigan Flower Growers Collective, Smiling Jim's Seasonings, Missy's Clay Creations, N Kids Farm, Tiani Body Care, Marosi Creations, Ira Richardson, Madaras Design Studio, and Stewards Provisions. Come support local, explore unique finds, and enjoy a festive experience filled with warmth, community connections, and acoustic music. Hope to see you there!

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:** 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 and Webbed Foot Pines, **1/2 gallon vanilla or chocolate ice cream** from Calder Dairy, and more! We also will 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 [Homestead Bread](#) will have a few loaves of

sourdough 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 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, popcorn, 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. 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!**

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 a 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.

BRUSSELS SPROUTS IN CIDER WITH ONIONS AND APPLES (from *Vegetarian Table: France*) Serves 6

1 lb **Tantre Brussels sprouts**

2 **Kapnick's apples**

2 Tbsp butter

2 Tbsp olive oil

1 **Second Spring yellow onion**, chopped

1 1/2 cup apple cider

1/2 tsp salt

1/2 tsp pepper

2 star anise

1/4 cup balsamic vinegar

Trim sprouts and halve lengthwise. Cut apples into 1/2-inch cubes. Melt butter and oil in large skillet over low heat. When mixture foams, increase heat to medium and add apples and onions; sauté until apples are soft and onions are translucent, about 4 minutes. Add Brussels sprouts; sauté 3-4 minutes. Add remaining ingredients, except vinegar. Cover, reduce heat, and simmer until sprouts are easily pierced with a fork, about 10 minutes. Discard anise. Remove contents of pan with slotted spoon to warm serving dish; cover. Heat liquid in pan over medium-high heat until reduced by half. Add vinegar; cook 2-3 minutes, stirring and scraping pan to loosen any stuck-on bits. Pour over sprouts; serve immediately.

DELICATA SQUASH WITH BREADCRUMBS & PARSLEY (from

<https://soilborn.org/recipe/de...>)

1/2 cup breadcrumbs

2 tablespoons nutritional yeast (optional)

4 tablespoons olive oil, divided

2 **Tantre Delicata squash**, cut lengthwise and seeded

Kosher salt and ground black pepper to taste

1/2 teaspoon garlic powder

4 fresh sage leaves, minced

Fresh parsley, chopped, for garnish

Mix the breadcrumbs, nutritional yeast and 2 tablespoons oil in a small bowl. Toast the mixture in a small skillet over medium heat until just golden. Add salt and pepper to taste. Cut the squash cross-wise into 1/4-inch slices and add to a large bowl. Season with salt, pepper, garlic powder, and sage. Heat a large skillet with the oil over medium-high heat. Add the squash and cook about 4 minutes or until they are golden and crisp. Turn them over to cook on the other side for about 4 more minutes or until they are fork-tender. Depending on the size of your skillet, you may need to cook the squash in batches. Transfer the squash to a paper-towel lined plate. Arrange the on a platter and sprinkle the breadcrumb mixture over the squash and garnish with parsley. Serve while hot.

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

1 tsp canola oil

1/2 cup **Second Spring onion**, chopped

1/2 cup celery, chopped
1 medium **Tantre carrot**, chopped
1 Second Spring sweet potato, peeled and chopped
1 cup **Tantre winter squash**, chopped in chunks
1/2 cup sweet red or green pepper, chopped
1 tsp garlic, minced
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 2 Tbsp parsley, chopped
2 cups **Tantre kale**, chopped
1 cup unsweetened soymilk
Salt and pepper, to taste

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

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

Ingredients:

1 finely chopped **Second Spring onion**
1.5 tbsp oil
400g (3) potatoes thinly sliced
2 cloves of crushed garlic
1/2 tsp smoked paprika
8 beaten eggs
50g serving of Savoury Crunch or Mild Chilli seeds
sea salt and black pepper
a handful of parsley and extra seeds to serve (optional)

For the salad:

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

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

Hope you are enjoying these snowy days! We look forward to seeing you next week for our Immune Booster Week #222 with pick up on Sat. Dec. 13 at the

Washtenaw Food Hub OR our new 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.*

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