



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 222) Share December 13, 2025

Welcome to Week #222 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

It is surprising how quiet the farm has been this past month, after the long, cold nights when temperatures sank into single digits and the full moon cast its silver light across the sparkling snow. The days move slowly now, filled with simple, steady work—sorting squash and potatoes in the root cellar, washing carrots and radishes while the fields rest beneath a warm blanket of snow. The bees remain tucked inside their wooden hive, clustered together, consuming honey in a kind of deep meditation, withdrawn from the cold as they wait another four months for spring. Kale stalks are chopped and gathered, carried into the packing shed to be peeled, cut, and bunched. Each small task marks time in this quiet season of rest and patience.

From this rhythm of care comes nourishment. The sweet, chewy kale leaves—rich in calcium, beta-carotene, folate, vitamin C, and omega-3s—support the gut and strengthen the immune system. Such nourishment, for both body and mind, feels like the greatest gift the earth and fields can offer. Simple work, fresh air, and the quiet of the season are enough. Nothing more is needed. Simplicity for its own sake, set against a world that often feels hurried and confused, becomes a relief and a refuge. Staying warm and well-rested, sharing good meals with one another, this season offers space for insight and contemplation.

Without our supportive farmers and food artisans this would not be possible, so we would like to share our appreciation to Second Spring Farm, Kapnick Orchards, Sell Farms & Greenhouses, and the Tantre Farm Crew, along with the staff at Harvest Kitchen, Blue Lemon Thai, and our new partner at Upstart Bakery. Wishing you all the best health and happiness with this week's share

box. If you are picking up your box in Ann Arbor, hope you are able to enjoy our Hub Holiday Market at the Food Hub from 10 AM to 2 PM on Saturday after you pick up your box. See Announcements below for details.

THIS WEEK'S SHARE ITEMS:

GRANNY SMITH & EVERCRISP APPLES from [Kapnick Orchards](#): You will receive Granny Smith (a crisp, tart apple with a slightly waxy green freckled skin; with flesh that is firm and white in color. Granny smith apples originated in Australia; popular in baking (pies, galettes, tarts, hand pies, and cobblers) 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 in description; all good for fresh eating and baking!

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

RED CABBAGE from [Second Spring Farm](#): You will receive a head of Ruby Perfection (fancy fall storage red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves). Cabbage is considered a beneficial digestive aid and intestinal cleanser; cabbage has a good amount of vitamins A and C, calcium, potassium, and magnesium. Thanks to our former intern (2003)- turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-How to use: good steamed, stir-fried, or chopped raw into salads or coleslaw.

-How to store: refrigerate for up to 1 month.

RED & ORANGE BABY CARROTS from [Tantre Farm](#): You will receive a bag of Romance (blunt-tipped, deep orange roots with impressive flavor for a summer-harvested carrot) and Red Dragon (beautiful magenta-purple, smooth, thin skin and broad, Chantenay-type shoulders with orange internal color and yellow core). 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

GARLIC from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease, used as an expectorant or decongestant, and at least some people believe that it can ward off vampires and insects.

Cooking tips: to mellow garlic's strong flavor opt for longer cooking; to enjoy its more pungent flavors and increased medicinal benefit, use it raw or with minimal cooking.

-How to use: minced raw in salad dressings, sauteed and added to stir-fries, meats, vegetables

-How to store: garlic can be stored in an open, breathable basket in a cool, dark place for many months

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.

BUTTERHEAD LETTUCE from [Sell Farms & Greenhouses](#): these organically grown and hydroponic greens are a type of lettuce known for its soft, buttery-textured leaves, mild sweet flavor, and loose, cup-shaped heads; tender leaves rich in Vitamins A, K, and folate, and often used by gourmet chefs for its delicate texture and sweet taste. 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: prized for salads, sandwiches, and lettuce wraps

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

CAROLA POTATOES from [Tantre Farm](#): a yellow potato from Germany; smooth, creamy texture that is good for baking or frying.

-How to use: good roasted, mashed, or in salads.

-How to store: keep unwashed in cool, dark place in paper bag.

WHITE HAKUREI TURNIPS from [Tantre Farm](#): a white salad turnip with round, smooth roots that have a sweet, fruity flavor with a crisp, tender texture. Roots are a good source of Vitamin C, potassium, and calcium; good in salads and soups).

-How to use: good in salads and soups; can be roasted, steamed, or sauteed.

-How to store: roots can last up to 1-2 weeks in refrigerator

WINTER SQUASH from [Tantre Farm](#): You will receive [Sunshine Kabocha](#) (red-orange, flat-round fruit with dry, sweet, bright orange flesh; excellent for baking, mashing, and pies). 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.

WILD MUSHROOM RAVIOLI and GREEN BEANS from [Harvest Kitchen](#) (vegetarian): This ravioli is a type of stuffed pasta filled with a rich, earthy, and savory mix of sautéed shitake and oyster mushrooms, flour, ricotta, milk, onion, garlic, shallot, parmesan, basil, salt, and pepper. This 12-oz rich, flavorful, comfort food will be served with lightly sauteed green beans as a side dish. Keith runs the show at Harvest Kitchen and we are always grateful for their contributions to our CSA and our market. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor

Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market. Please stop by and pick up some of their items or order online.

-How to use: Reheat and enjoy as a standalone dish.

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

KALE CITRUS HARVEST SALAD WITH CANDIED WALNUTS & MAPLE-LEMON

GINGER DRESSING from [Blue Lemon Thai](#) (vegan & gluten-free): This beautiful 32-oz salad is so colorful with fresh kale (Tantre Farm), English cucumber, orange carrots (Tantre Farm), fresh candied walnuts (walnut, cane sugar), and a dressing (maple syrup, lemon juice, ginger, Dijon mustard, sea salt, black pepper, honey, olive oil, and rice vinegar). Nuts & dressing placed in separate containers. Thanks to Chef Nam for bringing her rural Thailand roots into her inventive cooking. The vibrant flavors of Thailand come through in her personal chef services and pop up events around Ann Arbor and the Washtenaw and Wayne County areas. Check out her website above to find out more about her.

-How to use: Open and ready to go!

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

HERB & SEA SALT FOCACCIA from [Upstart Bakery](#): Josh Palmer with Upstart Bakery is our newest partner vendor in the Immune Booster CSA. His rustic Italian flatbread is characterized by its airy, chewy interior, crispy crust, dimpled surface, and rich olive oil flavor. Josh is committed to using almost all organic ingredients in his baking with this focaccia including organic stone-milled hard red winter wheat, organic stone-milled durum wheat, organic potato, extra virgin olive oil, yeast, generously topped with fresh, aromatic organic herbs, and crunchy flakes of sea salt for a savory, Mediterranean taste. This baker hails from Jackson, MI, where he creates unique breads, pastries and baked goods made with 100% organic, freshly milled grains and seasonal, all vegan ingredients. You can find their products at Agricole Farm Stop in Chelsea, Jackson Farmers Market, and Hazel Coffee in Ann Arbor.

-How to use: Reheat in oven at 325 degrees for 5 minutes and enjoy with the ravioli or a bowl of soup, etc.

-How to store: Keep it at room temperature in an airtight container for 2-3 days, or freeze it for longer freshness (up to a month) by wrapping individual slices tightly in plastic wrap and foil before bagging.

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 Barn, 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. Thanks to Roos Roast for their generous donation of Lobster Butter coffee, and come enjoy free coffee, tea, popcorn. We will also be selling

hot apple cider, freshly made cinnamon rolls, Washtenaw Dairy donuts, and some gluten-free and all vegan cookies from Upstart Bakery. Hope to see you there, especially if you are picking up your share at the Food Hub anyway!

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, **beewax candles** from the Beeswax Barrn 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 Unity Vibration's kombucha spritzer, various flavors 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 [Mind 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. 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. **WE WILL BE CLOSED ON DEC. 24, 26, AND DEC. 31:** Please mark on your calendars that the Sunflower Market will be closed for the holidays for a few days. We will also not be having an Immune Booster box on Dec. 27 due to the holidays. However, we hope to see you back in the new year!
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

SHEET-PAN POTATO ONION CABBAGE APPLE HASH (from

<https://hapaway.com/2020/04/18/sheet-pan-potato-onion-cabbage-apple-hash/>) Serves 2-3.

1.5-2 lbs. **Tantre's potatoes**

1/2 med. **Second Spring's cabbage**

1 med. yellow onion

3 Tbsp. olive oil

1 tsp. salt

1 large (or 2 small) **Kapnick's apples**

Heat oven to 425°F. Chop potatoes into 1/4-1/2" cubes. Chop cabbage into large 1/2-1" chunks. Chop onion into 1/4-1/2" pieces. Place on large rimmed baking tray, toss with 2 tablespoons olive oil and spread evenly. Season with 1 teaspoon salt. Bake 15 minutes. Toss everything around and bake another 8 minutes. While hash is baking, chop apple into 1/4-1/2" cubes. Add apple to tray along with 1 tablespoon olive oil. Toss everything around and bake another 10 minutes.

YOUNG TURNIP SALAD WITH APPLES AND LEMON DRESSING (from *Farmer John's Cookbook* by John Peterson and Angelic Organics) Makes about 2 cups

1 cup grated raw **Tantre's white salad turnips** (about 4 medium/small turnips)

1 cup peeled and grated tart apples (**Kapnick's Granny Smith**--about 1 large apple)

1/2 cup finely chopped fresh parsley

3 Tbsp fresh lemon juice

1 Tbsp vegetable oil

Salt and freshly ground black pepper, to taste

Toss the turnips, apples, parsley, lemon juice, and vegetable oil in a large bowl. Season with salt and pepper to taste. Cover and refrigerate for 1 hour.

Note: For a sweet treat, try tossing in some raisins, or top with chopped and freshly toasted pecans or walnuts.

KALE AND SUNSHINE KABOCHA SQUASH SALAD (from

<https://www.lettyskitchen.com/...>)

1 **Tantre's Kabocha squash**, cut in 1/2-inch cubes (3 to 4 pounds)

1 tablespoon olive oil

1 tablespoon honey

2 cloves minced **Tantre's garlic**

1/3 cup Roasted Red Pepper Vinaigrette (this recipe has a link on this website)

1/2 teaspoon sea salt

Freshly ground black pepper

8 ounces **Tantre's kale**, washed, stems removed and discarded

1/3 cup Roasted Red Pepper Vinaigrette (or some other flavor)

1/4 teaspoon sea salt

1/3 cup tamari roasted pumpkin seeds

2 tablespoons hemp hearts (or some other crunchy seed like flax, chia, or sunflower seeds)

Preheat the oven to 400°F. Cut the unpeeled squash into small (1/2-inch) cubes. Toss the squash in a bowl with the olive oil, honey, roasted red pepper

vinaigrette, minced garlic, salt, and pepper. Spread on a large rimmed baking sheet, in a single layer. Roast 35–45 minutes, until the squash is tender and golden on the edges. Set aside. (You will use 3 cups of the roasted squash, save the rest for something else.)

Roughly chop the kale leaves into pieces about 1 ½- to 2-inch square. Toss in a bowl with the roasted red pepper vinaigrette and salt, and then, using your fingers, massage the kale for a minute or so. Toss in 3 cups of the roasted squash and most of the pumpkin seeds and hemp hearts. Serve sprinkled with the rest of the pumpkin seeds and hemp hearts. Be sure to offer extra roasted red pepper vinaigrette at the table.

ETHIOPIAN CABBAGE DISH (from <http://m.allrecipes.com/recipe...>) Serves 5

1/2 cup olive oil

4 **Tantre's carrots**, thinly sliced

1 onion, thinly sliced

1 tsp sea salt

1/2 tsp ground black pepper

1/2 tsp ground cumin

1/4 tsp ground turmeric

1 small head **Second Spring's red cabbage**, shredded

5 **Tantre's potatoes**, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15–20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20–30 minutes.

Hope you are enjoying these cold, winter days ahead! We look forward to seeing you next week for our Immune Booster Week #223 with pick up on Sat. Dec. 20 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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

