



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 226) Share January 17, 2026

Welcome to Week #226 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

In the cold, dark night near the puttering flames of the wood stove, we add more wood chunks, which we split in the snow earlier that day. We feel a sense of security having a stack of logs nearby, knowing that we just have to get through this short, cold spell before the warm days will eventually come.

For now we are content to have a crunchy, crispy layer of snow under our feet as we head back to the packing shed in the early morning twilight each day. As we trudge down to the root cellar through the snow to grab some carrots and potatoes, we notice the potato washer buried with a thin snow blanket. The cellar doors are hard to pull open stiff with snow and ice. When inside though it feels cozy and checking the thermometer, we find it hovering around 35 degrees which is just fine, because the potatoes will sprout if it is much warmer. Weaving in and out among the wooden crates of potatoes, carrots, and radishes, we select some crates and sit down to sort these roots before we wash, pack, and then deliver them to town.

This is certainly a simple treasure chest of seasonal sustenance to feed ourselves, our friends, and our neighbors in the surrounding communities. As we carry the carrots and potatoes up to the packing shed to be washed and close the doors to the root cellar to keep in the optimum warmth and coolness, we are struck by the bright sky and the dazzling snow from the morning sun rising on the horizon. Once in a while, we can hear the trill of the morning cardinal song or the honking call of the Canadian geese. Between sorting, washing, and packing orders and chopping firewood along with a myriad array of other tasks, our days are full in the winter. We watch the early morning birds jump from log to log looking for fat larvae in the wood that we are splitting knowing that soon

this beautiful snow will be gone. In the next few months we will be looking forward to planting some seeds that will eventually transform into seedlings in the greenhouse. The rising temperatures will warm the root cellar making it no longer optimal for storage, and a new season will be here for us to observe and to gain renewed affection for this place.

We hope you are warmed by El Harissa's Lablabi, and enjoy the immune boosting properties of Blue Lemon Thai's Salad, accompanied by the Pita Bread at Yasmeen Bakery. Thank you for supporting our farmers at Second Spring Farm, Kapnick Orchards, Sell Farms, Garden Works, Two Tracks Acres, Jacob's Fresh Farm, and of course Tantre Farm. We hope that you can find new ways to observe the world around you and be warmed by hope, knowing that we will get through this cold spell and the warm days will eventually come with a new dawn.

THIS WEEK'S #226 SHARE ITEMS:

FUJI & EVERCRISP LADY 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 (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.

ORANGE "CANDY" CARROTS from [Tantre Farm](#): You will receive a bag of freshly harvested Napoli (a specialized variety with a sweet taste; 7" roots are cylindrical, smooth, and blunt with edible, green leaves). Thanks to the Tantre staff for sorting and washing these beautiful carrots in January!

-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.

-How to use: minced raw in salad dressings, sauté, & added to stir-fries, meats, vegetables; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins

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

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.

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), Golden Oyster (delicate yellow mushrooms grow in large clusters containing dozens of tender stems topped by yellowish white, shell-like caps, which have a subtle, earthy odor and a slightly chewy, but velvety texture), Black King Oyster (a hybrid of oyster and king trumpet mushrooms that are dense, meaty, and have a unique flavor), Chestnut (a type of edible mushroom that can be brown in color and have a meaty texture; mild, buttery and nutty with a seasoned peppery finish making it an excellent choice for sautéing or grilling), OR Lions Mane (large, white, shaggy mushrooms; dry sauté in a hot skillet until water releases and edges brown, then add butter and seasonings; supports cognitive function but also has properties that can reduce anxiety). 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 PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one 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. Thanks to Rob, who 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.

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.

SPINACH from [Jacob's Fresh Farm](#): You will receive a 5-oz bag of leafy greens of edible, dark green leaves that can be arrow-shaped, crinkly, or flat depending on the variety and grown in a hoop house--best eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Sunflower Farm Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. See more of what they offer on their website above in the name.

-How to use: toss in fresh salad, add to sandwiches, saute, steam, braise, or add to crepes, quiche, lasagna, and soups.

-How to store: refrigerate with a damp towel/bag for up to 1 week.

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.

LABLABI (*vegan & gluten-free*) from [El Harissa](#): Lablabi, is a traditional Tunisian Chickpea Soup or Stew. This hearty North African meal features chickpeas, garlic, lentils, kale, onions, canola oil, salt, and warm spices, and is paired nicely with the Yasmeeen Bakery pita bread in your box. Lablabi is traditionally served quite simply, since it's a dish meant to provide sustenance for cold days, using frugal ingredients, which is perfect for these cold, winter Michigan days. Thank you to Khaled and Susan Houamed and their children Yusef and Yasmin of El Harissa Market Cafe, which is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region.

-How to use: Heat and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

PITA BREAD (10-piece) from [Yasmeeen Bakery](#): a round flatbread originating from the Middle East; made from whole wheat flour, water, yeast, and salt, and is often leavened; known for its unique texture, with a crispy crust and a soft, chewy interior. Thanks to Ahmed who runs the New Yasmeeen Bakery founded in 1986 in Dearborn, MI, which is an authentic Lebanese Bakery/Restaurant with a wide variety of dishes. He comes from a long line of bakers in Lebanon. Khaled from El Harissa highly recommends this pita for it's genuineness and sells it in his little market.

-How to use: perfect for dipping into hummus or with **El Harissa's Lablabi**; excellent to use in wraps and can be eaten in many other ways

-How to store: best eaten fresh, but can be stored in an airtight container at room temperature for a few days. It can also be easily frozen for later use.

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 Tantre Farm kale, English cucumber, Tantre Farm orange carrots, Second Spring Farm red cabbage, 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

ANNOUNCEMENTS

1. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with COMMUNITY MEAD MAKING (Pt. 2) on Wed., January 21 from 5 –6 PM:** Hot tea choices and mug are provided for a suggested donation of \$5 or more. Please feel free to bring your own mug and favorite tea. We'll gather to sip, share stories, and hear what others in the community are up to. Each week features a special host and theme to spark conversation, but you're welcome to bring any topic to the table related to food, sustainability, or community life. Join us next Wednesday as we step into the ancient craft of mead-making with Rachel Kanaan and Mason Shipe. This is the second session in a three-part series. This session dives deeper into the history, tools, and fundamentals of brewing honey wine. Please bring a \$5 donation to help cover materials for the next stage of the process. Join us for a fun, hands-on community project—cheers from start to sip!

*Join us the following Wednesday, Jan. 28 with Robin Lehman for a "Stitch & B!%@#" session, where we work on our projects, sip tea, and explore how natural yarns can elevate your creations. See examples of natural fibers and connect with fellow makers. All projects and skill levels are welcome.

**You can check out our Food Hub calendar for all future events here:

<https://www.thewashtenawfoodhub.com/events/washtenaw-food-hub-events/>

***If you are interested in sharing your skill or talent related to food, sustainability, or community please contact us at sunflowerfarmmarket@gmail.com. Although we may not be able to engage everyone's skills, we welcome your ideas!

2. **DISCOUNT FOR TANTRE MEMBERS – WINTER TREE ID at Tantre Farm – Feb. 21 from 12 to 1:30 PM:** Tree ID is important to finding herbs and mushrooms, as well as the trees themselves. If you can only ID trees with their leaves on, you can't scout during the winter. But if you can ID them without their leaves, you can scout all year round. To ID trees in the winter, you need to look at characteristics other than their leaves. Rachel Mifsud, founder of Will Forage for Food, will be leading this class, and we will look closely at several different trees and shrubs and discuss how to identify them based on characteristics such as bark, branching pattern, and winter buds. This is an outdoor class for \$25 followed by another optional class called Non Woody Id from 1:30 to 3 PM for \$25. If you attend both classes they are discounted to \$45. **If you have been a Tantre CSA member, there is a 20%**

discount on all classes if you use the code TANTRE at checkout! Please dress for the weather. Please register at <https://www.willforageforfood.com/store/p/winter-plant-id>

3. **DISCOUNT FOR TANTRE MEMBERS – NON-WOODY PLANT ID at Tantre Farm – Feb. 21 from 1:30 to 3 PM:** Similar to Winter Tree ID, except this class with local foraging expert, Rachel Mifsud from “Will Forage for Food”, we will focus on herbaceous plants. There are several plants that remain green all winter, even under the snow. So we will spend some time talking about those. But we will also spend time learning to ID dead plants Why? Because the “skeletons” of dead herbaceous plants can tell you where to look for roots and where you should look for things during the growing season. You would be surprised at how much you can ID in the winter. Please register with \$25 or if you If you attend above class as well they are discounted to \$45. **If you have been a Tantre CSA member, there is a 20% discount on all classes if you use the code TANTRE at checkout!** Please dress for the weather. <https://www.willforageforfood.com/store/p/winter-plant-id>
4. **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. Our **NEW ITEMS** this week include **frozen green beans, corn, and broccoli** from [Omena Organics](#) along with freshly harvested **sweet salad mix & spinach** from [Jacob's Fresh Farm](#). We also still have 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, and more! We also will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and apples from Kapnick Orchards. Many other 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. [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 [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!
5. **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!

6. **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

BROILED MUSHROOMS (from www.recipes.wikia.com) Serves 2-3

1 lb fresh **Two Track's mushrooms**, stems removed
6 Tbsp fresh lemon juice
4 garlic cloves, finely minced
4 Tbsp flat-leaf Italian parsley, coarsely chopped
2 Tbsp olive oil
Salt and black pepper, to taste

Preheat the broiler. Clean the mushroom caps with a damp paper towel. Save the stems for stock or to flavor sauces. In a small bowl, combine 4 tablespoons of the lemon juice, the garlic, 3 tablespoons of the parsley, and the oil and pepper. Mix well. Line a 17x11-inch jelly roll pan with foil. Arrange the mushrooms, top side up, on the foil, and brush generously with the lemon juice mixture. Place the mushrooms 4-inches from the heat and broil until just tender, 5-7 minutes. To serve, sprinkle the mushrooms with the remaining 2 tablespoons lemon juice, 1 tablespoon of parsley, salt and pepper to taste.

AUTUMN MINESTRONE (from *Moosewood Restaurant Daily Special* by the Moosewood Collective) Serves 6-8.

2 Tbsp vegetable oil
1 cup chopped onions
2 **Tantre's garlic** cloves, minced or pressed
2 1/2 cups **Tantre's kabocha squash**, peeled and cubed
2 celery stalks, diced
1/2 cup peeled and diced **Tantre's carrots**
2 1/2 cups cubed **Tantre's potatoes**
1 tsp dried oregano
2 tsp salt
1/2 tsp black pepper
6 cups water
2 cups chopped kale (or substitute with **Jacob's Fresh Farm's spinach**)
1 1/2 cup cooked (or 15 oz can) cannellini beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water; cook for 10 minutes or until potatoes are almost done. Add the kale and beans (drained) and simmer for another 5-7 minutes, until the kale is tender and the beans are hot.

MUSHROOM, SNOW PEA, AND SPINACH SALAD (from *From Asparagus to*

Zucchini: A Guide to Farm-Fresh, Season Produce by MACSAC) Serves 6

1/4 cup olive oil

1/4 cup vegetable oil

1/4 cup tarragon vinegar

1 tsp minced fresh tarragon (1/2 tsp dried)

1/2 tsp Dijon mustard

Salt and pepper

1 1/4 lbs snow peas, strings removed (or substitute a handful **Garden Work's pea shoots for pea flavor**)

1 bunch **Jacob's spinach**, stemmed

8 oz fresh **Two Track's mushrooms**, sliced

4 large radishes, thinly sliced

Whisk oils, vinegar, tarragon, and mustard in small bowl. Add salt and pepper to taste. Bring large pot of salted water to boil. Add snow peas; cook 45 seconds.

Drain, run peas under cold water and drain again. Combine peas, spinach, mushrooms, and radishes in large bowl. Toss salad with enough dressing to lightly coat. Pass remaining dressing separately.

SAUTEED SPINACH WITH APPLES AND GARLIC (from <https://ladydocscornercafe.com...>) Serves 4.

1 bag **Jacob's spinach**, washed and dried

2 cloves **Tantre's garlic** chopped

1-2 **Kapnick's apples** cut into small cubes

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.

Hope you are enjoying our reminder this week that it is still winter! We look forward to seeing you next week for the Immune Booster's Week #227 with pick up on Sat. January 24 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

***We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to*

keep things as smooth as possible. Please contact Deb or Richard with questions or comments at info@tantrefarm.com.

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