



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 228) Share January 31, 2026

Welcome to Week #228 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/>**

### THIS WEEK'S #228 SHARE ITEMS:

**HONEYCRISP APPLES** from [Kapnick Orchards](#): You will receive Honeycrisp (medium-to-large sized apple, with a light green/yellow background largely covered with red-orange flush; well-liked by most people due to their sweet and tart flavors, crisp texture, and juiciness; often used in baking, cooking, and as a healthy snack). 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.

**ORGANIC RED or GREEN CABBAGE** from [Second Spring Farm](#): You will receive either a head of [Ruby Perfection](#) (fancy fall storage red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves) or [Kaitlin](#) (large, late-season cabbage that produces a high-quality, high dry-matter white cabbage for sauerkraut). Cabbage is considered a beneficial digestive aid and intestinal cleanser. 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.

**RAINBOW CARROTS (orange, purple, red)** from [Tantre Farm](#): You will receive Napoli (a specialized orange variety with a sweet taste; 7" roots are cylindrical, smooth, and blunt), Purple Haze (bright purplish-red roots with bright orange interior and a sweet flavor; cooking will cause the color to fade), 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. Thanks to the Tantre staff for sorting and brushing each firm bulb.

**-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.

**ROMAINE LETTUCE** from [Sell Farms & Greenhouses](#): You will receive a bag of Romaine (upright, dense heads produce long, uniform hearts with good flavor; 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:** prized for salads, sandwiches, and lettuce wraps

**-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). See above for Second Spring Farm description.

**-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.

**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.

**ORGANIC SWEET POTATOES** from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. Thanks to Second Spring Farm with farm description above.

**-How to use:** prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

**-How to store:** store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

**WINTER SQUASH** from [Tantre Farm](#): You will receive Confection Kabocha (gray, flattened, buttercup-size fruits; dry taste directly after harvest, but outstanding sweetness and texture after curing for a few weeks; good for long storage). Thanks to the Tantre staff for sorting these squash.

**-How to use:** bake, boil or steam; mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc. roast, sauté, 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.

**VERMICELLI BOWL WITH EGG ROLL & TOFU KEBABS** from [Ginger Deli](#) (vegan and gluten-free): You will receive barbecued, charcoal-grilled tofu kebabs served on a bed of vermicelli noodles with shredded green lettuce, grilled Tantre winter squash, roasted onion, cherry tomatoes, fresh mint, cilantro, cucumber, crushed peanut, roasted shallot, served with a light sweet tangy sauce that includes water, garlic, Michigan maple syrup, pepper flakes, apple vinegar, and sea salt. This vegan dish comes with a Crispy Roll, which is made up of onion, garlic, jicama, Second Spring sweet potato, shredded carrot, clear noodle, sea salt, black pepper, lightly fried in vegetable oil. Enjoy the flavor of Vietnamese cuisine! Thanks to Te Phan and his staff from Ginger Deli, who is 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. Please stop by to try their items.

**-How to use:** heat to warm when ready to eat

**-How to store:** keep in refrigerator for 5 to 7 days

**HARVEST SALAD & HONEY MUSTARD VINAIGRETTE DRESSING** from [Blue Lemon Thai](#) (vegetarian and gluten-free): This 32-oz salad combination is a nutrient-dense, high-fiber, and antioxidant-rich blend that offers a balance of leafy greens mix, English cucumber, Tantre orange carrots, tomatoes, and candied chickpeas adding a dessert-like, crunchy texture followed by a brightly acidic dressing in a separate container of lemon juice, Dijon mustard, sea salt, black pepper, honey, olive oil, and rice vinegar. 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 the 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

**ORIGINAL EL QUETZAL BROWNIE** from [Mindo Chocolate](#) (vegetarian and gluten-free): This special treat features a 3.4-oz brownie made with Mindo's own blend of certified gluten-free flours highlighting Mindo's signature chocolate, renowned for its heirloom cocoa beans sourced directly from Ecuador. These rich, decadent flavors arise out of the high quality ingredients of organic cane

sugar, organic cocoa beans, calder dairy butter, organic eggs, organic gluten-free oat flour, organic gluten-free rice flour, and sea salt. Thanks to the Mindo Chocolate staff for this fusion of flavors with high quality, fair-trade 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 Farm Stop in Chelsea, as well as various stores in Dexter, and at the Sunflower Farm Market where every Sunday morning and some Saturdays you can find Mindo Chocolates, co-founder Barbara Wilson, helping us out!

**-How to use:** Enjoy as a dessert or a snack with ice cream or drizzled with caramel sauce or jam! Yum!!

**-How to store:** Store at room temperature or can be easily frozen for long term storage.

## ANNOUNCEMENTS

**1. TANTRE SUMMER CSA SIGN UP IS OPEN:** When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$685 beginning the week of May 24-May 30 and ending the week of September 20-26. That's approximately \$38/week (often with a \$50 true value) of groceries every week! Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until May 23 to register for the regular \$685 full cost. Please let us know if you have any questions. *Hope to see you this summer in 2026!*

**2. COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with RACHEL**

**KANAAN'S "KOMBUCHA 101" on Wed., Feb. 4 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 Feb. 4, so we may explore the art of brewing kombucha with local kombucha expert, Rachel Kanaan. This beginner-friendly class requires no prior experience. Participants may purchase a SCOBY and starter for \$8, and are encouraged to bring a pint jar to take one home.

\* The following week on Wed. Feb. 11, Barbara Wilson of Mindo Chocolates, will be helping participants make your own Valentine Bon Bons. [Register online in advance to reserve your spot](#). Boxes are \$16 each, and you may purchase more than one—perfect for a sweetie or someone special.

\*\*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](mailto:sunflowerfarmmarket@gmail.com). Although we may not be able to engage everyone's skills, we welcome your ideas!

**3. 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>

#### 4. **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>

#### 5. **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 **Red Pelican Mustard** and **Andiamo Spaghetti Sauce**. We also will have frozen cheese pizzas from Lakehouse Bakery, Olive Oil from Zagoda Olive Oil, Gluten-Free Mini Oat Loaves from Upstart 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 beverages, and Calder Dairy regular milk, chocolate milk, and now buttermilk! 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!

**6. 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!

**7. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING!** We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/internships>

**8. 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

### CARROT SOUP (from Moosewood Cookbook by Mollie Katzen)

2 lbs **Tantre carrots**, peeled or scrubbed and chopped

4 cups stock or water

1 1/2 tsp salt

1 cup chopped **Second Spring onion**

1-2 small cloves crushed **Tantre garlic**

1/3 cup chopped cashews or almonds

1/4 cup butter

Optional:

1 medium **Tantre potato** chopped (for heartier soup)

Bring carrots, stock or water, salt (and potato if desired) to a boil. Cover and simmer 12-15 minutes. Let cool to room temperature. Sauté the onion, garlic and nuts in 3-4 tablespoons butter and with a little salt, until onions are clear. Puree everything together in a blender, until it is smooth. Return the puree to a kettle or double boiler and whisk in **ONE** of the following: 1 cup milk, 1 cup yogurt or buttermilk plus a little honey, 1/2 pint heavy cream, 3/4 cup sour cream. Season with **ONE** of the following combinations: 2 pinches nutmeg, 1/2 teaspoon dried mint, dash of cinnamon, 1/2 to 1 teaspoon each of thyme, marjoram, and basil, 1 teaspoon freshly grated ginger root, sautéed in butter plus a dash of sherry before serving. Garnish with grated apple or toasted nuts or sour cream.

### CINNAMON ROASTED SWEET POTATOES AND APPLES (from

<https://joyfoodsunshine.com/cinnamon-roasted-sweet-potatoes-and-apples>)

2 med **Second Spring sweet potatoes** 4 cups, cut into 1" cubes

2 medium **Kapnick's apples** about 2 cups, cut into 1" cubes

3 Tbsp coconut oil, melted & divided  
1 tsp sea salt  
2 Tbsp pure maple syrup  
1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combined. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!

#### **CABBAGE SWEET AND SOUR** (from *What Do You Do With this Stuff*)

4 cup shredded **Second Spring's cabbage**  
3 **Second Spring's onions**, chopped  
4 Tbsp lemon juice  
4 **Kapnick's apples**  
1/4 cup apple cider  
3 Tbsp honey  
3 Tbsp oil  
1 Tbsp caraway seed  
1/2 cup raisins  
1/8 tsp ground allspice

Core and chop apples. Combine all ingredients in a large saucepan and simmer gently for 10 minutes, stirring constantly.

#### **ROASTED WINTER SQUASH WITH BASIL**

(<https://www.christinacooks.com/recipes/roasted-winter-squash-basil>)  
3 cups ½-inch cubes winter squash (**Tantré's kabocha squash**)  
1 **Second Spring's onion**, cut into ½-inch dice  
2 teaspoons avocado oil  
2 teaspoons organic soy sauce  
Grated zest of 1 orange  
1 teaspoon brown rice syrup  
4 to 5 sprigs fresh basil, leaves removed, shredded

Preheat oven to 375F. Place squash and onion in a mixing bowl. Whisk together oil, soy sauce, orange zest and rice syrup in a small bowl until smooth. Toss with vegetables to coat. Arrange vegetables in a shallow baking dish, avoiding overlap. Cover tightly and bake for 45 minutes. Remove cover and return vegetables to the oven and bake for about 15 minutes, until lightly browned on the edges. Remove from oven and toss shredded basil gently into the vegetables, taking care not to break them too much. Transfer to a serving bowl and serve hot.

Hope you stay safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #229 with pick up on Sat. February 7 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](mailto:info@tantrefarm.com).*

**Tantre Farm**

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