



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 224) Share January 3, 2026**

Welcome to Week #224 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**

On these first days of the new year, it is good to be here on this little hill in the country with the snow blowing across the road. Once in awhile we can hear a cardinal when the wind dies down. The brown grasses and weeds shudder back and forth along the field road to the packing shed. In the morning there are fresh deer tracks coming up to the compost pile filled with dried out, nibbled Brussels sprouts stalks and spotted pumpkins. The driveway has just enough room to split the wood near the market truck, and then we bring it into the room with the woodstove. We sit with the dogs sprawled out on the floor, while they pull cockleburs out of their thick, winter coats with their teeth.

Down in the root cellar there is a quiet stillness, with no sound of wind, but a gentle light streams through the crack in the door. Just enough light peeks through, so that we can sort potatoes, peel cabbages, and break yellowed greens off the carrots in the cold storage. Above the root cellar on the main level of the barn, we head to the back room where we keep the cool and dry storage items and we brush and sort the soft from the firm cloves of garlic. The wooden crates of squash are stacked up in giant pillars towards the ceiling. Everywhere the quietness remains for many hours as we sort, clean, and pack produce in boxes, protected from the rough winds that shake the dried asters and golden rod.

Our mornings, afternoons, and evenings are filled with simple and authentic work, cleaning and curating, repairing and maintaining tools, door latches, delivery van transmissions, brakes, driveshafts, knocking tractor motors, sharpening dull hand tools, fixing flat tires and broken windows. It is the season

to clean and organize and enjoy the simple tasks before the new growing season starts only too soon. This work is restful, and contemplative. We are thankful to be here on the land with one another taking care of each other for yet another year.

We thank you for allowing us this opportunity to be original and creative as we forge ahead into a new year of possibilities. We look forward to this new year as we head one more time around the sun, our lifegiving star. We also would like to thank our partners for working together to create this Immune Booster share. Hope you enjoy this week's menu from the fine folks at Kapnick Orchards, Second Spring Farm, Sell Farms & Greenhouses, Garden Works Organic Farm, Harvest Kitchen, The Brinery, Zingerman's Bakehouse, and our crew at Tantre Farm. As always, we appreciate you continuing to support this local, food-producing talent throughout this coming year with your loving kindness and care!

### **THIS WEEK'S #224 SHARE ITEMS:**

**APPLE MIX** from [Kapnick Orchards](#): You will receive a medley of several varieties, which might include 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, as well as baking and applesauce), Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp, and aromatic; good snacking apple and good for pies), Pink Lady (sweet-tart apple 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), or Granny Smith (a crisp, tart apple with a slightly waxy green freckled skin and flesh that is firm and white. Granny Smith apples originated in Australia and are popular in baking pies, galettes, tarts, hand pies, and cobblers). 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 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.

**ORANGE & PURPLE CARROTS** from [Tantre Farm](#): You will receive Napoli (a specialized orange variety with a sweet taste; 7" roots are cylindrical, smooth, and blunt) AND Purplesnax (sweet, mellow flavor with a dazzling combination of purple skin outside and golden color inside, which makes it a superb variety for

enjoying fresh or roasted). Thanks to the Tantre staff for sorting and washing these beautiful carrots.

**-How to use:** Can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

**-How to store:** Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks, and sometimes longer

**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 and spread on a good, crusty Zingerman's Bakehouse baguette.

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

**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 Tantre intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole Farm Stops.

**-How to use:** Great for salads, soups, stews, egg dishes, and many other dishes for flavor.

**-How to store:** Once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

**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](mailto: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](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying. Thanks to Tantre staff for sorting and cleaning all these roots.

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

**-How to store:** keep in cool, dark place in paper bag for several months

**WHITE DAIKON RADISH** from [Tantre Farm](#): You will receive Alpine (the smooth, attractive roots are white with green shoulders; looks like an overgrown white carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut; the most common type grown in Korea). Thanks to Tantre Farm crew for sorting, washing, and packing these roots.

**-How to use:** excellent julienned, sliced, used in a salad or tossed with your favorite vinaigrette; good eaten fresh, cooked, or pickled

**-How to store:** store dry and unwashed in plastic bag in refrigerator for up to 2 weeks; can last for 2-4 months if stored in cold, moist conditions like beets.

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

**MUSHROOM PARMESAN QUICHE** from [Harvest Kitchen](#) (vegetarian): This 7-inch quiche is made from scratch with a delicate balance of flavors and can be served for breakfast, lunch, or supper. The handmade crust is composed of flour, butter, water. The filling is composed of Calder Dairy milk, eggs, parmesan cheese, cremini mushrooms, shallots, salt, pepper. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Food Hub's Sunflower Farm Market. You can also order their products from their website from an online menu, and they even will do home deliveries to your door!

**-How to use:** Just reheat in the oven following instructions on the package. Can also be frozen and saved for a later date. Add a little tang to your savory, and serve with the **Brinery's Curtido Sauerkraut** and a crusty slice of **Zingerman's Bakehouse Sourdough Bread**.

**-How to store:** can be stored in the fridge for 4 to 7 days.

**CURTIDO SAUERKRAUT** from [The Brinery](#) (vegan & gluten-free): You will receive

a 16-oz jar of this nod to this traditional Salvadorian condiment, which contains fermented green cabbage, carrot, filtered water, green jalapeno, onion, sea salt, lime zest, and oregano in a sauerkraut form. The Brinery's sauerkraut is raw and unpasteurized, providing beneficial probiotics that support gut health. Thanks to David Klingenberger and the Brinery staff for bringing this sauerkraut to you. The Brinery is a local foods business, specializing in naturally fermented local vegetables and operated by long time Tantré farmer/alum (2001+), David Klingenberger. Their products are available in many stores in the area, including Whole Foods, Plum Market, Arbor Farms, the Argus Farm Stops in Ann Arbor, and Agricole in Chelsea, etc. We carry many of their varieties of sauerkraut, pickles, kimchi, and tempeh at the Sunflower Farm Market in Ann Arbor.

**-How to use:** use as a condiment with any dish, especially meat dishes, salads, roasted veggies, sandwiches or **along side Harvest Kitchen's quiche.**

**-How to store:** refrigerate for up to 1 year or longer depending on how you like the flavor, since it will get stronger with more age. *\*NOTE: This sauerkraut jar has NOT been canned, so STORE IN REFRIGERATOR.*

**SOURDOUGH ROUND BREAD** from [Zingerman's Bakehouse](#): This popular, vegan bread uses organic wheat flour, water, sea salt, and the sourdough starter. Excellent for avocado toast! Zingerman's Bakehouse can be found all around Ann Arbor and now at Agricole in Chelsea. They produce many more products including bread sold at Sunflower Farm Market.

**-How to use:** Many uses like sandwiches, French toast, with dipping sauces or with spreads. Stale bread can be made into bread pudding or made into croutons! Be creative!

**-How to store:** Store in paper bag and just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

## ANNOUNCEMENTS

1. **DISCOUNT FOR TANTRE MEMBERS - MEDICINE CABINET at Tantro Farm - January 17 from 1 to 4 PM:** What would your medicine cabinet look like if you replaced your over the counter stuff with herbal remedies? Now is your chance to find out! First, we will discuss roughly 15 wild plants that can be used to treat most minor ailments with local foraging expert, Rachel Mifsud from "Will Forage for Food". You will learn about the healing properties of the plants, as well as the techniques for extracting and preserving their healing qualities. This part will be sort of like a lecture, so bring a notebook to take notes. Then we will spend the rest of the afternoon in the kitchen, using lawn weeds and common garden herbs to produce home remedies that can take the place of over the counter medicines. You will get to work hands on to make First Aid Salve, Muscle Ache Balm, Headache Tincture, Cough and Cold Syrup, Tummy Tea, Sleepy Tea, Tooth Tincture, and Eye Relief Compress. Everyone will get to take their products home with them. This class will not include a plant walk. All plants will be pre-harvested so that we can focus on learning the techniques. This class will cost \$60 and **if you are a Tantro CSA member, there is a 20% discount on all classes if you use the code TANTRE at checkout!** You may register here:  
<https://www.willforageforfood.com/store/p/foraged-medicine-cabinet>
2. **DISCOUNT FOR TANTRE MEMBERS - WINTER TREE ID at Tantro 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 are 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 are 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. We have many new items including **frozen cheese pizzas** from [Lakehouse Bakery](#), **ready to go dishes** from [Ginger Deli](#) & [Harvest Kitchen](#), **thawed meats** from [Marrow Detroit Provisions](#) and [Webbed Foot Pines](#), **1/2 gallon vanilla or chocolate ice cream** from Calder Dairy, **holiday soaps** from [Tiani Body Care](#), Holiday Chocolate Bars from [Mindo Chocolate](#), and more! We also will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and apples from Kapnick Orchards. Many frozen items are available including frozen meats, fish, tempeh, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries, Blueberries, Peaches, and Tart Cherries. We have fresh muffins and cookies along with frozen lasagna, quiches, and mac n cheese dishes from [Harvest Kitchen](#). Fluffy Bottom Creamery will have yogurt, aged and feta cheeses again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, beet kvass, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of [Lively Up Kombucha](#), various flavored teas & lemonades from [Leelanau Bottling Company](#), and [Calder Dairy](#) regular milk, chocolate milk, and now buttermilk and eggnog! Come and get free chocolate samples from [Harvest Chocolate](#) and [Mindo Chocolate](#) each week! We also have several snacks including 313 Urban Tortilla Chips, PopDaddy kettle corn, and [Great Lakes Potato Chips](#) along with [Ann](#)



[Arbor Tortilla Factory](#), tortilla chips, and several flavors of [Zingerman's Creamery](#) gelato. As usual you can pick up your basic needs of maple syrup, jam, granola, oats, honey, dried beans, lentils, salad dressings, broths, and [Tiani Body Care](#) products. Lots of fun things to check out at the [Sunflower Farm Market](#) located at the [Washtenaw Food Hub](#) this Saturday and Sunday!

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

### PEA SHOOT, RADISH & APPLE SALAD (<https://parlatodesign.com/2012...>)

- 1 large handful of **Garden Works** pea shoots
- 2 large **Tantre radishes**, julienned
- 1 **Kapnick apple**, julienned
- 1 Tbsp sesame oil
- 1 Tbsp rice or white wine vinegar
- 1 tsp toasted sesame seeds
- 1 Tbsp toasted pepitas

Use a mandoline/julienne slicer or your expert chef knife skills to cut the apple and radishes into matchstick slices. Roughly chop the handful of pea shoots into 1" pieces. Toss everything in a salad bowl, adding the oil, vinegar, sesame seeds and pepitas. Toss to mix and coat through. Serve on a layer of **Sell Farms lettuce**.

### BIBIMBAP (adapted from <https://www.loveandlemons.com/...>) Serves 2.

- ½ English cucumber, thinly sliced
- ½ teaspoon rice vinegar
- 1¼ teaspoons toasted sesame oil
- 1 cup fresh mung bean sprouts
- 1 cup shredded **Tantre carrots**
- 1 cup shredded **Tantre daikon radish**
- 4 cups baby spinach
- ½ teaspoon tamari or soy sauce
- 2 cups cooked short-grain white rice
- 2 fried **Elder Farm's eggs**, or 1 cup cubed baked tofu
- 4 ounces sautéed shiitake mushrooms, optional
- 1 recipe Gochujang Sauce
- Sesame seeds
- Sea salt
- Kimchi, optional, for serving

Chopped scallions, optional, for serving

In a small bowl, toss the cucumber slices with the rice vinegar, ¼ teaspoon of the sesame oil, and a pinch of salt. Set aside. Bring a small pot of water to a boil. Drop in the bean sprouts and cook for 1 minute. Drain and set aside. Heat another ½ teaspoon of the sesame oil in a medium skillet over medium heat. Add the carrots, daikon, and a pinch of salt. Cook, stirring, for 1 to 2 minutes, or until a little bit soft, and then remove from the pan and set aside. Heat the remaining ½ teaspoon sesame oil in the skillet and add the spinach and tamari. Cook, tossing, for 30 seconds, or until just wilted. Remove from the skillet and gently squeeze out any excess water from the spinach. Assemble the bowls with the rice, cucumber slices, bean sprouts, carrots, daikon, and spinach. Top with a fried egg or baked tofu. Add the mushrooms, if using. Sprinkle with sesame seeds and drizzle generously with the gochujang sauce. Serve with kimchi and scallions, if desired, and the remaining gochujang sauce on the side.

**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. **Second Spring's 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.

**RUSTIC CABBAGE SOUP RECIPE** (from [www.101cookbooks.com](http://www.101cookbooks.com)) Serves 4

1 Tbsp extra virgin olive oil  
A big pinch of salt  
1/2 lb **Tantre's potatoes**, skin on, cut into 1/4-inch pieces  
4 cloves **Tantre's garlic**, chopped  
1/2 large **Second Spring's yellow onion**, thinly sliced  
5 cups stock  
1 1/2 cups white beans, precooked or canned (drained and rinsed well)  
1/2 med **Second Spring's cabbage**, cored, sliced into 1/4-in ribbons  
More good-quality extra-virgin olive oil for drizzling  
1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes (it is ok to uncover and stir a couple times). Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning-- getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will



need to add will depend on how salty your stock is (varying widely between brands, homemade, etc). Serve drizzled with a bit of olive oil and a generous dusting of cheese.

**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 teaspoon **Tantre garlic**, minced

4 fresh sage leaves, minced

Fresh parsley, chopped, for garnish

Mix the breadcrumbs, nutritional yeast, minced garlic, 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.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #225 with pick up on Sat. January 10 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**

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](#)

