



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 225) Share January 10, 2026

Welcome to Week #225 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 #225 SHARE ITEMS:

GALA & PINK LADY APPLES from [Kapnick Orchards](#): You will receive Gala (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance; good for snacking, baking, juicing, freezing, and adding to salads) AND 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). 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 & RED CARROTS from [Tantre Farm](#): You will receive Napoli (a specialized orange variety with a sweet taste; 7" roots are cylindrical, smooth, and blunt) 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.

-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.

GREEN CURLY KALE from [Tantre Farm](#): well-ruffled, curly green leaves on green stems; this variety makes a good, roasted “kale chip”, and excellent in a wilted kale salad drizzled with a lemon vinaigrette, topped with toasted nuts and dried fruit bits! This is the best time of year to eat this bitter green, since it is frost-sweetened from the cold weather. Thanks to the Tantre staff for sorting and bunching these greens.

-How to use: good in salads, soups, smoothies, lightly steamed or baked

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

MUIR LEAF LETTUCE from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan Sell, the owners of this family-owned business in Ypsilanti. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July.

-How to use: raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

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

ORGANIC YELLOW ONIONS from [Second Spring Farm](#): You will receive [Patterson](#) (medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion). Thanks to our former 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 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.

AMAROSA RED FINGERLING POTATOES from [Tantre Farm](#): small, oblong potatoes with smooth, ruby red skin and speckled red flesh; have a firm texture, nutty, earthy flavor, and are high in nutrients like potassium, vitamin C, and dietary fiber: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil. Thanks to Tantre staff for sorting and cleaning all these roots.

-How to use: good roasted, in salads, and good with herbs

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

WINTER SQUASH from [Tantre Farm](#): You will receive Jester Acorn (about the size of Carnival squash, but with better eating quality; an oval, ivory-colored squash with green striping between the ribs that is tapered on both ends with small to average ribs). 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.

MICHIGAN 5-BEAN CHILI CORNBREAD PIE (*vegetarian & gluten-free*) from [Harvest Kitchen](#): This 12-oz, hearty, savory, one-dish meal features a rich, spiced chili loaded with cheddar cheese, tomatoes, salt and pepper, cilantro, chili powder, cumin, along with different kinds of beans (like kidney, black, pinto). This flavorful dish is topped with a slightly sweet, golden cornbread crust made up of eggs, butter, buttermilk, cornmeal, flour, sugar, baking powder, which bakes directly over the chili in a baking dish, creating a comforting, rustic casserole. 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 or served with toppings like **Fluffy Bottom's Feta Cheese**.

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

KING PARM SALAD from [White Lotus Farms](#) (*vegetarian & gluten-free-opt*): This nutritious, 8-oz salad is a variation of a Caesar salad, but made with Parmesan Reggiano, Romaine lettuce, pea shoots, golden raisins, and a small container of dressing on the side (Fustinis olive oil, Sicilian lemon vinegar, lemon juice), and another small container of bread crumbs. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products

around town and especially at their farm on Liberty St. and their new White Lotus Cafe on Zeeb Rd. in Ann Arbor, where they sell some of our winter vegetables. Check out the website above to find out more about them.

-How to use: Open and ready to go! *Can be added to **Sell's Lettuce** for an extra greens flourish!*

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

FETA CHEESE from Fluffy Bottom Farms: a fresh, white, soft or semisoft cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from Calder milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Farms, which is owned by Inanna Andres & Jack Miles. They joined the Washtenaw Food Hub community a year ago and moved their creamery onsite, so we are excited to see many more new creations. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

-How to use: very versatile, so put on top of soups, pasta, watermelon, grapes, nuts, potatoes, salads, pizza, or eggs

-How to store: refrigerate following expiration on package

ANNOUNCEMENTS

1. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with DEB LENTZ on Wed., January 14 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 with Deb as we gather to explore their ecologically grown produce, the upcoming Summer CSA program, and ways to get involved with Tantre Farm's community-supported mission. Questions are always welcome with registration for Summer CSA 2026 opening soon. Join us the following Wednesday, Jan. 21 with Rachel Kanaan for the second session in a three-part series about Community Mead Making, where they will dive deeper into the history, tools, and fundamentals of brewing honey wine. You can check out our Food Hub calendar for all future events here: <https://www.thewashtenawfoodhub.com/events/washtenaw-food-hub-events/>
2. **DISCOUNT FOR TANTRE MEMBERS – MEDICINE CABINET at Tantre Farm – January 17 from 1 to 4 PM:** What would your medicine cabinet would 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 with cost \$60 and **if you have been a Tantre 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>

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 **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!

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. **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

POTATO KALE AND FETA BOUREKAS

(from <https://thekitchensinkblog.com/potato-kale-and-feta-bourekas-2/>)

1/2 cup **Second Spring onion**, chopped
1 cup chopped **Tantre kale**
3 tbsp olive oil
2 cups mashed **Tantre potatoes**
½ cup **Fluffy Bottom feta cheese**, crumbled
2 eggs, 1 for the egg wash
salt and pepper
1 sheet puff pastry, thawed
2 tbsp sesame seeds

Thaw puff pastry in the fridge until you're ready to use it. Sauté chopped onion and kale in a pan over medium heat until wilted. Add to a medium bowl with the mashed potatoes. Stir in crumbled feta and one egg. Mix well and season with

salt and pepper. Set aside. Line a baking sheet with parchment paper. On a lightly floured surface, roll out the pastry to a 12×12" square. Cut the pastry dough into 4" squares. Place 2 tbsp of the potato filling in the center of each square, spreading it out to ¼ inch from the edge. Fold the dough diagonally to make a triangle. Pinch firmly along edge of the triangle and crimp with a fork to seal the edges. Repeat this process for the remaining squares. Place the bourekas on the prepared baking sheet, leaving space to give them room to expand during baking. Place in the refrigerator for 45 minutes. Preheat oven to 425°F. In a small bowl, whisk the egg yolk. Use a pastry brush to brush the egg wash onto the surface of each boureka. Sprinkle with sesame seeds. Bake for 30-35 minutes until golden brown.

APPLE STUFFED SQUASH (from *There is a Season: Cooking with the Good Things Grown in Michigan*)

2 **Tantre's Jester acorn squash**

3 Tbsp butter

2 chopped **Kapnick's apples**

1 chopped **Second Spring's onion**

2 cups cottage cheese (try **Fluffy Bottom's feta cheese!**)

2 Tbsp lemon juice

3/4 cup grated cheddar cheese

1/4 tsp cinnamon

1/4 cup raisins (optional)

Cut squash in half lengthwise; remove seeds. Place face down on oiled baking sheet; bake at 350 degrees for 1 hour. While squash is baking, saute apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15-20 minutes.

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

Ingredients:

1 **Second Spring onion**, finely chopped

1.5 tbsp oil

3-5 **Tantre red fingerling potatoes**, thinly sliced

2 cloves of crushed **Tantre garlic**

1/2 tsp smoked paprika

8 beaten eggs

50g serving of Savoury Crunch or Mild Chilli seeds

sea salt and black pepper

a handful of parsley and extra seeds to serve (optional)

For the salad:

1 finely sliced **Kapnick apple**

2 large handfuls of **Garden Works pea shoots**

1 tsp wholegrain mustard

1 tsp honey

1 tbsp apple cider vinegar

1.5 tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should

be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

Hope you are enjoying the warming temperatures this week! We look forward to seeing you next week for the Immune Booster's Week #226 with pick up on Sat. January 17 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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