



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 227) Share January 24, 2026

Welcome to Week #227 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 #227 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.

ORGANIC RED BEETS from [Second Spring Farm](#): You will receive Red Ace Beets (round, smooth, deep red roots with sweet flavor and many health benefits). You will receive just the roots without the greens. 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: beet roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

RED DRAGON CARROTS from [Tantre Farm](#): You will receive 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

ORGANIC CELERIAC from [Second Spring Farm](#): also called Celery Root, rather ugly, knobby, brown vegetable skin with white flesh when peeled; taste is like a cross between strong celery and parsley and wonderful in soups; can range anywhere in size from an apple to a small cantaloupe; high in carbohydrates, vitamin C, phosphorus, and potassium. Thanks to Second Spring Farm with description above.

-How to use: can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed; after peeling should be soaked in lemon juice to prevent discoloration of the flesh.

-How to store: refrigerate in plastic bag for up to a month; may also be dried and used as a seasoning.

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 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 [Honey Bun](#) (a new sweet dumpling squash with excellent, mild flavor with thin, edible skin; its variegated cream with green striped fruits ripen to a beautiful caramel color; great for roasting and stuffing). 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.

FROZEN CHEESE PIZZA 8-inch from [Lakehouse Bakery](#): This incredible pizza pie was made from scratch and will include fresh pizza dough (flour, olive oil, water, yeast), tomato sauce, and a 4 cheese blend topping (mozzarella, provolone, muenster, cheddar cheese). Thanks to Keegan from Lakehouse Bakery for this very basic pizza, so that you can add your own toppings and see his website for other pizza varieties. During the summer, Keegan will even deliver pizzas by boat to the Sugarloaf Lake Campground across the lake from his bakery! If you need more of his products head to his bakery in Chelsea near the Waterloo State Recreation Area. They specialize in handcrafted breads, pastries, and custom cakes made with the finest local ingredients. They also sell their baked goods at many local stores including Agricole Farm Stop in Chelsea and offer catering services for events of all sizes.

-How to use: Bake from frozen in oven in 450 degrees for 15-18 minutes. Add other protein toppings, Two Tracks mushrooms, or a wide variety of roasted veggies or even thinly sliced apple slices!

-How to store: Store for about 6 months in the freezer

COMPOSED SALAD from [Harvest Kitchen](#) (vegetarian and gluten-free): This nutritious, hearty, 12-oz salad is rich in vitamins, minerals, and antioxidants featuring greens, quinoa, Fluffy Bottom Farms feta cheese, pepita, Tantre Farm carrots, dried cranberries, Dijon mustard, olive oil, garlic, shallots, balsamic vinegar, salt, pepper, local honey. Thanks to Keith and the Harvest Kitchen staff for this healthy, flavorful salad. They produce their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Chef Keith 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 Sunflower Farm Market. Please contact Keith for any catering event. They have an extensive online menu with optional home deliveries to your door or pick up at the Food Hub!

-How to use: Open and ready to go! Great served with Lakehouse cheese pizza or many of a number of recipes that you may create below.

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

MICHIGAN CHERRY CHOCOLATE & TOASTED NUT GRANOLA COOKIES 2-pk (vegan) from [Upstart Bakery](#): You are in for a treat with these two different varieties of cookies boasting incredible and diverse flavor. The [Michigan Cherry Chocolate Cookie](#) balances sweet and acidic flavors with organic Black Emmer and rye flours, organic brown sugar, bittersweet chocolate, vegan butter (cashew and coconut oils), dried Michigan cherries, chocolate chips, toasted

pecans, cocoa powder, baking soda, salt, vanilla extract. By contrast the Toasted Nut Granola Cookie focuses on savory, rich, and nutty flavors with organic wheat flour, organic hazelnuts, organic almonds, organic rolled oats, organic brown sugar, organic cane sugar, olive oil, organic buckwheat groats, water, maple syrup, organic almond flour white miso (soybeans, rice, salt, koji), baking powder, baking soda, vanilla, sea salt. Josh is committed to using almost entirely organic ingredients and all vegan products in his baking. He hails from Jackson, MI, where he creates unique breads, pastries and baked goods made with 100% organic, freshly milled grains and seasonal, all vegan ingredients. You can find their products at Agricole Farm Stop in Chelsea, Jackson Farmers Market, and Hazel Coffee in Ann Arbor. He also will be introducing his **Gluten-Free Mini Oat Loaves** this week at the Sunflower Farm Market for those who know someone gluten-free!

-How to use: yummy for a dessert or as a great snack

-How to store: best stored in an air-tight container and will keep for up to 3 to 5 days. Can be frozen and saved for a later date as well.

ANNOUNCEMENTS

1. **POP UP with ZAGODA OLIVE OIL at the WASHTENAW FOOD HUB on January 24 from 9 AM to 11 AM:** Join [Zagoda Olive Oil](#) tomorrow for a special pop-up celebrating their family's legacy from Manisa, Türkiye. Discover the rich flavors of their extra-virgin olive oils, crafted with care through centuries of tradition from their family grove in Türkiye. A few different flavor profiles of Zagoda Olive Oil are currently available for purchase at Sunflower Farm Market beginning this January. Come check it out and taste the difference!

2. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with ROBIN LEHMAN'S "STITCH & B!%@#" on Wed., January 28 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 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. The following week on Feb. 4 we will explore the art of brewing kombucha with local kombucha expert, Rachel Kanaan.

****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!

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 different flavor profiles of **Olive Oil** from [Zagoda Olive Oil](#), **Gluten-Free Mini Oat Loaves** from [Upstart Bakery](#), and **Fresh Mushrooms** from [Two Tracks Acres](#). We also will have more 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 [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. **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

TURKISH CELERIAC SOUP (from <https://foodandjourneys.net/turkish-celeriac-soup>) Serves 5.

For Soup

2 tbsp olive oil
1 medium **Second Spring's onion**, thinly chopped
2 cloves **Tantre's garlic**, minced
1 medium **Tantre's carrot**, cubed
1/2 kg **Second Spring's celeriac** (about 1 lb), cubed
4 cups stock (vegetable or chicken)
salt and pepper, to season
1/8 tsp chili flakes
1/2 cup plain yogurt
2 tbsp fresh dill, roughly chopped

For Sauce

3 tbsp olive oil
3 cloves **Tantre's garlic**, crushed
3 tsp dried mint

Use a medium-sized pan to heat olive oil over medium-high heat. Once the oil is ready, add onion and garlic and cook until the onions have slightly softened. Add the carrots, celeriac, stock, chili flakes, salt, and pepper. Mix. Cover the pan with a lid, then bring to a boil. Adjust the heat to medium-low and continue simmering until the vegetables are cooked. Take the saucepan off the heat, then use an immersion blender to puree the soup. Once you get a smooth texture, add the yogurt, mix, then taste and adjust seasoning. Place the saucepan back on the heat, covered, then bring to a boil. Turn the heat off, then transfer soup into bowls for serving. Serve your Turkish celeriac soup with garlic and mint sauce --- and more fresh dill, if desired. To prepare sauce: Place a medium-sized skillet on medium-high heat, then add the remaining olive oil. When the oil is ready, add the smashed garlic and cook until they turned darker. Add the dried mint, mix, then take the skillet off the heat. Set aside for serving.

CELERIAC AND APPLE SALAD (from *Victory Garden* by Marian Morash) Makes 5

cups

1 large **Second Spring's celeriac (celery root)** (about 1 lb)

1/2 cup orange juice

3 firm tart **Kapnick's apples**

1/2 cup mayonnaise

1 cup chopped celery

1/2 cup chopped walnuts

Salt and freshly ground pepper, to taste

Peel and julienne celeriac into matchstick pieces. Toss with orange juice until coated. Peel, core, and chop apples; mix with celeriac. Marinate for 10 minutes, turning often; strain, reserving juices. Place mayonnaise in a large bowl, and little by little, add orange juice marinade until thinned to the point where it coats a spoon thickly. Beat smooth and combine with the drained celeriac, apples, celery, and nuts. Marinate for 2 hours, season with salt and pepper, and serve.

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

2 acorn or sweet dumpling squash (**Tantre's honey bun squash**)

3 Tbsp butter

2 chopped **Kapnick's apples**

1 chopped **Second Spring's yellow onion**

2 cups cottage 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.

STIR-FRIED OYSTER MUSHROOM WITH EGG (from

<https://sichuankitchenrecipes.com/2022/07/08/stir-fried-oyster-mushroom-with-egg>)

2 eggs

5-oz **Two Track's oyster mushrooms** (or any kind)

1 stalks green onion

1 **Tantre's carrot**

1/4 tsp salt

1.5 Tbsp cooking oil

Clean oyster mushrooms with a paper towel and split them into smaller pieces. Beat eggs in a bowl. Slice 1 carrot and some green onion. In a pan, add cooking oil on medium heat. Fry eggs and separate into smaller pieces. Add carrots and oyster mushrooms. Stir fry until oyster mushrooms are tender (3-4 minutes). Season with salt.

BEET SALAD Serves 6

4 medium fresh **Second Spring's beets**

Sell Farm's lettuce as a garnish

2 Tbsp toasted sesame seeds

Lemon Dressing:

4 Tbsp extra virgin olive oil

3 Tbsp fresh lemon juice

1/4 tsp sea salt

In a medium saucepan cook the whole beets, covered, in boiling water for 40 to 50 minutes. Drain, cool slightly and peel the beets (cooking and peeling can be done the day before). For the dressing combine the olive oil, lemon juice and sea salt in a mixing bowl. Dice the beets into bite-size cubes. Put them in the bowl of dressing. Stir well and refrigerate. When you are ready to serve, toast the sesame seeds in a pan on the stove top. Remove when they are golden brown. To serve, line each plate with a lettuce leaf. Stir the beets again, then use a slotted spoon to scoop them onto the plates. Sprinkle the seeds over the top and serve.

Hope you stay safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #228 with pick up on Sat. January 31 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@tantrfarm.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](#)

