



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 230) Share February 14, 2026

Welcome to Week #230 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 #230 SHARE ITEMS:

EVERCRISP & FUJI APPLES from [Kapnick Orchards](#): You will receive Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp, and aromatic; good snacking apple and good for pies) & Fuji (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, and also performs well in baking and applesauce). 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 GREEN CABBAGE from [Second Spring Farm](#): You will receive 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.

ORGANIC RAINBOW CARROTS from [Second Spring Farm](#): A carrot is a root

whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to Second Spring Farm with description above.

-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

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.

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). 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.

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.

RED NORLAND POTATOES from [Tantre Farm](#): an early-maturing, waxy potato characterized by a smooth, red skin and bright white flesh. Thanks to Tantre staff for sorting and cleaning all these roots.

-How to use: great baked, boiled, or roasted

-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: great stuffed with rice, breading, or soups, or sliced in half and roasted, or steamed in cubes

-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.

VEGETARIAN LASAGNA with ROASTED CARROTS from [Harvest Kitchen](#): Lasagna is an Italian dish of pasta sheets layered with fillings and baked in the oven. You will receive a large slice of this classic comfort food made up of canned tomatoes, lasagna noodles, parmesan cheese, mozzarella cheese, cottage cheese, ricotta cheese, kale, onions, garlic, carrots, olive oil, salt, pepper, basil, thyme, oregano, along with a small side of roasted Tantre carrots with your lasagna. 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.

-How to use: Follow directions on the package.

-How to store: Keep in the refrigerator for 5 to 7 days or put in the freezer for several months.

RUSTIC ITALIAN CITY BAGUETTE from [Zingerman's Bakehouse](#): We had to do a switcheroo from the French Baguette to the Rustic Italian City Baguette, so hope everyone enjoys this Rustic Italian bread in a baguette shape featuring a tender crumb and crisp crust, which are great for garlic bread. This top seller is vegan and uses organic wheat flour (organic wheat, malted barley), water, sea salt, yeast. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their products can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. See more of what they offer on their website above in the name.

-How to use: Many uses like mini sandwiches, French toast, with dipping sauces or with spreads, but especially garlic bread (see recipe below). Stale bread can be made into bread pudding or made into croutons! Be creative!

-How to store: Baguettes tend to harden in just one day, but if stored in a paper bag, it will last for several days and you can bring it back to like by just sprinkling some water on the crust to reheat in the oven. It comes out just as if it was freshly baked!

HEART BEETS from [Mindó Chocolate](#): These limited-edition, heart-shaped, dark chocolate treats are organic, soy-free, gluten-free, and vegan-- a special treat for Valentine's Day coming up or any occasion. Each package of ten hearts are made up of organic direct-trade Ecuadorian Nacional cacao beans, organic evaporated cane juice, and then infused with pearlescent beet root powder for a unique, earthy flavor profile and aesthetic. Thanks to the Mindó Chocolate staff for this fusion of flavors with high quality, fair-trade ingredients. They hand-craft bean-to-bar chocolate in small batches in Dexter, Michigan, using only the purest and best-tasting, ethically-sourced ingredients. You can find Mindó Chocolate all over Ann Arbor in many stores, especially their retail store location on 4th Ave., also at Agricole in Chelsea, as well as various stores in Dexter.

-How to use: Enjoy as a dessert, a snack, or as a special artisanal gift for your loved one

-How to store: store at room temperature

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 "BREW'D - COMMUNITY MEAD MAKING (PT. 3)" on Wed., Feb. 18 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. 18 with Rachel Kanaan and Mason Shipe in the final session of this three-part series on making "mead". This class will cover the final fermentation process, adding secondary flavors, and bottling your mead. Participants should bring a quart jar and a \$5 donation to help cover materials. Join us for a fun, hands-on community project—cheers from start to sip! All are welcome.

* The following week on Wed. Feb. 25, Mitch Fahrle of the [MI Fibershed](#) will teach us how to use a drop spindle and spinning wheel, with live demonstrations of both, while exploring natural, locally sourced wool. This beginner-friendly class is open to all, with no prior spinning experience necessary.

**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 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 newest products include [Westwind Milling Company](#) products like **all purpose flour, pancake mix, brownie mix, cornmeal, etc.** 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:** Please feel free to come and enjoy a FREE sample of Roos Roast coffee or a variety of teas. 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. If you need a hot pick-me-up on Saturday mornings, a pour over cup of Roos Roast Lobster Butter coffee will be available and hot water will be available for herbal and caffeinated tea. 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

MIXED ROOTS GRATIN (from *The Goodness of Potatoes and Root Vegetables*)

Serves 4

5 Tbsp olive oil, divided

1 medium **Second Spring's onion**, chopped

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

4 cloves **Tantre garlic**, minced, divided

Handful of fresh basil, washed and chopped

Salt and black pepper, to taste

1 cup dry white wine, divided

1 1/2 lb roots and tubers (including **Tantre 's carrots** and **potatoes**)

6-oz grated Cheddar or Gruyere cheese

Lightly oil a deep-sided baking dish. Heat oven to 400 degrees. Heat 4 tablespoons of the olive oil in a skillet; add onion and mushrooms and sauté over high heat, about 5-6 minutes. Add half the chopped garlic and all the basil. Season to taste with salt and pepper. Add half the wine and boil it off, stirring well. Spoon a thin layer of the mixture into baking dish. Arrange root and tuber slices over mushroom layer, alternating and overlapping slightly. Sprinkle with a little garlic, moisten with wine and a few drops of olive oil and top with grated cheese. Season lightly. Repeat the process, reserving some cheese to finish. Bake 35 minutes, or until soft and golden.

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.

BEST GARLIC BREAD RECIPE (from [https://www.loveandlemons.com/...](https://www.loveandlemons.com/))

½ cup unsalted butter (1 stick) at room temperature

1 Tbsp finely chopped fresh parsley or chives, plus more for garnish

2 **Tantre's garlic** cloves, grated

½ teaspoon sea salt

1 loaf French bread, or **Zingerman's baguette**

2 tablespoons grated Parmesan cheese

Flaky sea salt

Red pepper flakes, optional

Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Use a serrated knife to slice the bread in half lengthwise. Slather the cut sides with the garlic butter. Place the bread, cut side up, on the baking sheet. Place on the high oven rack and bake for 8 minutes, then broil for 2 to 5 minutes, or until the bread is golden brown around the edges. Sprinkle with the Parmesan, flaky sea salt, parsley, and red pepper flakes, if desired. Slice and serve hot. Serve with **Harvest Kitchen lasagna** or various soups and salads.

NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>)

Serves 5.

3 crisp sweet **Kapnick's apples** (Fuji , Pink Lady, Gala)

2/3 cup plain low-fat yogurt (or vanilla)

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

1/4-cup sliced almonds, toasted (or untoasted if preferred)

Mix yogurt with marmalade and black pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately with a topping of **Garden Work's crunchy pea shoots**.

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

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.

Happy Valentine's Day today! We look forward to seeing you next week for the Immune Booster's Week #231 with pick up on Sat. February 21 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.

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](#)

