



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 231) Share February 21, 2026

Welcome to Week #231 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 #231 SHARE ITEMS:

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

**ORGANIC RED CABBAGE** from [Second Spring Farm](#): You will receive [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. 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.

**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.

**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). 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 PARSNIPS** from [Second Spring Farm](#): long, cylindrical, creamy-white roots with sweet flavor; contain small amounts of iron and vitamin C. See more detailed description of Second Spring Farm in produce above.

**-How to use:** can be baked, boiled, sautéed, steamed; our favorite way to prepare them is to roast with olive oil and fresh herbs.

**-How to store:** refrigerate in plastic bag for up to 2 weeks, and sometimes longer.

**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.

**ORGANIC RUSSET POTATOES** from [Second Spring Farm](#): large, oblong tubers known for their thick, brown, "netted" (sandpaper-like) skin and dry, starchy, white flesh, so good for baking. See more detailed description of Second Spring Farm in produce above.

**-How to use:** great baked, mashed or fried

**-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:** 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.

**BREAKFAST HASH** from [Zingerman's Deli](#) (*vegetarian & gluten-free*): This one pound of nutritious, delicious hash is perfect for breakfast layered with color and flavor. Ingredients include olive oil, salt, pepper, roasted peppers, sweet potato (Second Spring Farm), roasted kabocha squash (Tantre Farm), parsnips (Second Spring), potatoes (Tantre), kale, crispy shallot (Second Spring) topping. Zingerman's Delicatessen, located in Ann Arbor, Michigan, since 1982, is a renowned, high-quality Jewish-style deli famous for its Dagwood-style, hand-crafted sandwiches, artisanal cheeses, and specialty groceries. It is run by 3 managing partners with long time friend of ours, Chef Rodger Bowser, so stop by and thank him. Please head to this independently-owned food and service-focused business on the corner of Detroit St. and Kingsley in the historic Kerrytown District on the north side of Ann Arbor.

**-How to use:** Heat and enjoy. Add a fried egg to the top.

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

**ONE DOZEN EGGS** from [Old Brick Farm](#): An egg is a common ingredient for a breakfast protein. It is thought that free range eggs contain more omega-3 fatty acids than other eggs. These eggs come from Larry and Stephanie Doll's farm in Chelsea right down the road from Tantre Farm. All of their chickens are pasture raised with hoop house shelters and year round access to the good ole outdoors producing quality eggs. They sell their chicken and duck eggs and meat birds at various local stores and restaurants, such as Argus and Bell

Flower in Ypsilanti.

**-How to use:** boil, poach, scramble, baked: can be stuffed into burritos, used in baking products, added to savory oatmeal or mixed into an egg salad

**-How to store:** may be refrigerated three to five weeks

**VANILLA YOGURT** from **Fluffy Bottom Farms**: Vanilla yogurt is a creamy, fermented dairy product combining the natural tang of yogurt with a sweet, aromatic vanilla flavor using milk, sugar, live active culture, and vanilla. Fluffy Bottom Farms (*soon to be Hedgecraft Creamery*) specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. Fluffy Bottom Farms is owned by Inanna Andres and Jack Miles with product at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

**-How to use:** can jazz up many dishes including smoothies, desserts, use with granola, etc.

**-How to store:** refrigerate for up to 1 or 2 weeks

**PURE MICHIGAN GRANOLA** from [Harvest Kitchen](#) (8-oz vegetarian & gluten-free, contains nuts): Granola is calorie-dense, as well as rich in protein, fiber, and micronutrients. This popular variety is composed of organic rolled oats (Goetz Family Farm), sunflower seeds, almonds, sesame seeds, honey (Vestergaard Farm), canola oil, cinnamon, dried cherries, freeze dried apples. Keep in mind that you can always try several other variety of granolas or replenish every Saturday at the Food Hub if that is your pickup location. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen in the 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.

**-How to use:** great for breakfast with **Fluffy Bottom's yogurt** and maple syrup; also good as a trail snack, add to baked goods, or as a crunchy topping to a salad or a veggie dish.

**-How to store:** can be stored in an airtight container for up to a month

## 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 MITCH FAHRLE of the "MI FIBERSHED" on Wed., Feb. 25 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. 25 with 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](mailto:sunflowerfarmmarket@gmail.com). Although we may not be able to engage everyone's skills, we welcome your ideas.

3. **STILL SPACES- 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. **STILL SPACES - 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

**APPLE PARSNIP SOUP** (from <https://www.farmfreshtoyou.com/recipes/707/apple--parsnip-curry-soup>)

2 tablespoons olive oil

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

4 **Kapnick's apples**, peeled, cored and cut into wedges

1 tablespoon curry powder

1 1/2 teaspoons fresh ginger, peeled and grated

1 teaspoon ground cardamom

3 **Tantre's garlic** cloves, minced

4 **Second Spring's parsnips**, peeled and chopped

4 cups veggie or chicken broth

1 cup apple cider

3/4-1 teaspoon sea salt

1/8 teaspoon freshly ground black pepper, plus more for garnish

1/4 cup sour cream or **Fluffy Bottom's vanilla yogurt**

In a large pot or Dutch oven, heat olive oil on medium heat. Add onions and cook until tender, about 5 minutes. Add apples, curry powder, ginger, cardamom and garlic, cook until fragrant, about 1-2 minutes. Add parsnip, broth and apple cider, bring to a boil. Cover, reduce heat to medium low, and simmer for 30 -35 minutes or until parsnip is tender. Pour parsnip mixture in a blender, in batches. Blend until smooth. Pour mixture into a large bowl. Repeat the procedure with remaining parsnip mixture. Stir in salt and pepper, taste and add more salt if you prefer. Ladle soup into serving bowls, top each bowl with 1 tablespoon sour cream or crème fraîche and sprinkle over a little more pepper for a garnish.

### **ORIENTAL STYLE CABBAGE AND PEA SPROUT SALAD** (from

<https://www.tomatoblues.com/or...>) Serves 2

1 cup **Second Spring's red cabbage**, shredded

1/2 cup microgreens (or **Garden Work's pea sprouts**)

1 small celery stick, sliced thinly

2 Tbsp roasted peanuts

For the dressing

1 Tbsp sesame oil

1 Tbsp soy sauce

1 tsp grated ginger

1 clove **Tantre's garlic**, grated

1 Tbsp lemon juice

1 tsp white pepper, crushed

salt to taste

1 tsp brown sugar

1 Tbsp coriander (cilantro) leaves, chopped finely

Combine all the ingredients for the dressing in a large bowl. Whisk thoroughly until well incorporated. Now, add cabbage, celery and pea sprouts. Toss well making sure the dressing and the veggies are mixed well. Add roasted peanuts just before serving.

### **GOLDEN NUGGET CUSTARD** (from *Capay Organic Farm CSA "Farm Fresh To You"* website)

3 **Tantre's honey bun squash** (or acorn squashes)

1 **Old Brick Farm's egg**, beaten

1/2 cup half and half

1 tsp fresh thyme leaves (preferably) or 1/2 tsp dried thyme

4 Tbsp freshly grated Parmesan cheese

6 sprigs fresh thyme, as garnish (optional)

Preheat oven to 400 degrees. Lightly oil a baking sheet. Cut the squashes crosswise in half and scoop out and discard seeds and any stringy fibers. Trim the bottom of the squash halves so they will stand up on the baking sheet. Transfer to baking sheet, cut side up and cover each with aluminum foil. Bake the squash halves for 20-25 minutes to soften. Remove from the oven and set aside, keeping oven on. Whisk together the egg and half and half in a bowl. Add

the thyme and whisk to blend. Spoon the egg mixture into the cavities of the squash, and sprinkle with the Parmesan. Bake for 20–25 minutes more, or until the squash is tender when pierced and the custard is softly set. Serve hot, garnished (if you like) with thyme sprigs.

**BEET BURGERS** (from *America's Small Farms* by Joanne Lamb Hayes and Lori Stein)

2 cups grated **Second Spring's beets** (about 3/4 lb)

2 cups grated carrots (about 1/2 lb)

1 cup cooked brown rice

1 cup grated Cheddar cheese

1 cup sunflower seeds, toasted

2 large free-range **Old Brick Farm's eggs**, beaten

1/2 cup sesame seeds, toasted

1/2 cup grated **Second Spring's onion** (about 1 medium)

1/4 cup oil

3 Tbsp all-purpose flour

3 Tbsp chopped parsley

2–4 **Tantre's garlic** cloves, finely chopped

2 Tbsp soy sauce

Ground red pepper (cayenne), to taste

Preheat oven to 350 degrees. Generously grease a rimmed baking sheet. Combine beets, carrots, rice, cheese, sunflower seeds, eggs, sesame seeds, onion, oil, flour, parsley, garlic, soy sauce, and red pepper. Form mixture into patties and bake 25–30 minutes or until firm and vegetables are cooked through.

**ITALIAN PEASANT SOUP** (from *From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce* by MACSAC) Makes 8 1/2 cups

1/4 cup white wine

1 cup finely chopped **Second Spring's onions**

1 cup finely diced celery

1 cup finely diced carrots

1 1/2 cup peeled and diced **Second Spring's potatoes**

1 1/2 cup peeled and diced **Second Spring's parsnips**

8 cups vegetable stock or water

1/2 tsp thyme

2 tsp crushed **Tantre's garlic**

1 Tbsp soy sauce

2 cups chopped kale (OR **Garden Works pea shoots**)

Combine wine, onions, celery, and carrots in large pot over medium heat, and cook, stirring occasionally, until vegetables are tender, about 25 minutes. Stir in potatoes, parsnips, stock, thyme, garlic, and soy sauce. Bring to simmer, cover and cook over low heat until potatoes are not quite tender, about 15 minutes. Add greens and cook 10–15 minutes longer (or add Garden Works pea shoots as a garnish on top of the hot soup).

*Hope you are enjoying these warmer days!! We look forward to seeing you next week for the Immune Booster's Week #232 with pick up on Sat. February 28 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).*

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