



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 233) Share March 7, 2026

Welcome to Week #233 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 #233 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 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 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 Second Spring Farm with description above.

-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.

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

ROOT VEGETABLE & DATE TAGINE (*vegan & gluten-free*) from [El Harissa](#): This vegetarian Moroccan stew is loaded with carrots, sweet potatoes, golden potatoes, caramelized onions, Second Spring parsnips, pomegranate molasses, Medjool dates, and tangy preserved lemon, and warming spices. A low fat meal that may traditionally be served with couscous, this week you will receive it on a bed of rice. This rich, warm and comforting dish is meat-free, gluten-free, low-carb, low calorie, extremely filling AND very tasty. It pairs nicely with the starchy Yasmeeen Bakery pita bread and the sweet, refreshing Kale Citrus salad in your box. Thank you to Khaled Houamed and Susan Thomas of El Harissa Market Cafe, which is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region.

-How to use: Heat and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

PITA BREAD (*10-piece*) from [Yasmeeen Bakery](#): a round flatbread originating from the Middle East; made from whole wheat flour, water, yeast, and salt, and is often leavened; known for its unique texture, with a crispy crust and a soft, chewy interior. Thanks to Ahmed who runs the New Yasmeeen Bakery founded in 1986 in Dearborn, MI, which is an authentic Lebanese Bakery/Restaurant with a wide variety of dishes. He comes from a long line of bakers in Lebanon. Khaled from El Harissa highly recommends this pita for its genuineness and sells it in his little market.

-How to use: perfect for dipping into hummus or with **El Harissa's Tagine**; excellent to use in wraps and can be eaten in many other ways

-How to store: best eaten fresh, but can be stored in an airtight container at room temperature for a few days. It can also be easily frozen for later use.

KALE CITRUS HARVEST SALAD WITH CANDIED WALNUTS & MAPLE-LEMON GINGER DRESSING from [Blue Lemon Thai](#) (*vegan & gluten-free*): This beautiful 32-oz salad is so colorful with kale, English cucumber, Tantre Farm orange carrots, red cabbage, fresh candied walnuts (walnut, cane sugar), and a dressing (maple syrup, lemon juice, ginger, Dijon mustard, sea salt, black pepper, honey, olive oil, and rice vinegar). Nuts & dressing placed in separate containers. Thanks to Chef Nam for bringing her rural Thailand roots into her inventive cooking. The vibrant flavors of Thailand come through in her personal chef services and pop up events around Ann Arbor and the Washtenaw and Wayne County areas. Check out her website above to find out more about her.

-How to use: Open and ready to go with any meal!

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

ANNOUNCEMENTS

1. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with ROBIN LEHMAN'S THEME of "SOURDOUGH DISCARD RECIPES" on Wed., March 11 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 March 11 with Robin Lehman as she helps us discover how to use your starter to make cookies, quick breads, breakfasts, and other tasty treats. Enjoy samples of the different recipes and learn just how simple and easy it is to cook and bake with sourdough.

* The following week on Wed. March 18 from 5 – 6 PM, you can join Richard Andres of [Tantre Farm](#) for a hands-on workshop on seed starting. Bring your questions and learn a fun, practical new skill. Richard will also share information about Tantre Farm's Summer CSA and how you can get involved.

**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/farming, 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.

2. **WILD MUSHROOM EXTRAVAGANZA (Class & Meal) at TANTRE FARM on MARCH 15 from 2 PM to 5 PM (*Discount for Tantre members):** We will start with a gourmet meal created to highlight a variety of wild mushrooms with local foraging expert, Rachel Mifsud. Our meal will include an appetizer, soup, a main course and sides, a beverage, and even dessert, each dish featuring a different wild mushroom for you to enjoy. Following our meal, we will have a short lecture covering the basics of mushroom anatomy and physiology along with a hands-on mushroom ID activity. This activity is excellent for people who learn visually and those who learn by doing. You will learn the basic vocabulary required for mushroom identification, and practice recognizing features and keying out specimens. This class is entirely indoors. All mushrooms will be collected ahead of time. Ages 13 and above only please. You should bring a notebook and pen. If you have food allergies or sensitivities, please note them when you register for \$75 at <https://www.willforageforfood.com/store/p/wild-mushroom-extavaganza-id-class-and-dinner>. *If you have ever been a Tantre CSA member, there is a 20% discount on all classes if you use the code TANTRE at checkout!

3. **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 **Cold-Pressed Sunflower Oil (certified**

organic) from [Goetz Family Farm](#). We also will have [Westwind Milling Company](#) products like all purpose flour, pancake mix, brownie mix, cornmeal, etc., Olive Oil from [Zagoda Olive Oil](#), ready to go dishes from [Ginger Deli](#) & [Harvest Kitchen](#), thawed meats from [Marrow Detroit Provisions](#) and [Webbed Foot Pines](#), and more! We also will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and storage crops from Tantre Farm, Second Spring Farm, and apples from Kapnick Orchards. Many other frozen items are available including frozen meats, fish, tempeh, [Lakehouse Bakery's](#) cheese & pepperoni pizzas, [Calder Dairy](#) ice cream, [Zingerman's Creamery](#) gelato, 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 sauerkrauts, 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. 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!

4. **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 [Fraser Teas](#). We 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!
5. **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>
6. **SOCIAL MEDIA:** Follow us on Instagram [@tantrefarm](#) and [@washtenawfoodhub](#) to learn more. We are also active on [Facebook](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

RECIPES

ORIENTAL STYLE CABBAGE AND PEA SPROUT SALAD (from <https://www.tomatoblues.com/or...>) Serves 2

1 cup **Second Spring's 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.

ETHIOPIAN CABBAGE DISH (from <http://m.allrecipes.com/recipe...>) Serves 5

1/2 cup olive oil

4 **Second Spring's rainbow carrots**, thinly sliced

1 onion, thinly sliced

1 tsp sea salt

1/2 tsp ground black pepper

1/2 tsp ground cumin

1/4 tsp ground turmeric

1/2 head **Second Spring's cabbage**, shredded

5 **Tantre's potatoes**, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15-20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20-30 minutes.

ORANGE AND GARLIC-ROASTED BEETS (from *The Genesis Farm Cookbook*)

Serves 6

1 lb medium **Second Spring's beets**, peeled and cut into 1-inch cubes

4 medium **Tantre's garlic cloves**, crushed with 1/2 tsp of salt

2 Tbsp fresh orange juice

1/2 tsp finely grated orange peel

2 tsp olive oil

Freshly ground black pepper, to taste

Preheat the oven to 375 degrees. Toss the beets with all of the above ingredients until they are well-coated. Roast the beets for about 40 minutes, shaking the pan and stirring occasionally, until they are tender. Serve warm or at room temperature.

MOROCCAN BEET SALAD (*this will pair nicely with the El Harissa tagine*)

6-8 medium **Second Spring's beets**

Juice of 1 lemon

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

1 tsp cumin, or to taste

Salt and black pepper, to taste

4 Tbsp olive oil

1/2 cup diced fresh parsley

Place water in a 3-quart saucepan and bring to a boil. Add beets and simmer until beets are tender when pierced with a fork, around 45 minutes. Cool, peel and cut beets into bite-sized pieces. Mix lemon juice, cumin, salt, and pepper in a bowl. Whisk in olive oil, then add the beets and stir. Let sit a few hours. Just before serving, sprinkle with parsley.

SHEET-PAN POTATO ONION CABBAGE APPLE HASH (from

<https://hapaway.com/2020/04/18/sheet-pan-potato-onion-cabbage-apple-hash/>Serves 2-3.

1.5-2 lbs. **Tantre's red potatoes**

1/2 med. **Second Spring's cabbage**

1 med. yellow onion

3 Tbsp. olive oil

1 tsp. salt

1 large (or 2 small) **Kapnick's apples**

Heat oven to 425°F. Chop potatoes into 1/4-1/2" cubes. Chop cabbage into large 1/2-1" chunks. Chop onion into 1/4-1/2" pieces. Place on large rimmed baking tray, toss with 2 tablespoons olive oil and spread evenly. Season with 1 teaspoon salt. Bake 15 minutes. Toss everything around and bake another 8 minutes. While hash is baking, chop apple into 1/4-1/2" cubes. Add apple to tray along with 1 tablespoon olive oil. Toss everything around and bake another 10 minutes.

Hope you are enjoying these rains over the next couple of days in anticipation of spring!! We look forward to seeing you next week for the Immune Booster's Week #234 with pick up on Sat. March 14 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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