



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 234) Share March 14, 2026

Welcome to Week #234 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 #234 SHARE ITEMS:

EVERCRISP & GALA 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) & 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). 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 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.

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.

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 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.

CAROLA POTATOES from [Second Spring Farm](#): a yellow potato from Germany; smooth, creamy texture that is good for baking or frying. Thanks to Second Spring Farm with description of farm above.

-How to use: good roasted, mashed, or in salads.

-How to store: keep unwashed in cool, dark place in paper bag.

WINTER SQUASH from [Tantre Farm](#): Unfortunately we didn't have quite enough Jester Acorn Squash this week, so we had to substitute another squash that looks very similar with the same yellow exterior. You will receive [Honey Bun](#) (a new sweet dumpling squash with excellent, mild flavor with thin, edible skin; its variegated yellow 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.

POTATO & CHEDDAR CHEESE PIEROGI from [Ukrainian Homemade Food](#) (vegetarian): Traditionally a pierogi is one or more dumplings, made of unleavened dough filled with meat, vegetables, or fruit and boiled or fried or both. This eastern European favorite comes from an authentic family recipe with each dumpling crafted by hand using time-honored Ukrainian culinary traditions offering the perfect balance of savory richness and soft pillowy texture. This variety is filled with creamy mashed potatoes, enriched bleached wheat flour, sharp cheddar cheese, eggs, vegetable oil. When Alex Severyn of Ukrainian Homemade Food left the war torn Ukraine with his family in 2022, they brought with them what mattered most: their traditions, their recipes, and the belief that food has the power to heal, connect, and preserve culture. This family-run food company started small when they settled in the Kalamazoo area and began selling at local farmers markets, local events, and catering. Now they are broadening their reach and have products at Agricole, and in other Ann Arbor areas, such as the Sunflower Farm Market, with everything crafted in small batches, with care and intention using mostly Michigan ingredients. See their website for more information and find other ways to support them.

-How to use: Use as a main dish, a side dish, or an appetizer. Boil, pan-fry, or bake and serve with sour cream, caramelized onions, or any of your favorite toppings.

-How to store: Refrigerate for 5 to 7 days or freeze for 3 to 4 months.

SAUERKRAUT LOTTERY from [The Brinery](#) (vegan & gluten-free): Sauerkraut is as basic as it gets with this simple, yet tasty and super healthy condiment composed typically of organic green cabbage, filtered water, and sea salt. You will randomly receive one of the following 16-oz jars of kraut: [Stimulus Package](#) (the first kraut ever fermented at The Brinery with traditional ingredients of green cabbage, filtered water, sea salt, caraway seed), [Shielding Rose \(Garlic\)](#) (this tangy, crunchy, artisan, garlic-infused kraut is full-bodied

with fragrant flavors infused with green cabbage, filtered water, heirloom garlic, sea salt), [Fair N' By](#) (purely traditional kraut includes the simple ingredients of cabbage, filtered water, and sea salt; a great gateway into traditional fermented foods), [Sea Stag](#) (this savory, mineral-rich, and earthy flavor profile, is a combination of green cabbage, carrots, burdock root, seaweed (digitata, alaria, kelp), turmeric, filtered water, sea salt), [Galaxy Rose](#) (featuring watermelon radish, an heirloom radish with deep pink flesh giving this kraut its rosy glow, gentle bite, and hint of sweetness), OR [Hot Kraut](#) (featuring ghost peppers, this fiery, raw, and unpasteurized sauerkraut balances intense heat with the fruity depth of cabbage, ghost peppers, sea salt, and filtered water). The Brinery is a local foods business, specializing in naturally fermented local vegetables and operated by long time Tantré farmer/alum (2001+), David Klingenger. Their products are available in many stores in the area, including Whole Foods, Plum Market, Arbor Farms, the Argus Farm Stops in Ann Arbor, and Agricole in Chelsea, etc. We carry many of their varieties of sauerkraut, pickles, kimchi, and tempeh at Sunflower Farm Market in Ann Arbor.

-How to use: use as a condiment with any dish, especially meat dishes, salads, roasted veggies, sandwiches or **along side Ukrainian Homemade Food's pierogis.**

-How to store: refrigerate for up to 1 year or longer depending on how you like the flavor, since it will get stronger with more age. **NOTE: This sauerkraut jar has NOT been canned, so STORE IN REFRIGERATOR.*

JEWISH RYE BREAD from [Zingerman's Bakehouse](#): Rye bread has an earthy, nutty, and slightly malty flavor. It is usually made with organic wheat flour, water, rye flour, sea salt, yeast, caraway seeds. Thanks to Jaison and the staff at Zingerman's Bakehouse, their baked products can be found all around Ann Arbor and now at Agricole in Chelsea. See more of what they offer on their website above in the name.

-How to use: Many uses like sandwiches and toast, but is traditionally associated with salted meats such as corned beef and pastrami

-How to store: Store in paper bag and just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

BAILEY'S CHOCOLATE CUPCAKE from [Zingerman's Bakehouse](#): You will receive a 2-pack of this chocolatey, vegetarian treat iced in vanilla buttercream spiked with Bailey's Irish Cream topped with a green shamrock. The ingredients include butter, sugar, eggs, organic wheat flour, buttermilk, egg whites, confectioner sugar, Baileys™ Irish Cream, cocoa powder, corn syrup, soft gel paste, water, vanilla extract, sea salt, shortening, glycerin, baking soda, baking powder, gelatin, vanilla artificial flavor, and sprinkled with bright, gold tinker dust. Zingerman's Bakehouse is located just off Airport Blvd. and their products can be found all around Ann Arbor and now at Agricole in Chelsea. They produce many more products including bread sold at the Sunflower Farm Market.

-How to use: Enjoy as a snack or a dessert.

-How to store: Serve at room temperature for 3 days.

ANNOUNCEMENTS

1. **PI DAY AT SUNFLOWER FARM MARKET on Saturday 3/14:** This annual celebration is traditionally held on March 14, since the date written numerically corresponds with the first three digits of π to recognize the mathematical constant (π), which represents the ratio of a circle's

circumference to its diameter. It is celebrated worldwide in various creative ways, but we will be offering opportunities to eat pies by buying [Harvest Kitchen](#)'s pot pies with a 10% discount, [Lakehouse Bakery](#)'s frozen pizza pies, and a special treat from Lakehouse will be a half lemon chess pie or a whole mixed berry pie to take home, and any other circular fun you can find to enjoy at the Sunflower Market!

2. **CSA FAIR at [AGRICOLE FARM STOP](#) in Chelsea – March 15 from 9 AM to 12 PM:**

This is a chance for you to check out other CSAs, if the Tantre Farm model is not a good fit or if you want to hand in your first payment. You can meet other local farmers as well. Sign up for your weekly summer subscriptions until May 23. Support our local farmers and have a cup of coffee, tea, or kombucha! Come say hi to Deb!

3. **STILL SPACE – 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-extravaganza-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*

4. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with RICHARD ANDRES'S THEME of "SEED STARTING" on Wed., March 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 March 18 with Richard from 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.

* The following week on Wed. March 25 from 5 – 6 PM, you can join Josh Palmer of [Upstart Bakery](#) who will lead a hands-on, stone-ground milling experience celebrating Michigan-grown grains. Participants will mill and taste a variety of grains, including gluten-free options, discovering how traditional milling shapes flavor, texture, and quality. This interactive experience highlights local ingredients and the magic of fresh-milled flour.

**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.*

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 **beeswax candles** from [Beeswax Barrn](#) and **pierogis** and **sunflower seed brittle** from [Ukrainian Homemade Food](#). We also will have [Westwind Milling Company](#) products like all purpose flour, pancake mix, brownie mix, cornmeal, etc., organic Sunflower Oil from [Goetz Family Farm](#) 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 Tandre 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!
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 [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!
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

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.

BRAISED CABBAGE, APPLE, AND ONIONS (from <http://www.marthastewart.com/3...>) Serves 4

1 Tbsp butter

1 medium **Second Spring's yellow onion**, halved and thinly sliced

1 **Kapnick's apple**, halved, cored, and sliced

1 head **Second Spring's red cabbage**, cored, quartered, thinly sliced

Coarse salt and ground pepper, to taste

3 Tbsp cider vinegar

4 tsp sugar

1/2 cup water

In a large Dutch oven or heavy pot, melt butter over medium. Add onion and apple; cook, stirring, until onion softens, 4-6 minutes. Stir in red cabbage and season with coarse salt and ground pepper. Add cider vinegar, sugar, and water. Bring to a boil; reduce to a simmer, cover, and cook until cabbage is tender, 20-25 minutes. Season with salt, pepper, and sugar.

AUTUMN MINESTRONE (from *Moosewood Restaurant Daily Special* by the Moosewood Collective) Serves 6-8.

2 Tbsp vegetable oil

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

2 garlic cloves, minced or pressed

2 1/2 cups **Tantre's HoneyBun squash**, peeled and cubed

2 celery stalks, diced (or 1/4 cup **Second Spring's celery root**)

1/2 cup peeled and diced **Tantre's carrots**

2 1/2 cups cubed **Second Spring's carola potatoes**

1 tsp dried oregano

2 tsp salt
1/2 tsp black pepper
6 cups water
4 cups chopped kale/collard greens
1 1/2 cup cooked (or 15 oz can) cannellini beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water; cook for 10 minutes or until potatoes are almost done. Add the kale and beans (drained) and simmer for another 5–7 minutes, until the kale is tender and the beans are hot. Garnish soup bowls with **Garden Work's pea shoots**.

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

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

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.

Hope you are enjoying your windy week!! We look forward to seeing you next week for the Immune Booster's Week #235 with pick up on Sat. March 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.*

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