



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 236) Share March 28, 2026

Welcome to Week #236 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 #236 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 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 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.

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.

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 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.

ORGANIC SWEET POTATOES from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. Thanks to Second Spring Farm with farm description above.

-How to use: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

DAAL SQUASH CURRY WITH GREEN PEA PILAF from [Rite Spice LLC](#): [Chana Daal Curry](#) is a nutritious, protein-rich North Indian lentil dish made from organic chana daal (lentil) cooked in a fragrant, spiced onion-tomato masala with winter squash, organic tomatoes, organic onions, organic garlic, organic ginger, olive oil, salt, organic spice mix. It is a hearty, slightly sweet, and earthy dish served with [Green Pea Pilaf](#), or matar pulao, which is a popular South Asian one-pot rice dish made with aromatic basmati rice, olive oil, organic green peas, organic ginger, organic garlic, organic whole spice mix, and salt. It is a simple, fragrant, and vegan dish. Thanks to Erum Mohsin of Rite Spice LLC. Their food draws inspiration from cuisines all over the world, with a special focus on the bold, vibrant tastes of South Asia using mostly local, organic ingredients. Their mission is to "cultivate community through food that's made with care and creativity using organic ingredients from local producers". They create their dishes at the Growing Hope Incubator Kitchen in Ypsilanti, and you can find them on Saturdays at the Kerrytown Ann Arbor Farmers Market.

-How to use: Just heat and enjoy.

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

TAHINI MISO SALAD from [White Lotus Farms](#) (vegan & gluten-free): This nutritious, 10-oz salad is made with a cooked legume base, protein, vegetables, and other toppings, typically served in a bowl. Ingredients include lettuce, pea shoots, sweet potatoes, beluga lentils, grapes, dates, chickpeas, toasted sesame oil, tahini, tamari soy, Fustinis EVOO, lemon juice, maldon salt. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products around town and especially at their farm on Liberty St. and now their new cafe on Zeeb Road in Ann Arbor. Check out the website above to find out more about them.

-How to use: Open and ready to go! *Can be added to **Sell Lettuce** for extra greens flourish or add more **Pea Shoots from Garden Works!***

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

ANNOUNCEMENTS

1. **"OPEN SPOON - FULL MOON COMMUNITY POTLUCK" AT THE WASHTENAW FOOD HUB with LIZ BARNEY on Wed., April 1 from 6 PM - 7:30 PM:** Join Liz Barney of [The Open Spoon](#), which is a full-moon community potluck celebrating local food, shared stories, and nature. In April, we greet the thawing of the earth with new growth and fresh sprouts of joy. Participants are invited to share stories of a time they experienced growth, or bring a dish inspired by the theme - we will have a dish featuring sprouts. Join us in celebrating the emergence of new life. **Time:** 6 pm-7:30 pm.

Registration: <https://luma.com/3qbj8ag>

* The following week on Wed. April 8 from 6-7 PM (NOTE: NEW STARTING TIME!), please join Rachel Kanaan to learn how to brew Water Kefir. In this beginner-friendly class, you'll learn the basic setup and discover how to add fun, fresh flavors during secondary fermentation; perfect for the start of spring. No prior experience is required. Participants may purchase Water Kefir grains for \$8 and are encouraged to bring a pint jar to take some home.

**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. **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 **maple syrup** from [Doodle Sugarbush](#) and **red, white, and yellow popcorn** from **Amaizin Popcorn**. Every week we have fresh bread on Saturdays and Sundays from [Zingerman's Bakehouse](#). We also carry [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 [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!

- 3. 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!
- 4. 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>
- 5. 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

GRATED BEET AND CARROT SALAD

3-4 **Second Spring's beets**, peel and uncooked

3-4 **Tantre's carrots**

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

1/3 cup cider vinegar

2 Tbsp balsamic vinegar

1 tsp honey

Grate the beets and carrots into a bowl. Add onion. Pour over vinegar and honey, mix and let marinate in fridge.

*Variation: Add grated **apple**, chopped **pea shoots**, parsley, mint, fennel leaves, **lettuce**, toasted sunflower seeds.*

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

1 Tbsp butter

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

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

1 head **Second Spring's red cabbage**, cored, quartered, and 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.

CELERIAC AND SWEET POTATO SOUP (from *The Genesis Farm Cookbook*) Serves 6

2 Tbsp butter or vegetable oil
1 large leek, washed thoroughly and sliced thin (or 1 large **Second Spring's onion**, chopped)
1 large or 2 medium **Second Spring's celeriac**, peeled and cut into 1-inch cubes
1 1/2 lbs **Second Spring's sweet potatoes**, peeled and cut into 1-inch cubes
1 1/2 tsp salt
1/2 tsp ground allspice or nutmeg
4 cups water or unsalted vegetable broth
1 cup apple cider
1 cup light cream or milk (optional)
Salt and pepper, to taste
1/4 cup toasted pecans or almonds, chopped coarsely

Heat the butter or oil in large pan over medium–low heat. Saute the onions, stirring occasionally for about 10 minutes, or until lightly browned. Add the celeriac, sweet potatoes, and salt. Cover and cook, tossing a few times, for about 10 minutes. Add the allspice or nutmeg and stir for another minute. Pour in water and apple cider. Increase heat and simmer for about 30–40 minutes, until very tender. Cool to lukewarm, and puree in a blender or food processor and return to the pot (or use a stick blender to purée the soup in the pot.) Stir in the cream or milk. Salt and pepper to taste. Serve warm and add nuts.

CINNAMON ROASTED SWEET POTATOES AND APPLES (from <https://joyfoodsunshine.com/ci...>)

2 medium **Second Spring's sweet potatoes** (4 cups, cut into 1" cubes)
2 medium **Kapnick's apples** (about 2 cups, cut into 1" cubes)
3 Tbsp coconut oil, melted & divided
1 tsp sea salt
2 Tbsp pure maple syrup
1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combined. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!

Hope you are enjoying this first few weeks of spring!! We look forward to seeing you next week for the Immune Booster's Week #237 with pick up on Sat. April 4 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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