



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 235) Share March 21, 2026

Welcome to Week #235 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 #235 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 ORANGE CARROTS from [Second Spring Farm](#): You will receive Bolero (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). 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: 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

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.

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 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 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

ORGANIC RED SHALLOTS from [Second Spring Farm](#): member of the onion family; classic teardrop shape, reddish-copper skin, and white flesh; richer, sweeter and milder flavor typically than onions. Thanks to Second Spring Farm with farm description above.

-How to use: good pickled, raw, roasted; excellent caramelized and in vinaigrettes

-How to store: store the shallots in a paper or mesh bag in a cool (32 to 40 F), dry (60 to 70 percent relative humidity) location for six months or longer.

ORGANIC BUTTERNUT SQUASH from [Second Spring Farm](#): light, tan-colored skin; small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash. See more detailed description of Second Spring Farm in produce above.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off "before" or "after" cooked, but "after" is easiest when it's cooled); mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

FRESH CASARECCE PASTA from [Carosello Pasta](#): This short, twisted, scroll-shaped pasta originated in Sicily, Italy, and its vegan ingredients include just organic semolina (from durum wheat) and water. The name "casarecce" translates to "homemade" in Italian, reflecting its traditional, artisanal nature. Its unique shape, with curled edges and a slight twist, makes it perfect for holding sauces. A fresh pasta has a much tender texture and quicker cooking time, since typically it's done in just a few minutes. It is generally smoother and softer than dried pasta, but has a shorter shelf life, so if not used within a few days, it can be frozen. Thanks to Chelsea and Mike, who started Carosello Pasta in Dexter a few years ago, where you can buy not only dried pasta varieties, but fresh pasta as well, along with several local and imported complementary items. They are committed to keeping their pasta non GMO and free of synthetic herbicides or pesticides. Their pasta is also egg-free, so suitable for vegans and eaters with egg allergies. You can find Carosello pasta at their shop in Dexter and at Argus and Agricole Farm Stops, Plum Market, as well as at the Washtenaw Food Hub's Sunflower Farm Market and many other places in the area.

-How to use: Follow directions on the package, and a good choice for creamy or butter-based sauces where a delicate texture is desired. Add **Dave's Tomato Pesto** topped with **Garden Work's pea shoots** to enjoy a quickly prepared meal.

-How to store: If stored properly in the refrigerator, fresh pasta can last for 7

days. For longer storage, fresh pasta can be frozen for up to 6 months.

SUNDRIED TOMATO PESTO from [Dave Makes Pasta](#): This rich, savory, and tangy condiment has a deep red-orange hue. It features sun-dried tomatoes (tomatoes, salt, sulfur dioxide, glucose), almonds, pecorino (sheep's milk, rennet), olive oil, basil, garlic, and salt. Thank Dave for using traditional methods for his authentic Italian products based out of the Bellflower Restaurant in Ypsilanti. Many of his products are made out with many local fresh ingredients. Dave is a former cook turned chef from the well-loved Grange Kitchen and Bar in Ann Arbor, which closed down during the pandemic. Then Dave switched gears and started selling pasta kits, which led to selling pasta and sauce in local stores, and eventually to a full-time gig. Now you can find his hand-made, filled, and specialty pastas and sauces at Arbor Farms, Argus Farm Stops, People's Food Co-op, Ypsilanti Food Co-op, and Zingerman's Bakehouse. Dave offers weekly pasta packages of sauce and noodles for pick up on Fridays and Saturdays at Bellflower Restaurant, so please check him out!

-How to use: Used on sandwiches, panini, or as a dip, and of course mixed with hot pasta and pasta water for an easy, creamy sauce, which could be added to **Carosello's casarecce pasta**.

-How to store: Keep in refrigerator for 1 week.

GREEK SALAD from [Harvest Kitchen](#) (vegetarian and gluten-free): This traditional, hearty salad features red leaf lettuce, iceberg lettuce, ridiccio, peppercini, red onion, olives, beets, Fluffy Bottom's feta cheese, olive oil, apple cider vinegar, garlic, shallot, sugar, salt, pepper, thyme, basil. Thanks to Keith and the Harvest Kitchen staff for this healthy, flavorful salad. They produce their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Chef Keith at the Saturday 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. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

-How to use: Open and ready to go! Great served with **Carosello's pasta & Dave Makes Pasta's pesto**.

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

ANNOUNCEMENTS

1. **COMMUNI-TEA TABLE AT THE WASHTENAW FOOD HUB with JOSH PALMER'S THEME of "MILLING LOCAL GRAINS" on Wed., March 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 March 25 with Josh from 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.

* The following week is the beginning of a NEW STARTING TIME on Wed. April 1 from 6 to 7:30 PM. You can join Liz Barney with [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>

**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. **SAVE THE DATE – POP UP with UPSTART BAKERY at the WASHTENAW FOOD HUB on March 28 from 9 AM to 11 AM:**

Join Josh Palmer of Upstart Bakery AGAIN and discover unique breads, pastries, and baked goods made with 100% organic, freshly milled ingredients and seasonal flavors. Every item is hand-baked with care using locally sourced grains from southern Michigan and the Midwest. Sample a variety of breads—including gluten-free options—and enjoy a selection of sweet treats, all crafted to bring the taste of local flavors to your table.

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 **10-inch burrito wraps** from [313 Urban Tortillas](#). 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 Tantré 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 [Mindó 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

SPANISH TORTILLA WITH APPLE & PEA SHOOT SALAD (from <https://munchyseeds.co.uk/recipe/spanish-tortilla-with-apple-pea-shoot-salad>)

For the tortilla:

1 finely chopped onion
1.5 tbsp oil
400g (3) **Second Spring's potatoes** thinly sliced
2 cloves of crushed garlic
1/2 tsp smoked paprika
8 beaten eggs
50-g serving of mild Chili seeds
sea salt and black pepper
a handful of parsley and extra seeds to serve (optional)

For the salad:

1 finely sliced **Kapnick's apple**
2 large handfuls of **Garden Work's pea shoots**
1 tsp wholegrain mustard
1 tsp honey
1 tbsp apple cider vinegar
1.5 tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

PASTA WITH MUSHROOM AND ROASTED BUTTERNUT SQUASH (adapted from <https://www.primaverakitchen.com/fusilli-with-mushroom-and-roasted-butternut-squash/#wprm-recipe-container-27523>) Serves 4.

2 cups **Carosello's casarecce pasta**
2 + 1 tbsp extra-virgin olive oil
2 cups **Second Spring's butternut squash**, diced
Salt and ground black pepper
½ cup onions (or **Second Spring's shallots**), chopped
2 cloves garlic minced
1 tsp red pepper flakes or chili pepper
1 cup **Two Tracks mushrooms**, chopped
1 cup cherry tomatoes, cut in half
Green onions chopped for garnish

Preheat the oven to 350F (175C). In a bowl, add the butternut squash and toss with 1 tbsp extra-virgin olive oil, salt, and pepper. In a roasting pan covered with parchment paper, spread the butternut squash out evenly and in a single layer on the baking sheet. Roast in the oven for about 20-25 minutes or until tender. Stir once halfway through cooking time to promote even cooking and browning. Fill a large pot with salted water and bring to a boil over high heat. Add the fusilli and cook according to the package instructions. Drain pasta and set aside. In a skillet, heat 2 tbsp extra-virgin olive oil over medium-high heat. Add onions and cook until translucent. Add garlic, red pepper flakes, mushroom, and cherry tomatoes. Sauté for a few minutes. Add reserved fusilli and roasted butternut squash. Stir well for 1 minute. Add salt and pepper to taste. If necessary, adjust seasoning and add more olive oil to add more flavor. Garnish with chopped green onions and **Garden Works pea shoots** sprinkled on the top for a dash of color and nutrition.

ROASTED CARROTS, SHALLOTS, AND GARLIC (from <https://gustotv.com/recipes/sides/roasted-carrots-shallots-and-garlic/>)

1 pound **Second Spring's carrots**, trimmed and sliced into large chunks
3 **Second Spring's shallots**, peeled and trimmed
3 garlic cloves
3 tablespoons (45 ml) extra virgin olive oil
1 tablespoon (15 ml) dried thyme
2 sprigs fresh rosemary
Salt and pepper

Preheat oven to 425 F (220 C). Add carrots, shallots, garlic, olive oil, thyme, rosemary, salt and pepper to a large mixing bowl. Using your hands, or tongs, toss everything together until evenly coated with oil. Spread into a single layer on the baking sheet. Bake in oven for 20-25 minutes, tossing occasionally to ensure even cooking. Remove when soft and caramelized.

SAUTEED SPINACH WITH APPLES AND GARLIC (from <https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag **Jacob's Fresh Farm's spinach**, washed and dried

2 cloves garlic chopped

1-2 **Kapnick's apples** cut into small cubes

2-3 tablespoons pine nuts

2 tablespoons olive oil

Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste.

Hope you are enjoying this first week of spring!! We look forward to seeing you next week for the Immune Booster's Week #236 with pick up on Sat. March 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.*

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