



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 237) Share April 4, 2026

Welcome to Week #237 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 #237 SHARE ITEMS:

APPLE MIX (Evercrisp, Fuji, Gala, Honeycrisp) from [Kapnick Orchards](#): You will receive a medley of several varieties, which will include 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), 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) & 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). 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 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 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 in plastic bag for up to 2 weeks

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.

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.

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 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.

SPINACH from [Jacob's Fresh Farm](#): You will receive a 5-oz bag of leafy greens of edible, dark green leaves that can be arrow-shaped, crinkly, or flat depending on the variety and grown in a hoop house--best eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Sunflower Farm Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. See more of what they offer on their website above in the name.

-How to use: toss in fresh salad, add to sandwiches, saute, steam, braise, or add to crepes, quiche, lasagna, and soups.

-How to store: refrigerate with a damp towel/bag for up to 1 week.

ORGANIC TETSUKABUTO SQUASH from [Second Spring Farm](#): a 5-6 pound Japanese squash; nearly round with dark green rind, slightly mottled and ribbed; sweet and nutty flavor with yellow, thick flesh. 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.

VEGETARIAN LASAGNA with PESTO GREEN BEANS from [Harvest Kitchen](#): Lasagna is an Italian dish of pasta sheets layered with fillings and baked in the oven. You will receive a large slice of this classic comfort food made up of canned tomatoes, lasagna noodles, parmesan cheese, mozzarella cheese, cottage cheese, ricotta cheese, kale, onions, garlic, carrots, olive oil, salt, pepper, basil, thyme, oregano, along with a small side of green beans lightly tossed with a bit of lemon. Keith runs the show at Harvest Kitchen and we are always grateful for their contributions to our CSA and our market. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market.

-How to use: Follow directions on the package.

-How to store: Keep in the refrigerator for 5 to 7 days or put in the freezer for several months.

ROASTED BUTTERNUT ARUGULA SALAD from [Nourish Juicery & Kitchen](#): This sweet and savory salad features roasted butternut squash, organic lentils, red onion, on top of a peppery layer of organic arugula, which is paired with cranberries (sugar) and a vegan feta (filtered water, coconut oil, modified potato starch, sea salt) and tied together with olive oil, balsamic vinegar, Dijon mustard, garlic, sea salt, black pepper. As a vegan, soy-free, and gluten-free salad, it offers a bit of versatility as a light lunch or a festive side for holiday meals. Thanks to Sarah Verlinde, our new partner this week, who packs every dish with love and nourishment. She holds a 2017 - 2018 Holistic Nutritionist Certification Program in Holistic Health @ AFPA American Fitness Professionals & Associates. Nourish Juicery and Kitchen was established by Sarah in 2019 in Blissfield, Michigan with the aim of providing the community with nutritious plant-based and gluten-free choices. Nourish operates a storefront in Blissfield and their delectable plant-based offerings can also be found at various locations such as Argus Farm Stop in Ann Arbor, Agricole Farm Stop in Chelsea, Jerry's Market in Tecumseh, Lightning Quick in Blissfield, and The Mark's Trading Company in Adrian.

-How to use: Open and enjoy!

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

ONE DOZEN EGGS from [Elder Farms](#): Traditions from various cultures at this time of year include decorating eggs with colors, eating hard-boiled eggs to end fasting, and using them for egg hunts, egg rolling, and gifting. Easter eggs symbolize new life, so we have included a dozen eggs, so that you may enjoy any tradition with your dozen eggs. It is thought that free range eggs contain more omega-3 fatty acids than other eggs. These USDA certified eggs come from George's farm in Milan, Michigan. All of his chickens are pasture raised.

-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

STARRY NIGHT ALMOND TOFFEE CHOCOLATE EGGS from [Mind Chocolate](#): This limited-edition, 2-egg, chocolate treat is made up of 67% chocolate, infused with crispy bits of toffee and toasted almonds, and finished with a dark

chocolate dizzle and a touch of sea salt. Crafted with care in Dexter, Michigan, this artisanal treat includes cocoa beans, cane sugar, distilled water, toasted almonds, butter, vanilla, sea salt. Perfect for Easter baskets or as a special treat for a satisfying chocolate experience! Thanks to Emily and Barabara and the Mindo Chocolate staff for this fusion of flavors with high quality, fair-trade ingredients. They hand-craft bean-to-bar chocolate in small batches in Dexter, Michigan, using only the purest and best-tasting, ethically-sourced ingredients. You can find Mindo Chocolate all over Ann Arbor in many stores, especially their retail store location on 4th Ave., also at Agricole in Chelsea, as well as various stores in Dexter, and including the Sunflower Farm Market at the Washtenaw Food Hub.

-How to use: Enjoy as a dessert, a snack, or as a special artisanal gift for your loved one

-How to store: store at room temperature

ANNOUNCEMENTS

1. **"MAKING WATER KEFIR" AT THE WASHTENAW FOOD HUB with RACHEL KANAAN and MASON SHARPE on Wed., April 8 from 6 PM - 7 PM (NOTE: New starting time!):** Join Rachel and Mason 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. **EXTENDED SUMMER HOURS: 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. As the days continue to lengthen, we have extended our hours on Wednesdays and Fridays from **4 PM to 8 PM** and all day on Saturdays and Sundays from 9 AM to 5 PM.

****Our newest products** this week include **Easter chocolate treats** from [Mindo Chocolate](#) and **milk chocolate & dark chocolate bunnies** from [Harvest Choclote](#). 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](#) and [Ginger Deli](#), 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

NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>)

Serves 5.

3 crisp sweet **Kapnick's apples** (Fuji, Pink Lady, Gala)

2/3 cup plain low-fat yogurt (or vanilla)

1 tablespoon orange marmalade

fresh ground black pepper, to taste

1 head **Sell Farm's lettuce & Jacob's Fresh Farm spinach (5-oz bag)**

1/4-cup sliced almonds, toasted (or untoasted if preferred)

Mix yogurt with marmalade and black pepper. Tear lettuce and spinach into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately with a topping of **Garden Work's crunchy pea shoots**.

CELERIAC AND APPLE SALAD (from *Victory Garden* by Marian Morash) Makes 5

cups

1 large **Second Spring's celeriac** (about 1 lb)

1/2 cup orange juice

3 firm **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.

FUSILLI WITH MUSHROOM AND ROASTED TETSAKABUTO SQUASH (from

<https://www.primaverakitchen.c...>) Serves 4.

2 cups whole wheat Fusilli pasta

2 + 1 tbsp extra-virgin olive oil

2 cups butternut squash (OR **Tantre's Tetsakabuto 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's mushrooms**, chopped

1 cup cherry tomatoes cut in half

Green onions and **Garden Works pea shoots**, 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 pea shoots.

ROASTED CARROTS, SHALLOTS, AND GARLIC (from

<https://gustotv.com/recipes/si...>)

1 pound **Second Spring's rainbow 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.

TETSUKABUTO SQUASH PIE (from *Backwoods Home Cooking*)

1 9-inch unbaked pie shell

2 cups mashed or pureed, cooked pulp of **Tantre's Tetsukabuto squash**

1/2 tsp vanilla

10 oz evaporated milk

1/4 cup brown sugar

2 Tbsp unbleached flour

1/2 tsp nutmeg

1/2 tsp ginger

1/3 cup chopped pecans

Thoroughly mix pulp, vanilla, and milk. Mix sugar, flour, nutmeg, and ginger together and stir into the wet mixture. Pour into the pie shell and bake in 375 degree oven until the middle of pie is almost firm but still sticky. Remove from the oven and sprinkle with pecans. Continue baking until a straw inserted in the center comes out clean. Entire baking time takes 40-45 minutes.

Hope you enjoy your Easter weekend and your first few weeks of spring!! We look forward to seeing you next week for the Immune Booster's Week #238 with pick up on Sat. April 11 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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