



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 238) Share April 11, 2026

Welcome to Week #238 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 #238 SHARE ITEMS:

EVERCRISP & GALA APPLES from [Kapnick Orchards](#): You will receive a mix of the following, 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) & 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 ORANGE 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. 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 in plastic bag for up to 2 weeks

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.

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

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.

TATSOI from [Tantre Farm](#): You will receive a bag of this Asian green with small, spoon-shaped, thick, dark-green leaves with tangy, sweet flavor and whitish greenish succulent stems; mild, slightly mustardy and sweet flavor, similar to spinach. Lots of ways to eat it. Try it in a salad first and if you want to mellow the flavor, just add it to all kinds of hot meals for an extra nutritional boost.

-How to use: commonly eaten raw in salads, but can be cooked in stir-fries/soups or use it as a substitute for spinach.

-How to store: refrigerate in plastic bag or wrap in a damp towel for up to a week

VIETNAMESE ORANGE NOODLE DISH from [Ginger Deli](#): This traditional and common, street food dish can be found throughout Vietnam and is a popular dish that can be consumed on the go. It is composed of crushed tomatoes, shredded purple cabbage, tofu, garlic, onion, green onion, shallot oil, dash of sesame, red pepper flakes, sea salt, black pepper, Michigan maple syrup, lime, fresh turmeric, and rice noodle. This vegan, gluten-free pint dish is created by Te Phan of Ginger Deli (www.gingerdeli.com), a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their Ann Arbor store locations at *203 E. Liberty Street* and their new location *1701 Plymouth Road*. They also sell a variety of their prepared foods at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: Open container, heat up, and enjoy!

-How to store: keep in refrigerator for up to a week

SPINACH SALAD & CANDIED PECANS from [Blue Lemon Thai](#) (*vegetarian and gluten-free*): This particularly beautiful salad is so colorful with baby spinach, English cucumber, orange carrots, tomatoes, candied pecans with cane sugar, Honey Mustard Vinaigrette (lemon juice, Dijon mustard, honey, olive oil, balsamic vinegar, sea salt, black pepper) with salad dressing 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 the website above to find out more about her.

-How to use: Open and ready to go! *Can be topped with **Garden Works pea shoots** as a garnish.*

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

RUSTIC ITALIAN BREAD from [Zingerman's Bakehouse](#): classic Italian white bread with a mild crumb and a thin crust. This popular bread uses organic wheat flour, water, sea salt, and just a little yeast. Thanks to Jaison and staff of Zingerman's Bakehouse. Their baked products can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. See more of what they offer on their website above in the name.

-How to use: Many uses like sandwiches, French toast, with dipping sauces or with spreads. Stale bread can be made into bread pudding or made into croutons! Be creative!

-How to store: Store in paper bag for several days; just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked! It also can be frozen.

MINT CHOCOLATE CHIP GELATO from [Zingerman's Creamery](#): This high-quality and authentic dessert is a rich, white-colored (non-dyed) gelato made with natural mint extract and hand-made chocolate chips. It features a creamy, "minty fresh" flavor profile that pairs well with hot fudge. You will receive a pint with the following ingredients of Milk, Sugar, Cream, Non-fat Milk, Egg Yolk, Guar Gum, Chocolate Chips (Cocoa Beans, Sugar, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Peppermint Oil, Natural Food Coloring (Glycerin, Water, Polysorbate 80, Trehalose, Spirulina Extract, Turmeric, Sodium Citrate). Thanks to Arend and the staff at Zingerman's Creamery (recently rebranded as Sanilac Creamery). You can find their products at Agricole in Chelsea and all over various other stores in Ann Arbor. We also will have four other kinds of gelato or sorbet at the Sunflower Farm Market. See more of what they offer on their website above in the name.

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

-How to store: Store in freezer for long term storage.

ANNOUNCEMENTS

1. **"MAKING FELTED WOOL HOT PADS" AT THE WASHTENAW FOOD HUB with MITCH FEHRLE on Wed., April 15 from 6 PM – 7 PM (NOTE: New starting time!):** Join us for a hands-on, inspiring class with Mitch Fehrle of [MI Fibershed](#). Learn the basics of wet felting using locally sourced wool to create sturdy felt for hot pads, accessories, pet toys, home décor, and more. This beginner-friendly class is open to all—no experience needed. Michigan wool and tools will be provided. Suggested \$10 donation. **Registration:** <https://www.eventbrite.com/e/communita-wet-felted-hot-pads-tickets-1984923999114?aff=oddtcreator>

*The following week on April 22, you can join Bliss Ledford on learning about how to make Multipurpose Leather Straps. Bliss will lead a workshop where you'll get hands-on experience creating and customizing your own leather piece. Tools and kits will be provided, and you're welcome to bring your own leather belt to work on as well. Bliss will also share examples of other leather items to show what's possible with a little creativity and fun.

**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.

Some new authentic sweet treats have arrived this week featuring [Ukrainian Homemade Food](#) from Kalamazoo, so look for **sunflower seed brittle, short bread cake, and honey balls**. Every week we also 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 will continue to include freshly harvested, hydroponic Lettuce from Sell Farms and spinach, arugula, and salad mix from [Jacob's Fresh Farm](#), 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 [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!

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

CHILLED WILTED TATSOI SALAD WITH SESAME-GINGER DRESSING (adapted from *Big Oven*) Serves 2.

10-12 oz **Tantre's Tatsoi leaves**

Sesame seeds, for garnish

Dressing:

2 Tbsp soy sauce (or Tamari sauce)

1 Tbsp rice vinegar (not seasoned)

1 tsp grated ginger root

1 tsp sugar

1/2 tsp Sriracha (or other types of Asian hot chile sauce would work)

Fresh ground black pepper, to taste

Bring a large pot of salted water to a boil, and fill another bowl with cold water and a handful of ice cubes. Wash Tatsoi leaves (I used a salad spinner) and cut into thick strips. Dump Tatsoi into boiling water, time for exactly one minutes, then drain immediately into colander and dump into bowl with ice water. (I used the salad spinner again for the ice water.) While Tatsoi is cooling in ice water, get a plastic bowl with a tight fitting lid that's large enough to hold all the Tatsoi. Mix dressing ingredients in this bowl, then drain Tatsoi well and add to dressing. Chill in the refrigerator an hour or more, turning bowl over a few times so Tatsoi remains coated with the dressing. To serve, use tongs or a slotted spoon to remove Tatsoi from bowl and arrange on serving plates. Toast sesame seeds for 1-2 minutes in a dry pan and sprinkle over salad. (If using a mixture, the black seeds burn more quickly than the white ones.) Serve immediately.

TATSOI STIR FRY

Olive oil

1 **Second Spring's carrot**, sliced

2 garlic cloves, minced

6 mushrooms, sliced

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

1 bunch **Tantre's tatsoi**

Salt and pepper, to taste

Saute garlic and onion in olive oil until translucent. Add carrot slices and saute 3 minutes. Add sliced tat soi stems and cook another minute. Salt and pepper to taste. Add mushroom slices and stir-fry another minute. Add tat soi greens and steam with a cover for 3 minutes. Add a little hot water, if necessary. Serve hot.

SPINACH (TATSOI) AND PEA SHOOT SALAD WITH A HONEY LEMON VINAIGRETTE

(adapted from <https://food52.com/recipes/11689-baby-spinach-and-pea-shoot-salad-with-a-honey-lemon-vinaigrette>)

2 large handfuls **Garden Works pea shoots**

2 handfuls **Tantre's spinach** (*Substitute TATSOI)

1/4 cup chopped and roasted pistachios (or any kind of roasted nut)

12 pieces thinly shaved Parmesan cheese

Juice of 1/2 large lemon

1/4 cup fruity olive oil

1/2 to 3/4 teaspoons honey

sea salt and pepper to taste for the vinaigrette

Optional: Add **Sell Lettuce, Second Spring carrots (shaved or shredded), etc.*

Wash the greens and dry them very thoroughly. Place them in a mixing bowl. Add the pistachio nuts and the cheese. To the lemon juice, add the honey and mix together thoroughly. Then whisk in the olive oil until the vinaigrette is emulsified. Add salt and pepper to taste. Pour the dressing over the salad and lightly and carefully toss. Transfer to a serving bowl.

ROASTED RED POTATO, SQUASH, AND APPLE SIDE DISH

1 lb **Tantre's red potatoes** (quartered)

1 **Second Spring's butternut squash** (peeled/cubed)

2 large **Second Spring's shallots** (quartered)

2 **Kapnick's apples** (diced)

3 tbsp olive oil

1 tsp dried thyme

Salt and pepper to taste

Preheat oven to 400°F. Toss all ingredients with olive oil, salt, and thyme. Spread on a parchment-lined baking sheet. Bake for 30–40 minutes, stirring halfway through, until the squash is tender and edges are browned. *NOTE: Sprinkle with fresh rosemary or parmesan cheese or **Garden Work's fresh pea shoots** before serving. Serve alongside roasted chicken, pork, or sausages. Serve over warm kale or **Tantre's tatsoi** for a hearty salad.*

Hope you are continuing to enjoy these spring rains and warmer days!! We look forward to seeing you next week for the Immune Booster's Week #239 with pick up on Sat. April 18 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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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