



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 244) Share May 23, 2026**

Welcome to Week #244 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/>**

### **REFLECTIONS ON THE FARM WITH RICHARD AND DEB**

As many of you know, this is our last Immune Booster share box until next December, while we transition into our 18-week Summer CSA season, which will start next week. Some of you are already Summer CSA members. However, if you want to sign up for our produce-only box called the Tantre Produce Box, you can still opt in or out of it every week. You will still be able to view the new menu of produce in the box each Monday through Wednesday, so you are committing only to the week that you sign up. Folks with smaller households will have a longer chance to use up the produce in their box as well before getting it again. The pick up options will still be at the Washtenaw Food Hub in Ann Arbor, whereas the Chelsea folks will move to the Summer Pickup Location at the Chelsea Farmers Market starting next week on May 30. Many prepared food options will still be available from some of our same prepared food partners in the past, but only if you shop for them at the Sunflower Farm Market, at Chelsea Farmers Market, and at Agricole and Argus Farm Stops. We still plan on bringing back our usual mix of produce and value-added products with the Immune Booster CSA boxes again in the winter after our Summer and Fall CSA seasons are over. Please let us know if you have any questions or comments. We appreciate your comments about why you sign up each week, since it helps inform us to make decisions for future boxes.

In the meantime, we would like to thank all of our Immune Booster food businesses who have contributed to this last box of a mix of farmers and artisan food businesses below. Please find ways to support these businesses throughout the summer as well. We appreciate their skills and talents, and we especially appreciate you for supporting all of us! Hope you all have a safe and enjoyable Memorial Day weekend!

## THIS WEEK'S "Memorial Day Weekend" ITEMS:

**APPLE MIX (Evercrisp, Pink Lady, Fuji, and Gala)** from [Kapnick Orchards](#): You will receive a mix of the following, which will include Evercrisp (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), 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) & 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.

**ASPARAGUS** from [Tantre Farm](#): the edible, succulent young shoots of the asparagus plant; can be green, white, or purple stems; good amount of vitamin A and fair source of vitamin B and C and iron. Thanks to the Tantre staff for harvesting and bunching this delicious stem.

**-How to use:** serve raw chopped in salads or with dips; steam, roasted, grilled, serve "cold" with vinaigrette or with a bit of olive oil and dash of salt and lemon juice.

**-How to store:** wrap in damp cloth and plastic bag and refrigerate or bundle spears with rubber band and place upright in container with inch of water for several days

**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

**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.

**GREEN ONIONS** from Tantre Farm: also called "scallions", these are young shoots of bulb onions with long green or red stalks and milder tasting than large bulb onions; full of great fiber and antioxidants, high in potassium and source of vitamins C and B-6. Thanks to the Tantre staff for harvesting and bunching this savory stem.

**-How to use:** the bulb, flowers, and green leaves are edible; can be cooked, grilled, roasted whole as a vegetable; chopped in salads, soups, and other dishes for flavor.

**-How to store:** refrigerate in damp towel/plastic bag for 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](mailto: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 CAROLA & RED NORLAND POTATO MIX** from Second Spring Farm: You will receive a mix of Carola (a yellow potato from Germany; smooth, creamy texture that is good for baking or frying) and Red Norland (an early-maturing, waxy potato characterized by a smooth, red skin and bright white flesh; great baked, boiled, or roasted). Thanks to Second Spring Farm with a description of farm above.

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

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

**SPINACH** from Tantre Farm: You will receive a 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 the Tantré staff for sorting and rinsing these greens. Still need to be washed thoroughly at home though.

**-How to use:** toss in fresh salad, add to sandwiches, sauté, 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 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 the 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.

**CHOICE OF PASTURED RAISED BEEF BURGERS** 4-pk from [Vestergaard Farms](#) **or GOURMET NUT BURGER** 4-pk (vegan & gluten-free, contains nuts) from [Nutcase Organics](#): You will receive a 4-pack of [Pasture Raised Beef Burgers](#) (made from cattle that spend significant time roaming, foraging, and eating their natural diet of grasses; leaner, more ethically raised meat with a richer, "beefier" flavor and higher levels of beneficial nutrients. Thanks to Danish immigrant, Mike Vestergaard and his family, this family-oriented operation is known for its pasture-raised meats and dedication to ethical, chemical-free farming. Go to their website to find more about how to do online ordering as well as stop by their little Vestergaard Farms market on Wagner Road for a well-rounded shopping experience. ) OR you will receive a paper bag of 2 packages of [Gourmet Nut Burgers - 2 burgers/pkg](#) (a plant-based patty made primarily from ground nuts (walnuts and hazelnuts) combined with filtered water, brown rice, quinoa, flaxseed, beet powder, balsamic vinegar, sesame seed, sea salt, black pepper, cumin, mesquite powder, nutritional yeast; high in plant-based proteins, dietary fiber, and healthy omega-3 fats; Thanks to co-founders and former medical doctors Monica Randles and Andrew Maternowski in Wyoming, Michigan, these burgers and crumbles are sold in grocery stores like Busch's, Agricole, Argus, and supplied to local restaurants, as well as ordered through their online website.) Sunflower Farm Market will also be carrying a few Nutcase products in the next few weeks to see if any of our customers like these new vegan products.

**-How to use:** beef & plant-based burgers can be grilled OR can be broken up and used as a filling for dumplings, lettuce wraps, or even as a high-protein addition to a stir-fry

**-How to store:** Nutcase burgers (Refrigerated: Stays fresh for up to 56 days and keep frozen to extend shelf life for up to 6 months) or Beef burgers (last 1 to 2 days raw and 3 to 4 days cooked in the fridge and frozen they last 3 to 4 months.)

**POTATO SALAD** from [Harvest Kitchen](#) (vegetarian and gluten-free): This 1-pint Potato Salad is a classic, southern-style side that is completely vegetarian and gluten-free. It blends tender chunks of potato with chopped celery, red onions, and hard-boiled eggs, all tossed in a creamy, tangy dressing made with Duke's Mayonnaise and yellow mustard. Harvest Kitchen produces their products in the

kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen 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 Food Hub 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:** Great for picnics, potlucks, or pairing with your favorite sandwiches.

**-How to store:** Store in an airtight container in the refrigerator immediately after preparing for 3 to 4 days.

**CHALLAH BURGER BUNS, SLICED** from [Zingerman's Bakehouse](#): This 6-pack includes soft, premium artisanal buns that are composed of organic wheat flour (organic wheat, malted barley), water, egg yolks, honey, corn oil, sea salt, yeast, and eggs; baked to a beautiful golden, glossy crust with a slightly spongy texture and a lightly sweet flavor. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their 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:** delicious with juicy burgers and hearty sandwiches without falling apart

**-How to store:** store in a plastic bag at room temp or freeze for longer storage

**MINI RHUBARB PIE** from [Why Not Pie?](#) (*vegetarian*): This 5-inch pie is a single-serving dessert featuring a sweet-tart filling made of bright red rhubarb from Tandre Farm, sugar encased in a buttery, flaky crust made up of flour (wheat, flour, malted, barley, flour,) organic palm oil premium shortening (organic RBD palm oil and nitrogen), oats, butter (cream, salt), cornstarch, cinnamon, salt. Thanks to Janice from Why Not Pie, which is a virtual bakeshop which bakes and delivers made-to-order pies to homes and businesses in the Ann Arbor area. You can also find their products in Ann Arbor at Argus Farm Stop, RoosRoast Coffee, Bløm MeadWorks, Comet Coffee, and Cahoots Cafe as well as Agricole Farm Stop in Chelsea, and McPherson Local in Saline.

**-How to use:** Enjoy as a snack or a dessert, often served with vanilla ice cream.

**-How to store:** Refrigerate for 5 to 7 days. Pies freeze well. Wrap the baked pie tightly in plastic wrap, then aluminum foil for up to 3 months.

## ANNOUNCEMENTS

- 1. POP UP with WASHTENAW MEATS at the WASHTENAW FOOD HUB on Saturday, MAY 23, from 9 AM to 11 AM:** Join Sarah Schloss of [Washtenaw Meats](#) for a Memorial Day-themed pop-up celebrating local flavors. Sample homemade lamb meatballs featuring lamb sourced from [nkidsfarm](#) in Dexter and [Great Lakes Lamb](#) in Northern Michigan. Learn more about how Washtenaw Meats brings nutritious, humanely raised, pasture-fed meats directly to our community. Come taste the vibrant difference local ingredients make—and discover how they can take your Memorial Day cookout to the next level.
- 2. SPRING WORK PARTY/OPEN HOUSE at TANTRE FARM on SUNDAY, MAY 24, FROM 1 PM TO 4 PM:** CSA members and other folks from our local community are invited to volunteer or visit the farm anytime between 1

and 4 PM Tasks may include weeding, digging, planting, stripping herbs, and just having fun! We will have many kid friendly activities including planting in the kid garden, swinging on the favorite walnut tree swing, and making bubbles. Other activities will include a farm tour, taste-testing herbs, feeding and visiting our farm animals, which include a variety of chickens, pigs, cows, our cats, Ivy our dog, and especially holding our new baby chicks! A guided tour will begin around 3 PM. We invite you to bring potluck refreshments or snacks to share with folks throughout the afternoon. Please be prepared with appropriate footwear, hats, sunscreen, or rain gear depending on the weather. We would love to share the beauty of spring on the farm with you.

3. **"BREW'D: MAKING KOJI AT HOME" at the WASHTENAW FOOD HUB with MASON SHARPE WEDNESDAY, MAY 27 from 6 PM – 7 PM:** Join us this week with Mason for a workshop on the art of making koji. Koji is a traditional fermentation culture used to create a variety of foods and to make meats and other ingredients more digestible. In this class, you'll learn how koji can be made with local grains and used to ferment a wide range of whole foods. It's also one of the key ways to develop rich umami flavor in many dishes while adding depth, nutrients, and complexity. Recipes and examples will be provided to help you start experimenting with koji in your own kitchen.

**Registration:** <https://www.eventbrite.com/e/c...>

*\*\*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](mailto:sunflowerfarmmarket@gmail.com). Although we may not be able to engage everyone's skills, we welcome your ideas.*

4. **LOTS of PRODUCE & MEATS for GRILLING: 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. We are open on Wednesdays and Fridays from **4 PM to 8 PM** and all day on Saturdays and Sundays from 9 AM to 5 PM. We have several varieties of bratwurst, sausage, steaks from Washtenaw Meats, frozen chicken from Webbed Foot Pines, and tempeh for grilling from [the Brinery](#). 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, arugula, kale and spinach from Tandre Farm, storage roots from Second Spring Farm, and apples from [Kapnick Orchards](#). Many other frozen items are available including frozen meats, fish, [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, half and half, and 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!

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

### **ASPARAGUS WITH LEMON AND MINT** (from <https://www.food.com/recipe/as...>)

2-lbs **Tantre asparagus**, cut diagonally into 2-in. lengths  
2 tablespoons extra virgin olive oil  
2 teaspoons lemon zest, finely grated  
1/2 teaspoon salt  
1/2 teaspoon fresh ground pepper  
3 tablespoons very fresh mint leaves, finely shredded  
1 tablespoon lemon juice

In large pot of boiling salted water, cook asparagus 3 to 5 minutes, until crisp-tender. Drain in colander; dry on paper towel. In serving bowl, combine olive oil, lemon zest, salt and pepper. Add hot asparagus. Toss mixture to bring to room temperature. Just before serving, stir in mint and lemon juice. Serve at room temperature. Serves 8.

### **CARROT-MUSHROOM LOAF** (from *Moosewood Cookbook* by Mollie Katzen)

Serves 4-6  
1 cup chopped onion (substitute **Tantre's green onions**)  
4 1/2 cups grated **Second Spring's rainbow carrots**  
1 lb chopped **Two Tracks's mushrooms**  
5 eggs  
2 cloves garlic  
1 cup fresh whole wheat breadcrumbs  
1 cup grated cheddar cheese  
1/4 cup butter  
Salt, pepper, basil and thyme, to taste

Crush garlic into melting butter. Add onions and mushrooms and sauté until soft. Combine all ingredients (saving half the breadcrumbs and cheese for the top). Season to taste. Spread into buttered baking pan. Sprinkle with remaining breadcrumbs and cheese. Dot with butter. Bake at 350 for 30 minutes covered,

then uncover for an additional 5 minutes or until brown.

### **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 combine. 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!

### **GRILLED SCALLIONS WITH SESAME OIL** (from Farmer John Peterson's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm)

*The intense heat of the grill or broiler caramelizes the natural sugars in scallions as they cook, making them exquisitely sweet and tender.*

8 **Tantre's scallions (green onions)**, greens trimmed to 5 inches, cut in half lengthwise

toasted sesame oil

salt

freshly ground black pepper

Preheat the broiler or lightly oiled grill to medium-high heat. Arrange the scallions on a shallow baking sheet or aluminum foil. Use a pastry brush to coat the scallions with a thin layer of sesame oil. Season with salt and pepper. Broil or grill until golden brown on all sides, 3 to 5 minutes.

### **MUSHROOM, SNOW PEA, AND SPINACH SALAD** (from From Asparagus to Zucchini: A Guide to Farm-Fresh, Season Produce by MACSAC) Serves 6

1/4 cup olive oil

1/4 cup vegetable oil

1/4 cup tarragon vinegar

1 tsp minced fresh tarragon (1/2 tsp dried)

1/2 tsp Dijon mustard

Salt and pepper

1 1/4 lbs snow peas, strings removed (or substitute **Garden Work's pea shoots** for flavor)

1 bunch **Tantre's spinach**, stemmed

8 oz fresh **Two Track's mushrooms**, sliced

4 large radishes, thinly sliced

Whisk oils, vinegar, tarragon, and mustard in small bowl. Add salt and pepper to taste. Bring large pot of salted water to boil. Add snow peas; cook 45 seconds. Drain, run peas under cold water and drain again. Combine peas, spinach, mushrooms, and radishes in large bowl. Toss salad with enough dressing to lightly coat. Pass remaining dressing separately.

*Hope you enjoy this Memorial Day weekend! We look forward to seeing you next week for our summer version of the Immune Booster with our weekly Tantre Farm Produce Box with pick up on Sat. May 30 at the Washtenaw Food Hub OR our new Summer Location at Chelsea Farmers Market! 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](mailto:info@tantrefarm.com).*

**Tantre Farm**

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