



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 95) Share – February 5, 2022

Hello Fellow Locavores,

Welcome to Week #95 of the Immune Booster CSA by Tantre Farm. This week Ryan has headed south like a migrating bird for a bit of sunshine and family time, escaping the Michigan snowy weather, so the newsletter is in Deb's hands once again. 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.

THIS WEEK'S SHARE

LETTUCE from [Sell Farms and Greenhouses](#): These cool, crisp, hydroponically-grown, organic leafy annuals are grown by Sell Farms and Greenhouses in Ypsilanti. They are especially delicious at this time of year, since it is hoop house grown; rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan for providing this deliciously sweet green, and check them out.

-*How to use*: raw in salads, wraps, sandwiches, or use in soups, and even smoothies.

-*How to store*: refrigerate up to a week in a plastic bag

SPICY GREENS MIX from [Goetz Greenhouse and Family Farm](#): an amazing, mildly spicy, leafy salad mix of greens with a wide variety of leaf shapes and sizes, which is high in calcium, iron, vitamins A and C, and good source of fiber and folic acid. Goetz Farm is a 3-generation family farm in Riga, MI. Thanks to Karlene and Jonathon Goetz for providing kale at this time of year. You can find their produce at both Argus Farm Stops, Ann Arbor Farmer's Market, Downtown Farmington Farmer's Market and Chelsea Farmer's Market in the summer.

-*How to use*: add to salads, soups, light sautéing.

-*How to store*: keep in plastic bag or damp towel in refrigerator for up to 1 week.

CURRIED GREENS AND POTATOES (from Eating Well is the Best Revenge by Marian Burros) Serves 2

1 lb potatoes

1 bag mixed greens

1 or more clove(s) of garlic

1 tsp olive oil

1 tsp ground cumin
1 tsp ground coriander
1/2 tsp turmeric
1/4 (or less) teaspoon hot pepper flakes or cayenne pepper
2 cups canned, crushed, no salt tomatoes

Scrub, but do not peel potatoes. Boil or steam for 17–20 minutes until tender. Trim tough stems from greens, wash well, tear or slice into small pieces. Mince garlic: use a 1/2 teaspoon of salt to help mincing. Heat oil in pan, add greens and garlic. When greens begin to soften, add spices and tomatoes, reduce heat and continue to cook. Drain potatoes and cut into bite size pieces. Add to the greens and continue to cook over low heat to blend flavors. Here is where you use all those dark green outer leaves of curly endive, frisee, escarole, romaine, and other greens that are loaded with character.

Note: Choose any combination of greens and serve with crusty Zingerman's pumpernickel bread.

TETSUKABUTO SQUASH from [Tantre Farm](#): a 3–4 pound Japanese squash; nearly round with dark green rind, slightly mottled and ribbed; sweet and nutty flavor with yellow, thick flesh. This particular variety is very rich and sweet in squash soup!

–How to use: bake; boil or steam; 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: store at room temperature.

How to freeze: if you notice a squash is getting soft or a spot starts to rot, cook it immediately, scoop out the pulp, and freeze it in freezer bags for future use.

TETSUKABUTO SQUASH PIE (from Backwoods Home Cooking)

1 9-inch unbaked pie shell
2 cups mashed or pureed, cooked pulp of 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.

DAIKON RADISH (Red King) from [Tantre Farm](#): looks like an overgrown carrot with brilliant red skin and white inside; mild, crisp, and juicy; good, sweet, eating quality but with a slightly mild radish taste; good macrobiotic root that is good for the gut.

–How to use: for fresh use grated, sliced thinly with salt and lemon, good for pickling, and fermenting

–How to store: not as hardy as you may think, so store wrapped in plastic to keep them crisp for up to 2 weeks.

STIR-FRIED DAIKON (from Rolling Prairie Cookbook by Nancy O'Connor) Serves 3

1 Daikon radish

1 Tbsp peanut oil

1 tsp sweetener of your choice

1/8 tsp salt

2 Tbsp finely chopped parsley

Scrub Daikon and cut in thin slices. Heat oil in a heavy skillet or wok over medium-high heat. Add Daikon and toss to coat with oil. Sprinkle sweetener and salt over radish slices. Cook, stirring often, until radishes are just tender--about 5 minutes. Remove from heat. Toss in parsley. Serve immediately.

POTATO MIX (Yukon Gold & Red Norland) from [Tantre Farm](#): These potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers. You will receive Yukon Gold (yellowish brown skin with yellow dry flesh and pink eyes; long storage and good tasting; perfect baked, boiled, mashed or fried) and Red Norland (smooth, red skin and white flesh; great baked, boiled, or roasted).

-How to use: good baked, boiled, roasted or in potato salads

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

CARROTS from [Second Spring Farm](#): sweet, orange, cone-shaped roots; good eating quality; loaded with vitamins A and C, beta-carotene, protein, fiber, etc. Thanks to Reid Johnson, our former intern (2003)-turned-farmer, for providing you with his certified organic carrots from Cedar, MI.

-How to use: can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, or stir-fries.

-How to store: refrigerate dry, unwashed roots in plastic bag for up to 2 weeks

DRY ORGANIC NAVY BEANS from [Ferris Organic Farms](#) (1 pint): Dry beans are one of the world's great staple crops, used for centuries by nearly every culture around the world. Not only are they a high source of protein, are nitrogen-fixing, and easy to save year after year, they are also one of the most beautiful crops.

-How to use: fresh, shelled beans are good in soups, stews, and casseroles, but also delicious simply boiled until tender, and served with a little butter or olive oil, salt/pepper or herbs. Excellent in white bean chili or with beans and greens

-How to store: store beans in an air-tight container in a cool, dry place for several years.

PUMPERNICKEL LOAF from [Zingerman's Bakehouse](#): This dark, rich, Old World bread is filled with Organic Wheat Flour, Water, Rye, Rye Chops, Caramel Color, Sea Salt, Yeast, and Caraway. Zingerman's Bakehouse is an artisanal retail and wholesale bakery and baking school in Ann Arbor, Michigan. You can visit them at 3711 Plaza Dr., Ann Arbor.

-How to use: good as toast or sandwiches, make homemade croutons or stuffing, or simply slice a piece with butter, and perfectly paired with smoked salmon and whitefish pate according to a Zingerman's tip!

-How to store: lasts for 4 to 5 days at room temperature in a plastic bag, put it away for a later date in the freezer and when taken out, heat it at 350 degrees for fresh-out-of-the-oven flavor!

BROCCOLI SALAD from [Juicy Kitchen](#): 12-oz (vegan & gluten-free) This flavorful,

nutritious salad from Juicy Kitchen is a #1 best seller and has the following ingredients: Broccoli, Red Grapes, Red Onion, Sliced Almonds, Dried Cranberries, Carrots, Dressing: Cashews, Maple Syrup, Apple Cider Vinegar, Garlic. You can find more of their tasty dishes by going to their website. Thanks to all the kitchen staff at Juicy Kitchen. They sell their food with an online menu or at their location on Maple Rd, at White Lotus Farms, and through our Immune Booster CSA's!

-*How to use:* Eat salad with breakfast, lunch, or supper.

-*How to store:* Keep in the refrigerator for 2 to 3 days.

BORSCHT from [EAT](#): 16-oz (vegan & gluten-free) This hearty soup is nutrient-dense with a good amount of antioxidants and vitamins. It takes its characteristic deep red color from Beets, and this recipe includes a House-Made Vegetable Stock (water, onion, carrot, celery, mushroom, fennel, herbs, salt), Onion, Carrots, Celery, Tomato, Garlic, Herbs, Spices, Salt, Grapeseed Oil, And Olive Oil. This soup is often eaten with a sour cream or yogurt garnish and would be delicious paired with some Zingerman's Pumpernickel Bread and typically served with hot, boiled potatoes! EAT Ann Arbor serves dine in and take out at their Kerrytown and Packard locations.

-*How to use:* Heat and serve. Alternatively borscht can be served as a cold soup.

-*How to store:* May store for 2 to 3 days or more in the fridge. Also maybe frozen to last longer.

MUSHROOM JAPCHAE NOODLE SALAD with JULIENNED VEGETABLES from [Miss Kim](#): (vegan & gluten-free) This a savory and slightly sweet dish that is popular in Korean cuisine. The vegetables add lots of flavor and fill the potato noodles with beta-carotene, fiber, protein, vitamin C, and antioxidants. This dish includes Potato Noodles (potatoes, water), Mushrooms, Carrots, Bell Peppers, Jalapeno Peppers, Ginger, Scallions, Rice Vinegar, Canola Oil, Tamari Soy Sauce, Plum Syrup (plums, sugar, water), Black Pepper, Sesame Oil, Sesame Seeds. Miss Kim is open for limited dining or take out and there is also outdoor patio seating in downtown Ann Arbor, so hope to see you there feasting and supporting.

-*How to use:* Enjoy just as is!

-*How to store:* May store for 2 to 3 days or more in the fridge.

PURE MICHIGAN GRANOLA from [Harvest Kitchen](#): 16-oz (vegetarian & gluten-free; contains nuts) This delicious granola is sourced mostly from Michigan and includes Non-Gmo Oats, Dried Blueberries, Sunflower Seeds, Walnuts, Canola Oil, Honey. 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, and Agricole Farm Stop in Chelsea.

-*How to use:* Enjoy as a snack or with milk or yogurt; also wonderful sprinkled on ice cream! Just sayin....

-*How to store:* Stores for several weeks in your cupboard.

RECIPES: Here's a link to Tantre's treasure trove of recipes, where you can get some additional ideas for using this week's share:

<http://tantrerecipes.blogspot.com>. Please always keep in mind many more combination of recipes can be found by typing any combination of vegetables into your preferred search engine with the word "recipe" after that, and it is amazing what concoctions can be created in your very own kitchen!

SOCIAL MEDIA: Follow us on Instagram [@immuneboosterbytantrefarm](#) or [@tantrefarm](#) to learn more. We are also active on [Facebook](#) and [Twitter](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

Don't forget to keep an eye out for our next email on Sunday, February 6, regarding Tantre Farm's Immune Booster CSA Share, Week 96, for pick up on February 12, 2022.

Hope you enjoy the delights and flavors of these cozy, winter, comfort foods!

Deb and Richard
Owners of Tantre Farm
www.tantrefarm.com

***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 Ryan, Carrin, and Deb with questions or comments at immuneboosterbytantre@gmail.com.*

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