



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 171) Share November 11, 2023

Welcome to Week #171 of the Immune Booster CSA by Tantre Farm. 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: There will not be a separate email with the Pick Up Protocol anymore, so you will not receive a Pick Up Reminder email. One update at the Washtenaw Food Hub is that we ask you to 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/imm...>

REFLECTIONS BY CARRIN

Thank you for your warm welcome back to the Immune Booster CSA, which was on hiatus for more than two months! We appreciate your continued support of Tantre Farm, this collaborative CSA, and our local markets where we distribute your shares at Agricole Farm Stop and the Washtenaw Food Hub Farm Market. As you probably noticed this week, we decided to go heavy on the produce and lighter on the prepared foods. Please give us your feedback on that, if you like.

In this share, we decided to choose some fall favorites to create an array of warm combinations of food and fun! In this share, we have equipped you with everything you need for a stir fry. This great meal choice can provide you with a hearty main dish for dinner and enough leftovers for the week if you like. I usually make a double batch of fried rice. If you have a wok that is a super fun, easy and fast way to get your stir fry going; if not, just use a large, deep, frying pan. I vote for using ALL of the veggies in this stir fry (except the pumpkin and apples!). You may opt to leave out the delicata squash as well, but it can add a fun flavor if you bake it and cut it into chunks to add in (your choice!). Cut and sauté all of these veggies, cook up some rice while you do, and mix it all together for a nutritious and yummy meal. I suggest putting the mushrooms in last. They are a great substitute for meat, but you don't want to overcook them, because then they can get rubbery. If you need extra protein, add in some scrambled eggs!

If you're not in the mood for stir fry this week, the onions, spinach, and Asian Broccoli "Yu Choy" are great additions to almost any dish. You can make a salad using most of these items. Most people don't prefer to eat the Asian Broccoli raw. However, if you haven't tried it, raw Brussels sprouts shredded are great in a salad! The apples and carrots provide a sweet crunch. Add in the delicata as well! I prefer cutting it into pieces and pan-frying it with your favorite

oil until it is slightly brown. This flavor is great alone, or it can add a fall taste to your salad.

Pumpkins don't just have to be for pumpkin pie, although I know some of you will use them for just that! One of our crew members made a divine pumpkin puree and worked it into a super, yummy breakfast treat - pumpkin pancakes! You may also like to try this method in a pumpkin bread or a pumpkin whip!

Apples are one of the most versatile fruits, since they can be used for breakfast, lunch, supper, and dessert depending on how you prepare them. The Empire apples are a wonderful blend of sweet and tart and delicious raw in salads or as a snack. The Northern Spy apples are tart and juicy and best in pies and juicing. Both apple varieties are excellent eaten raw, delicious in pies or in apple sauce. I was thinking that an apple muffin recipe might be in my future!

Some of the items in your share are already prepared and ready to go! Harvest Kitchen took our mushrooms and made them into a hearty, warm Mushroom Barley Soup, and Deb provided her own Cornbread recipe to complement it this week. Ginger Deli got some of our humungous kohlrabies and made their crunchy Papaya Kohlrabi Salad to round off a perfect weekend lunch or supper treat.

Well, there you have it, folks! I've suggested some of my favorite ways to combine the following. I hope you enjoy exploring many food combinations for your own adventurous dining. Happy eating! --CARRIN

THIS WEEK'S SHARE ITEMS:

APPLES from [Kapnick Orchards](#): You will receive 2 heirloom varieties Empire (a McIntosh-type apple with a long shelf life; extra crisp, white juicy flesh; more sweet than tart; great for fresh eating, salads and sauce) and Northern Spy. (an heirloom American variety with greenish-yellow skin and pale red streaking; flesh is yellow to white, firm, very tender, crisp, juicy, slightly sweet and mildly acidic; great for pies, desserts, juices, and cider).

-How to use: see above in description; both good for fresh eating

-How to store: can store for 2 to 3 weeks in cool location.

BROCCOLI (Asian bunching) from [Tantre Farm](#): this Chinese specialty (also known as Kailaan or Chinese kale) is tender and sweet with a mustardy flavor

-How to use: use raw, steamed, sautéed, stir-fried, in casseroles, soups, pizzas, etc.

-How to store: store loosely in plastic bag for up to a week.

BRUSSELS SPROUTS from [Tantre Farm](#): tiny, green cabbage heads with mildly pungent, mustard-like flavor.

-How to use: boil or steam for 5-10 minutes without overcooking, so they are still bright green; toss with olive oil, lemon juice, salt and pepper, or a pat of butter; excellent roasted or stir-fried.

-How to store: refrigerate for up to a week or more unwashed in a plastic bag in hydrator drawer.

RAINBOW CARROTS from [Tantre Farm](#): You will receive a combination of Mokum (a very sweet, slender, "pencil carrot" with edible green leaves; greens are delicious in soups and also salads), Red Dragon (beautiful magenta-purple,

smooth, thin skin and broad, Chantenay-type shoulders with orange internal color and yellow core), and [Purple Haze](#) (bright purplish-red roots with bright orange interior and a sweet flavor; cooking will cause the color to fade)

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

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

OYSTER MUSHROOMS (Grey Dove) from [Tantre Farm](#): grows in large clusters containing dozens of delicate stems topped by blueish-grey, shell-like caps, which have a subtle, savory flavor and a tender, slightly chewy texture.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; excellent fried, sautéed, or added to sauces and other dishes.

-How to store: place in paper bag or wax bag and keep in refrigerator for up to 5-7 days.

YELLOW ONIONS (Patterson) from [Tantre Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion

-How to use: great for soups, stews, egg dishes, onion rings, and 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 Ziplock baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

PIE PUMPKIN from [Tantre Farm](#): dark orange skin with light ribbing and well attached handles with dry, stringless flesh and superior thick consistency in pies.

-How to use: excellent for pies, soups, bread, biscuits, cheesecake, pancakes, muffins, cakes, and pumpkin butter

-How to store: store whole pumpkins at room temperature up to a month or for 3-6 months in moderately warm and dry conditions (45-50 degrees with 60-75 percent humidity).

SPINACH from [Tantre Farm](#): a beautiful bag of crisp, dark green leaves--best eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced.

-How to use: raw in salads, wraps, sandwiches, or sautéed, steamed, braised, or added to crepes, quiche, lasagna, and soups, and even smoothies.

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

DELICATA SQUASH from [Tantre Farm](#): small, oblong, creamy colored with long green stripes, only slightly ribbed; pale yellow, sweet flesh; edible skin; best eaten within 4 months of harvest

-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; 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 (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature for shorter periods of time.

MUSHROOM BARLEY SOUP from [Harvest Kitchen](#): 16-oz (vegetarian) This rich, earthy soup is filled with so many fall flavors and includes vegetable stock, wild mushroom, barley, celery, carrot, onion, garlic, olive oil, shallot, thyme, rosemary, cayenne, salt, pepper. 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 of course provides granola, pot pies, and muffins at the Food Hub Farm Market.

-How to use: Heat up and enjoy!

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

DEB'S MAPLE CORNBREAD from [Harvest Kitchen](#): This is one of Deb's favorite cornbread recipes! You will receive 1 slice of this moist, soft cornbread, which provides a unique and tasty twist on a classic favorite. Ingredients include flour, cornmeal, baking powder, salt, egg, milk, canola oil, maple syrup. This cornbread can almost be eaten as a dessert, but it also is a nice complement to the Harvest Kitchen's Mushroom Barley Soup.

GREEN PAPAYA KOHLRABI SALAD from [Ginger Deli](#): This salad is 100% vegan and gluten free. It can also be nut-free, if you choose not to add the crushed peanuts and dried shallot cup. This salad is featuring Tantre Farm's shredded kohlrabi, along with shredded green papaya, bean sprouts, shredded carrot, mint, mango, beet, and a sweet tangy dressing in a separate cup of water, apple vinegar, lime, minced garlic, red pepper flakes, maple syrup. This salad is created by 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 store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: when ready to use, take dressing out of cup and toss with shredded vegetables and top with cup of nuts and shallots

-How to store: keep in refrigerator for 5 days

ANNOUNCEMENTS

1. BLACK FRIDAY PLANT WALK at Tantre Farm – Nov. 24 from 11 AM – 1 PM: Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from "Will Forage for Food". Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and talk about edible, medicinal, or otherwise useful plants and mushrooms that are currently in season. Dress for the weather. You may want a notebook and pen. Unlimited class size, drop-ins welcome, and cost is \$25. To register ahead of time or to find more information, just go to this site and

<https://willforageforfood.square.site/product/black-friday-plant-walk/110>

2. SOCIAL MEDIA: Follow us on Instagram [@tantrefarm](#) 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.

3. IMMUNE BOOSTER CSA: Don't forget to keep an eye out for our next Immune Booster menu on Sunday, Nov. 12, regarding Tantre Farm's Immune Booster CSA Share, Week 172, for pick up on Nov. 18 with all kinds of feasting favorites!

RECIPES

*****Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!***

APPLE SPINACH SALAD ([https://www.gimmesomeoven.com/...](https://www.gimmesomeoven.com/))

10 ounces spinach, chopped (1 bag?)

2 large apples, cored and thinly-sliced

half a small red onion, peeled and thinly-sliced

1 cup walnut halves, toasted (or pecans)

2/3 cup dried cranberries

5 ounces goat cheese, crumbled (or feta cheese, or blue cheese, or Mozzarella)

1 batch apple cider vinaigrette (see below)

CHAMPAGNE VINAIGRETTE INGREDIENTS:

1/3 cup extra virgin olive oil

1/4 cup champagne vinegar (or apple cider vinegar)

2 tablespoons lemon juice

1 tablespoon Dijon mustard

1 garlic clove, peeled and minced

a generous pinch of salt and black pepper

(optional) 1 tablespoon honey or maple syrup, to sweeten

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve immediately, garnished with the remaining cheese and add a crunchy topping of granola.

TO MAKE THE CHAMPAGNE VINAIGRETTE:

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

PORK TENDERLOIN STUFFED WITH BRIE AND MUSHROOMS

(<https://www.food.com/recipe/po...>) Serves 6.

2 pork tenderloin (well trimmed, about 12 oz. each)

2 tablespoons butter

1 garlic clove(minced)

2 shallots (chopped)

1 1/2 cups mushrooms(white and cremini, sliced)

2 cups fresh spinach

2 tablespoons red wine

0.5 (125 g) package brie cheese (chopped)

1/2 apple (with peel, chopped)

2 tablespoons walnuts (toasted, chopped)

1 teaspoon dried thyme

salt and pepper

canola oil (or your own preferred cooking oil)

Using a sharp knife, cut each pork tenderloin lengthwise, be careful not to slice right through the bottom. Open and flatten each loin and then set them aside. Heat butter in a large skillet over medium heat. Sauté garlic, shallots and mushrooms. Add the spinach and sauté briefly. Add the red wine and scrape up any browned bits. Remove from heat and add Brie, apple, walnuts and thyme.

Season to taste with salt and pepper. When it is cool enough to work with spoon 1/2 of the stuffing onto each loin. Fold over to enclose the stuffing. Tie to secure. Brush very lightly with oil. Roast at 375F (190C) for 25-30 minute until a meat thermometer registers 155F (68C). Remove from oven and tent loosely with foil. Let rest for 5 minutes. Remove string and slice to serve.

PUMPKIN SMOOTHIE Makes 2 cups

1 medium banana, frozen
1 cup soymilk or plain yogurt
1/2 cup fresh pumpkin puree, baked
1/2 tsp cinnamon
1/4 tsp ground ginger
1/4 tsp allspice
1/4 tsp nutmeg
1 Tbsp maple syrup or brown sugar

Break the banana into chunks, and place in blender or food processor with remaining ingredients. Blend until creamy-smooth. Taste and adjust spices. Pour into cups. If you like, let it firm up in the freezer for 30 minutes to 1 hour.

STEAMED BROCCOLI AND SQUASH WITH TAHINI SAUCE (from

<http://www.wholeliving.com/151...>)

1/2 head broccoli florets (or the Asian broccoli greens variation!)
1 Delicata squash, sliced and seeded
1 cup mixed tender greens (spinach, arugula, lettuce mix, etc.)
1 cup thinly sliced red or green cabbage
2 Tbsp diced red or yellow onion
Coarse salt and pepper
1 Tbsp toasted sesame seeds
1/4 cup Tahini Sauce (1/2 cup tahini, grated zest and juice of 1 lemon, 1 Tbsp olive oil, 1 chopped garlic clove, 1/2 tsp cumin, 1/2 tsp paprika, coarse salt)

Steam broccoli florets (or broccoli greens) until bright green and tender, about 4 minutes. Remove and set aside. Steam squash until bright yellow and tender, about 10 minutes. In a bowl, toss greens, cabbage, and red onion. Top with steamed vegetables and season with salt and pepper. Drizzle with tahini sauce and sprinkle with sesame seeds.

BRUSSELS SPROUTS IN CIDER WITH ONIONS AND APPLES (from Vegetarian Table: France) Serves 6

1 lb Brussels sprouts
2 apples
2 Tbsp butter
2 Tbsp olive oil
1 yellow or red onion, chopped
1 1/2 cup apple cider
1/2 tsp salt
1/2 tsp pepper
2 star anise
1/4 cup balsamic vinegar

Trim sprouts and halve lengthwise. Cut apples into 1/2-inch cubes. Melt butter and oil in large skillet over low heat. When mixture foams, increase heat to medium and add apples and onions; sauté until apples are soft and onions are translucent, about 4 minutes. Add Brussels sprouts; sauté 3-4 minutes. Add

remaining ingredients, except vinegar. Cover, reduce heat, and simmer until sprouts are easily pierced with a fork, about 10 minutes. Discard anise. Remove contents of pan with slotted spoon to warm serving dish; cover. Heat liquid in pan over medium-high heat until reduced by half. Add vinegar; cook 2-3 minutes, stirring and scraping pan to loosen any stuck-on bits. Pour over sprouts; serve immediately.

Hope you enjoy the delights and flavors of these fall-inspired foods, and we are so happy to be back!

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 Deb or Richard with questions or comments at info@tantrefarm.com.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

