



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 172) Share November 18, 2023

Welcome to Week #172 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

This week's Immune Booster CSA features Harvest Kitchen's Fall Harvest Hash, which is a great Thanksgiving preview treat! You're also getting almost all of the ingredients to make your own batch of Harvest Hash! Spice it up with apples and pears from Kapnick orchards for a sweet and savory take on this dish! Of course, you can also hang onto these ingredients to make a Thanksgiving dish next week.

Another take on hash is a hearty breakfast skillet. I like to make breakfast hash with potatoes, kale, and shallots. Of course, you can add in any other favorite veggies like peppers, tomatoes, and mushrooms. Tofu or eggs make this a quick well-rounded meal for the whole family. Grab some bagels to go with your cream cheese and prepare a fruit plate of apples, pears, and blueberries for a sweet treat. After this big meal, you may want to make a salad for your next meal, and you've got our lettuce mix to get you started with your favorite salad, along with a delicious Shallot Vinaigrette in the recipe section.

Hope you enjoy the many ways to combine foods in this week's share!

---CARRIN

THIS WEEK'S SHARE ITEMS:

LETTUCE MIX from [Tantre Farm](#): a bag of dark reds and vibrant greens including Green and Red Oakleaf, Green and Red Romaine, and Redleaf lettuces; your lettuce has been rinsed once. *Use with Shallot Vinaigrette recipe below.*

-**How to use:** raw in salads, sandwiches, or use in soups.

-**How to store:** refrigerate in plastic bag for 3-5 days.

CAROLA POTATOES from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying.

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

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

PURPLE TOP TURNIPS from [Tantre Farm](#): traditional, Southern U.S. variety with smooth, round roots with white below the soil line and bright purple above

-**How to use:** roots can be roasted, steamed, or sautéed.

-**How to store:** roots can last up to 1-2 weeks in refrigerator.

GREEN CURLY KALE from [Tantre Farm](#): well-ruffled, curly green leaves on green stems; this variety makes a good, roasted "kale chip".

-**How to use:** for salads, soups, and light cooking.

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

ACORN SQUASH from [Tantre Farm](#): small, green ribbed squash with pale yellow flesh; great stuffed with rice, breading, or soups

-**How to use:** great stuffed; 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

-**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.

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.

-**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 dry and unwashed roots in plastic bag for up to 2 weeks

ORGANIC 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

-**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 SWEET POTATOES from [Second Spring Farm](#): edible roots related to the morning-glory family that have dark red or orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C.

-**How to use:** prepare like potatoes--baked, boiled, sauteed, 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.

APPLES & PEARS from [Kapnick Orchards](#): You will receive any of the following [Fuji Apple](#) (large, bi-colored apple, typically striped with yellow and pinkish-red; excellent in salads, good for baking and as applesauce, and for fresh eating), [Northern Spy Apple](#) (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), [Evercrisp Apple](#) (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp, and aromatic; good snacking apple and good for pies), and [Bosc Pear](#) (deep brown color with a slightly long neck and a slightly rough peel; firm and juicy flesh; great for baking, broiling, or poaching, and eating raw). Kapnick Orchards (<http://www.kapnickorchards.com>) supply 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 in description; all good for fresh eating

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

FROZEN BLUEBERRIES from [Joes BlueBerries](#): prepared from properly ripened fresh fruit and flash frozen; naturally grown on the west side of the state with no use of pesticides or chemical fertilizers; rich in antioxidants and full of vitamins and minerals; may help lower cholesterol; delicious in many dishes. Joe runs a u-pick blueberry farm called Moss Funnel Farms in Bangor, MI.

-How to use: excellent snack, uses in smoothies, ice cream, cheesecake, pancakes, oatmeal, or baked as a fruit crisp with pears and apples (hint! hint!). Recipe below!

-How to store: will last 10-12 months in a freezer

CREAM CHEESE from [Zingerman's Creamery](#): a fresh, soft mild-tasting cheese with a slightly grassy tartness and smooth, soft texture made using old-world techniques with local milk. Zingerman's Creamery specializes in making cow's and goat's milk cheeses, gelato, and sorbets, and are located at the Cheese Shop on the South Side of Ann Arbor. For more information you can go to their website.

-How to use: good on bagels, crepe fillings, dips, frostings, soups, etc.

-How to store: refrigerate for up to 1 or 2 weeks

FALL HARVEST HASH from [Harvest Kitchen](#): This 1 pint of nutritious, delicious hash is perfect for breakfast, lunch, and supper layered with color and flavor. Ingredients include sweet potatoes, Tantre pepper mix, carrots, turnips, onions, winter squash, garlic, olive oil, shallot, green onion, salt, and black 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 provides granola, cookies, muffins, frozen pot pies, and NOW FROZEN LASAGNA at the Food Hub Farm Market.

-How to use: See Reflections from Carrin above for ideas on how to use.

-How to store: Keep in the refrigerator for 5 to 7 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. NO IMMUNE BOOSTER CSA and NO WASHTENAW FOOD HUB FARM MARKET on Nov. 25: We are taking a little break from the Immune Booster CSA and are closing the Hub Farm Market on the Saturday following Thanksgiving. Hopefully most of you will stock up on holiday feasting items this coming Saturday at Agricole Farm Stop and the Hub Market, and have plenty of Thanksgiving leftovers! We will be back in action for our next Immune Booster menu on Sunday, Nov. 26, regarding Tantre Farm's Immune Booster CSA Share, Week 173, for pick up on Dec. 2 with all kinds of delicious local food!

4. MORE ITEMS AT THE FOOD HUB MARKET: Over the next few months we hope to continue adding new items gradually to the Hub Market as we explore what products you are interested in us supplying. This weekend Harvest Kitchen will be supplying more pot pies and their popular, frozen lasagna. Fluffy Bottom Farms will have yogurt, feta cheese, and different kinds of hard cheeses. Zingerman's Bakehouse will be providing 4 different varieties of bread. Zingerman's Creamery has extra cream cheese and pimento cheese spreads available. The Brinery is replenishing their kimchi and well-loved, pickled carrots along with a few more tempeh products. Elder Farms from Milan is supplying free-range, USDA certified eggs this week. Hope you plan on taking some extra time to walk around and see if we can help replenish your pantry before your Thanksgiving meal.

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!***

ROASTED BUTTERNUT SQUASH AND PEAR SOUP (from [Country Living](#), October 2000) Makes 9 cups

1 large or 2 small butternut squash (or sweet potatoes), 3-4 lbs

1 Tbsp vegetable oil (olive oil works, too!)

2 cups chopped onion

1 chopped shallot, about 2 Tbsp

1 Tbsp chopped fresh ginger

1 1/4 tsp salt

1/4 tsp black pepper

2 ripe pears, peeled, cored and cut into chunks, about 2 cups

6 cups reduced-sodium chicken broth

1 Tbsp honey

1 tsp fresh thyme

1/4 cup heavy cream

Roast squash: Preheat oven to 400 degrees. Cut squash in half lengthwise and place cut side down on a nonstick baking pan. Pour 1/4 cup water into pan and roast for 45 minutes or until squash is tender when pricked with a fork. Remove from oven and allow to cool. (This step may be done the day before preparing the soup.) Prepare soup: Remove seeds and peel from roasted squash. Place cooked squash in a medium bowl and mash coarsely. Set aside. In a 6-quart saucepan, heat oil and add onion, shallot, ginger, salt and pepper. Cook over medium-high heat until onion is soft and begins to turn light brown, about 10 minutes. Add pears and cook another 5 minutes. Measure three cups of cooked, mashed squash and add to the saucepan. Stir in broth, honey and thyme and bring to a boil. Reduce heat and simmer, covered for 15 minutes. Puree in batches in a blender or food processor, then return the soup to the saucepan. Stir in the cream and keep warm. Do not boil. Serve warm.

APPLE STUFFED SQUASH (from [There is a Season: Cooking with the Good Things Grown in Michigan](#))

2 acorn squash
3 Tbsp butter
2 chopped apples
1 chopped onion
2 cups cottage cheese
2 Tbsp lemon juice
3/4 cup grated cheddar cheese
1/4 tsp cinnamon
1/4 cup raisins (optional)

Cut squash in half lengthwise; remove seeds. Place face down on oiled baking sheet; bake at 350 degrees for 1 hour. While squash is baking, saute apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15-20 minutes.

POTATO SALAD WITH SHALLOT VINAIGRETTE (from [The Organic Cookbook](#) by Renee Elliot and Eric Treuille) Serves 4

1 1/2 lb potatoes, cut into bite-size pieces
2 shallots, finely chopped
2 Tbsp red wine vinegar
1/4 cup extra virgin olive oil
Salt and black pepper, to taste

Bring potato pieces to a boil in a large pot. Simmer gently until tender, 10-15 minutes. Drain. While the potatoes are cooking, mix shallots, vinegar, and oil until combined. Add the hot potatoes to the vinaigrette with "mix-ins" (see below), if using. Toss gently to coat each potato piece. Add salt and pepper to taste. Serve warm or at room temperature.

"Potato Salad Mix-ins": Vary the flavor and texture by adding 2 tablespoons finely chopped fresh herbs, such as dill, parsley, or chives, 1 tablespoon grainy Dijon mustard or 2 celery stalks, finely chopped.

SHALLOT VINAIGRETTE (from [Local Flavors](#) by Deborah Madison)

1 shallot, peeled and finely diced
2 Tbsp red wine vinegar
1/2 tsp sea salt
6 Tbsp or more extra virgin olive oil

Finely dice the shallot by slicing it first lengthwise, then crosswise. Put into a bowl with the vinegar and salt. Let stand for 10 minutes, then whisk in the oil to taste.

CANDIED ROOT VEGETABLES (from Capay Organic Farm CSA "Farm Fresh To You" website) Serves 12

1 1/2 lbs turnips, peeled, cut into 3/4-inch cubes

6 Tbsp butter

1 1/2 lbs carrots, cut into 1-inch lengths

1 1/2 lbs sweet potatoes, cut into 1-inch lengths

2 shallots, cut into chunks

1/3 cup golden brown sugar

1 3/4 cups broth

Melt butter in skillet over medium-high heat. Add turnips, carrots, sweet potatoes, and shallots. Sauté 5 minutes, stirring often. Stir in broth and sugar. Cover; bring to a boil. Uncover; reduce heat to medium and simmer until vegetables are tender and liquid is reduced to syrup, stir often, about 30 minutes. Season with salt and pepper to taste.

APPLE, PEAR, AND BLUEBERRY CRUMBLE (from <https://cookingwithfudge.com/apple-pear-blueberry-crumble>) Makes 6 servings.

2 apples thinly sliced

2 pears thinly sliced

1/2 cup blueberries

1 tablespoon lemon juice

1/8 cup brown sugar

1 tablespoon corn starch

1/4 teaspoon salt

1/2 cup old fashioned oats

1/4 cup all purpose flour

1 teaspoon cinnamon

1/2 teaspoon nutmeg

4 tablespoons light butter melted

Cooking spray

Preheat your oven to 400 degrees and spray an 8x8 baking dish with cooking spray. Using a knife and cutting board, peel the apples and pears if desired. Then, thinly slice the apples and pears. Juice and zest the lemon. In a large bowl, mix together the apples, pears, blueberries, lemon juice, lemon zest, half of the brown sugar, corn starch, and salt. This is your crumble filling. Next, spread the filling into the 8x8 baking dish. In another bowl, combine the oats, flour, the remaining brown sugar, cinnamon, nutmeg, and melted butter. This topping mixture will be crumbly, and that's how you want it! Then, sprinkle the topping on top of the filling. It does not need to cover the whole surface. Finally, bake for 30-35 minutes until the topping is golden brown. Serve warm with ice cream, yogurt, or whipped cream. This can also be served cold if desired.

WINTER VEGETABLE CHOWDER (from [366 Simply Delicious Dairy Free Recipes](#) by Robin Robertson) Serves 6

1 tsp canola oil

1/2 cup onion, chopped

1/2 cup celery, chopped

1 medium carrot, chopped

1/2 cup turnip, chopped
1 sweet potato, peeled and chopped
1 cup winter squash, peeled and chopped
1/2 cup sweet red or green pepper, chopped
1 tsp garlic (or shallot), minced
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 2 Tbsp parsley, chopped
2 cups kale
1 cup unsweetened soymilk
Salt and pepper, to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery, turnip, and carrot for 5 minutes. Add sweet potato, squash, bell pepper, garlic, stock or water, and herbs. Reduce heat and simmer for 20 minutes or until vegetables are tender. Boil greens in lightly salted water for 3-5 minutes. Drain and set aside. Puree soup in a blender (or use a stick blender in saucepan) until smooth. Return to saucepan. Stir in the soymilk, cooked greens, and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve.

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.*

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