



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 173) Share December 2, 2023

Welcome to Week #173 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 RICHARD

"Let thy food be thy medicine." --Hippocrates

Eating in season is good for our bodies health and the land ecology. Supporting local food growers and food producers commits to the local farming community and economy lessening the use of excessive transportation consumption and pollution.

Thank you for celebrating seasonal, local food with us. This week's share is full of nutrient-dense roots and greens from Tantre Farm and our local food shed. Lots of good ideas are shared below for many ways to enjoy the flavor and nutrition of these items. The winter is coming, so it's the time to sing of soups, roots, and frost-sweetened greens. Join the happy chorus for good health of the living earth and the community of life.

THIS WEEK'S SHARE ITEMS:

BEETS (Golden) from [Tantre Farm](#): round, smooth, golden roots with sweet flavor; no greens at this time of year. You will receive a small amount of these, so we added them to a bag of potatoes as an extra surprise!

-How to use: roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots unwashed in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

CAROLA POTATOES from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying. We decided to throw in a bonus bag of potatoes, since we realized that we were a bit low on beets, so enjoy!

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

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

WATERMELON RADISH from [Tantre Farm](#): an heirloom Chinese variety; 2- to 4-inch, round radishes with unique dark magenta flesh and light green/white skin along with a remarkably sweet, delicious taste

-**How to use:** excellent julienned or thinly sliced and used in a salad; color is vibrant when served raw in a salad or in a veggie plate with some dip; can also be pickled; cooking does minimize the intensity of their color, but can be braised or roasted like a turnip, or mashed like a rutabaga

-**How to store:** refrigerate in plastic bag/damp towel for 1-2 weeks.

RED CURLY KALE from [Tantre Farm](#): well ruffled, red leaves with red stems; gets redder and sweeter after a frost; beautiful deep red color, so adds a nice bright color to a salad; 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.

CHIRIMEN SQUASH from [Tantre Farm](#): a traditional kabocha, Japanese Yokohama-type squash; bronze-orange skin and flesh is deep orange, moist, and sweet

-**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 LEEKS from [Second Spring Farm](#): green leaves with white to pale green stems. *Cooking tip: slit from top to bottom and wash thoroughly with root facing up to remove all of the dirt trapped between the leaf layers.

-**How to use:** white and lower part of greens can be cooked whole, chopped in slices and substituted for onions; delicious raw in salads or cooked in soups, quiches, casseroles, stews, stocks, or stir-fries.

-**How to store:** refrigerate unwashed for 2 weeks in plastic bag.

EVERCRISP/NORTHERN SPY APPLES from [Kapnick Orchards](#): You will receive [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)
AND Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp, and aromatic; good snacking apple and good for pies). 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.

GREEK YOGURT from **Fluffy Bottom Farms:** Calder milk is used to make this 32-oz container of yogurt. It also can have a tangier flavor and can often be used as a healthier substitute to mayonnaise, sour cream or crème fraîche. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. Fluffy Bottom Farms is owned by Inanna Andres with product at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Hub Market.

-**How to use:** can jazz up many dishes including smoothies, roasted veggies, pickled beets, replaces mayo, bake with it, use with granola, etc.

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

LENTIL SHEPHERD PIE from Harvest Kitchen: This 16-oz container of shepherd pie is vegetarian & gluten-free and talk about a hearty comfort food for a cold temperature day! Ingredients include lentils, vegetable stock, onion, carrot, turnips, celery, leeks, potato, olive oil, thyme, bay leaf, salt, and 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:** Just warm up and enjoy!

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

SOURDOUGH ROUND BREAD from Zingerman's Bakehouse: This popular, vegan bread uses organic wheat flour, water, sea salt, and the sourdough starter. Excellent for avocado toast! Zingerman's Bakehouse can be found all around Ann Arbor and now at Agricole in Chelsea. 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 and just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

ANNOUNCEMENTS

1. NEW YEAR'S DAY PLANT WALK at Tantre Farm - January 1, 2024 from 12 -

2 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. WASHTENAW FOOD HUB FARM MARKET OPEN FOR THE NEXT 3

SATURDAYS: We will be open only Dec. 2, 9, and 16 for the rest of 2023 from 9 AM to 12 PM. We hope to continue adding new items gradually to the Hub Market as we explore what products you are interested in us supplying. Besides having all kinds of fresh produce from Tantre Farm, Second Spring Farm, and Kapnick Orchards, this weekend Harvest Kitchen will be adding some larger frozen pot pies, frozen quiches, and frozen mac & cheese to take home and set aside for comfort food during those cold, busy, winter holidays. Many frozen meats from Washtenaw Meats and other farms are in the freezer. Fluffy Bottom Farms will have yogurt, feta cheese, and different kinds of hard cheeses. Zingerman's Bakehouse will be providing 3 different varieties of bread, including Sourdough Rounds, Rustic Italian, and Rye. Zingerman's Creamery has extra cream cheese and pimento cheese spreads available. The Brinery has plenty of kimchi and pickled roots along with their signature sauerkraut and frozen tempeh products. Elder Farms from Milan is supplying more free-range, USDA certified eggs and frozen whole chickens. NEW THIS WEEKEND Harvest Chocolate will be bringing some mini snack chocolates, hot cocoa packets, and chocolate tea. Lots of fun things to check out at the farm market, so hope you plan on taking some extra time to walk around and see if we can help replenish your pantry after Thanksgiving.

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!***

POTATO LEEK SOUP WITH BACON AND FRESH DILL (from

<https://nourishedkitchen.com>) Serves 4 to 6.

4-oz pasture-raised bacon (fried and crumbled with fat reserved) (or leave out for vegetarian option)

4 **leeks** (rinsed well with white and light green parts sliced very thinly)

1-lb **potatoes** (scrubbed well and cubed)

1 quart fresh chicken broth or vegetable broth

2 bay leaves

2 cups fresh whole milk or plant-based milk

1 bunch fresh dill (chopped fine)

sea salt and freshly ground white pepper (to taste)

1 dollop of **Fluffy Bottom Greek yogurt** (to serve) Optional!

In a heavy-bottomed soup pot, heat reserved bacon fat over a medium flame until melted and sizzling. Add the thinly sliced leeks to the melted bacon fat and fry about 5-6 minutes or so. Add one quart fresh chicken broth to the leeks and dump in the cubed potatoes and cover the pot. Cook the potatoes, leeks and broth together over a medium-low flame until the potatoes are softened – about 30 minutes. Remove the soup and allow it to cool slightly, then pour milk into the soup pot, stirring in the fresh dill as you go. Season with sea salt and white pepper as it suits you, then serve the soup with bacon and a dollop of

Greek yogurt. Optional: this easily can be made vegetarian or vegan without the bacon and substitute vegetable broth instead of chicken broth, and plant-based milk for whole milk. *Delicious with **Zingerman's bread!***

QUICK PICKLED WATERMELON RADISH

(<https://omnivorescookbook.com/pickled-watermelon-radish/>)

1 **watermelon radish**, peeled and shredded
1/4 cup rice vinegar (or apple cider vinegar)
2 tablespoons sugar (or maple syrup)

Combine apple cider vinegar and maple syrup in a large bowl. Mix well. Add radish and toss. Let sit for 10 minutes in the fridge. Add a pinch of salt onto the radish and toss again right before serving. Store the rest of the radish in an airtight jar for up to a week. Delicious in a wilted kale salad with **Second Spring's carrots and Tantre's red kale**.

CRUNCHY KALE SALAD WITH CREAMY PARMESAN YOGURT

DRESSING (from <https://www.yayforfood.com/rec...>)

For the salad:

5 cups (packed) **kale**, stems removed and chopped into small pieces
2 **carrots** (8 oz), thinly sliced (or grated)
1 red bell pepper (7 ½ oz), seeded and chopped
½ cup radishes (1 ½ oz), thinly sliced (use a **watermelon radish**)
½ cup sliced almonds
1 tbsp extra virgin olive oil

For the dressing:

½ cup plain **Greek yogurt**
3 tablespoons extra virgin olive oil
3 oz. parmesan cheese (Parmigiano Reggiano), coarsely chopped
1 garlic clove
1 tsp dijon mustard
1 tsp dried oregano
1 tsp lemon juice
Salt and pepper, to taste

Place the chopped kale along with one tablespoon of olive oil in a large bowl. Using your hands, massage the kale for 2-3 minutes, until the kale begins to soften. Set aside. In a high powered blender, add the dressing ingredients and blend until well combined and creamy. Taste and adjust the dressing to your preference. Add the remaining salad ingredients to the kale in same large bowl. Drizzle the desired amount of dressing on top and toss to combine. Serve immediately. **** NOTE: Add chopped *apples* in place of the red pepper and enjoy with a slice of **Zingerman's sourdough bread!****

CREAM CHEESE APPLE DIP (<https://amindfullmom.com/caramel-apple-dip-tip-to-keep-apples-from-browning>) Serves 12.

1 package of Cream Cheese at room temperature
1 cup **Greek yogurt**
1/3 cup maple syrup
2 teaspoons vanilla extract
chopped dark chocolate and chopped nuts (optional)
apples to dip

Combine the cream cheese, yogurt, maple syrup, and vanilla until well combined. Cover and refrigerate for at least 30 minutes to let flavors combine together. Before serving, top with chocolate and nuts if desired. Serve with apples, crackers, pretzels, and assorted fruit.

GREENS AND VEGGIES POTAJE (from Capay Organic Farm CSA "Farm Fresh To You" website)

1 cup parboiled **carrots**

1-2 **leeks**, chopped

1 1/2 cups cubed, par-boiled **potatoes**

1 cup chopped tomato

1/4 tsp cumin

1 bunch **red curly kale**, chopped

1 cup cooked black beans

Salt and pepper to taste

In a medium saucepan, combine carrots, potatoes and approximately 1 cup water. Simmer on low heat for 30 min, or until a fork pierces easily. Add onion, tomato and cumin, and simmer for an additional 10 minutes. Add beans, kale, salt and pepper and simmer for 5 minutes. Serve over rice.

GINGER SQUASH SOUP (from [The Organic Cookbook](#)) Serves 4

2 Tbsp corn oil

2 lbs orange-fleshed winter squash (**Chirimén squash**), peeled, seeded and cut into chunks

1 medium **potato**, quartered and finely sliced

1 medium **leek**, finely sliced

4 garlic cloves, crushed

2 Tbsp freshly grated ginger

6 cups vegetable stock or water

Lemon or lime juice to taste

Salt and black pepper, to taste

Heat the oil in a pot. Add the squash, potato, leek, garlic, and ginger and cook, stirring occasionally, over medium heat until the vegetables are soft, about 10 minutes. Add the stock and bring to a boil. Adjust the heat, partially cover and simmer gently until the potato is tender, about 30 minutes. Add lemon or lime juice and salt and pepper to taste. Ladle into warm bowls and serve hot.

BET AND DAIKON SLAW (from [From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce](#) by MACSAC) Serves 2

2 **beets**, peeled and cut into 1/8-inch julienne (matchsticks)

1 **watermelon radish** (or other daikon radish), cut into julienne

1 tsp toasted sesame oil

2 tsp canola oil

1 tsp unsalted rice vinegar

1 tsp sea salt, to taste

Combine all ingredients in bowl, cover and let stand at least 30 minutes. Season to taste, and 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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