



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 174) Share December 9, 2023

Welcome to Week #174 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 FROM CARRIN AND RICHARD

Carrin: As winter is upon us, Tantre Farm partners with neighboring farms to bring you a variety of produce in this week's Immune Booster box. Sell Farm's lettuce can be partnered with Tantre's Daikon radishes, Second Spring and Wayward Farm's cabbage, and Kapnick's apples to make a beautiful salad to accompany Harvest Kitchen's Three Sisters Stew. If you are not familiar with the "Legend of the Three Sisters", this story is based on a Native American legend that Richard describes and is in the links below. True to its name, Harvest Kitchen's hearty 3 Sisters Stew features corn, squash, and beans. This whole share provides beautiful pairings that are sure to delight someone (or everyone!) in your family this week. Zingerman's Rustic Italian bread is great with your stew or with Fluffy Bottom's Gouda Cheese. You may just want to add that Gouda to your soup or salad as well, or perhaps melted on Goetz Farm's Swiss Chard. You get the best worlds with both Second Spring's sweet potatoes and Tantre's Carola potatoes, so you may choose to add the Gouda to one of those. We wish you good health and gratitude for all the support that you have provided us and our food partners, just as the Three Sisters did. With this kind of "companion planting", where we each provide something for another, we will thrive from one season to another.

Richard: The Harvest Kitchen Three Sisters Stew in the share this week is a seasonal celebration. The Three Sisters are known as an indigenous, historical, centuries-old, agricultural practice and a great example of companion planting. As the autumn harvest ends, the corn, the beans, and the squash are dried and cured, and then brought inside to store, where they can be used to make tasty and lifegiving health all winter long.

Traditionally grown together as sisters throughout the season in the garden or fields, they are ideal gardening and culinary companions. Each sister represents a different family of plants. Each family cultures a different community of bacteria and microbiology. Having three families growing together creates a much greater diversity of soil health. This is the way that soil fertility is built from an agroecology practice. Having diversity with microbiology is the key to soil fertility. The nitrogen fixing beans nourish the soil for future plantings. The bean sister feeds her other sisters, corn and squash, and the straight stalk of the corn supports the climbing beans, while the corn leaves also offer slight shading to the squash. The squash offer ground cover to keep the soil moist with broad leaves that reduce weed growth. Grown as a polyculture as symbiotic partners, this is the old way of providing abundant food for the lean times of winter with plentiful calories and nutrition all winter long.

Corn, beans, and squash were grown in companionship with one another for many Native Nations from Michigan to Mexico and even into Canada for many centuries. A great diversity of varieties were shared among each group, and seeds were saved from one season to another as a backbone to the food community. We are pleased to acknowledge this tradition and share it with you. Please see below for some interesting and very informative YouTube links describing this tradition:

***Very informative:** [Three Sisters: Companion Planting of North America Indigenous Peoples](#)

****Very good story for children included:** [Special Native American Heritage Month Edition: The Story of the Three Sisters](#)

THIS WEEK'S SHARE ITEMS:

FUJI & BRAEBURN APPLES from [Kapnick Orchards](#): You will receive 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) AND Braeburn (medium to large size with orangish-red blush over a green-yellow background; crisp flesh is creamy yellow and juicy; flavor is sweet and just slightly tart with subtle hints of pear and cinnamon; good for eating and makes a fabulous pie). 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.

SWISS CHARD from [Goetz Greenhouse and Family Farm](#): close relative of garden beets; multi-colored, large veined, semi-crinkly, dark green leaves; mild flavor with slight sweetness at this time of year, since it is hoop house grown; good source of vitamins A, E, and C, as well as iron and calcium. Goetz Farm is a 3-generation family farm in Riga, MI. 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: greens can be prepared like spinach, and stalks like asparagus; good steamed, sautéed, stir-fried, and in soups.

-How to store: wrap in damp cloth in a plastic bag and refrigerate for up to 2-4 days.

LETTUCE from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. This family-owned business in Ypsilanti is operated by husband/wife team Dean and Susan Sell. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July.

-How to use: raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

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

ORGANIC RED CABBAGE from [Second Spring Farm](#) or **GREEN CABBAGE** from [Wayward Seed Farm](#): We found out that we were a little short on the red cabbage count, so we had to pivot with some green cabbage as well. You will receive [Ruby Perfection](#) (fancy fall storage red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves. Thanks to Reid for providing this certified organic red cabbage from Cedar, MI.) OR [Wayward's Green Cabbage](#) (a sweet green cabbage; considered a beneficial digestive aid and intestinal cleanser; cabbage has a good amount of vitamins A and C, calcium, potassium, and magnesium. Thanks to Adam for providing this certified organic produce from just across the border with Wayward Seed Farm in Ohio).

-How to use: good steamed, stir-fried, or chopped raw into salads or coleslaw, or made into sauerkraut.

-How to store: refrigerate for up to 1 month.

ORGANIC LEEKS from [Second Spring Farm](#): long, slender, 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.

ORGANIC SWEET POTATOES from [Second Spring Farm](#): These are edible roots related to the morning-glory family that has dark red-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.

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

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

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

DAIKON RADISH MIX from [Tantre Farm](#): You will receive [K-N Bravo](#) (looks like an overgrown carrot with internal color ranging from pale purple to white with purple streaks; roots average 8- to 9-inches by 2 1/2- to 3-inches with good, sweet, eating quality), and [Red King](#) (looks like an overgrown carrot with brilliant red skin and white inside; mild, crisp, and juicy; good, sweet, eating quality).

-How to use: excellent julienned, sliced, used in a salad or tossed with your favorite vinaigrette; good eaten fresh, cooked, or pickled

-How to store: store dry and unwashed in plastic bag in refrigerator for up to 2 weeks; can last for 2-4 months if stored in cold, moist conditions like beets.

GOUDA CHEESE from **Fluffy Bottom Farms:** Calder milk is used to make this raw cheese that has been aged for up to 3 months or longer. Gouda is sweet, mild with a little caramel, nutty flavor and even a slight tang. 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: good melting cheese; great in homemade macaroni and cheese, as well as cheese based soups, smoked gouda mashed potatoes, grilled cheese sandwiches and in fondue.

-How to store: refrigerate following expiration on package

THREE SISTERS STEW from [Harvest Kitchen](#): This 16-oz container of this Native American dish is vegetarian & gluten-free. This delicious, hearty stew melds the corn, squash, and beans together in a perfect blend of the fall harvest!

Ingredients include vegetable stock, Ferris Farms white & kidney beans, corn, winter squash, onion, garlic, shallot, olive oil, salt, pepper, parsley, green onion, cayenne pepper, thyme. 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 other frozen prepared foods 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.

RUSTIC ITALIAN BREAD from [Zingerman's Bakehouse](#): classic Italian white bread with a mild crumb and a thin crust. This popular bread uses organic wheat flour, water, sea salt, and just a little yeast. Zingerman's Bakehouse 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: 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 for several days; 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 2

SATURDAYS: We will be open only Dec. 9 and 16 for the rest of 2023 from 9 AM to 12 PM. We are taking a slight break for two weeks around the holidays. We will be open again to welcome 2024 on January 6. 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 Tantré Farm, Second Spring Farm, and Kapnick Orchards, this weekend Harvest Kitchen will continue to provide frozen pot pies, frozen quiches, and frozen mac & cheese, along with a few muffins and cookies. The freezer cooler is stocked with frozen meats from Washtenaw Meats and other farms along with frozen Blueberries and the Brinery's tempeh varieties. 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 cream cheese 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, and Brendan with his Rainbow Eggs will be back. Carosello Pasta has provided us with 4 varieties of their pasta. NEW THIS WEEKEND Harvest Chocolate are providing some mini snack chocolates, hot cocoa packets, and chocolate tea. Lots of fun things to check out at the farm market, so hope you can find things for yourself or others during this time of gift giving!

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!***

SWISS CHARD, LEEK AND SWEET POTATO FRITTATA (from <https://simplebites.net/swiss-...>)

1 Tablespoon olive oil
2 Tablespoons unsalted butter divided
1 lb **sweet potato** peeled and cubed, about 2 medium
1 medium leek washed and drained
1 bunch **rainbow chard** washed and drained, if required
8 large eggs
1/3 cup sour cream or milk or milk of choice
1/2 teaspoon Dijon mustard
1/2 teaspoon dried oregano or 1 tsp chopped fresh
1 teaspoon fine sea salt
1/4 teaspoon freshly grated nutmeg
1/2 teaspoon freshly ground black pepper
3/4 cup grated cheddar cheese (or **Fluffy Bottom Gouda**)

Preheat the oven to 375°F and place an oven rack in the top position. Cut a 10-inch round of parchment and line a pie plate or a 9-inch round casserole dish. In a large skillet over medium-high heat, melt 1 tablespoon of butter together with the olive oil. Tumble in the cubed sweet potato and cook for 10 minutes,

stirring occasionally, while you chop the leeks and chard. Remove the outer leaves of the leek, then cut in quarters lengthwise. Chop into 1/2 -inch pieces, cutting the leek crosswise. You should have about 1 1/2 cups (save the rest for another recipe or vegetable stock). Add the leek to the pan and sauté along with the sweet potato for 5 minutes. When the sweet potato is quite soft and the leek a nice bright green, scrape them both into the prepared pie pan. Chop the chard stems crosswise into 1/2-inch pieces. Roll up the leaves and slice them into ribbons. Return the skillet to the heat and add the remaining butter. Toss in the chard stems and cook for 2 minutes, then add the leaves and cook for a few more. Everything should be wilted. Add the cooked chard to the pie pan. Crack the eggs into a medium bowl. Whisk in the sour cream or milk, mustard, oregano, salt, nutmeg and black pepper. Pour the seasoned eggs over the vegetables in the pie pan. Top with grated cheese. Place the pan on the top rack of the oven and bake for 20-25 minutes, until slightly puffed and firm in the center. Remove from oven and allow to cool slightly before slicing. Serve hot, warm or cold. Delicious with a side salad of **Sell's Lettuce**.

RUMPLEDETHUMPS (from [Sundays at Moosewood](#))

5 large **potatoes** (2-2 1/2 lbs), cut into chunks

2 1/2 cups chopped **cabbage**

2 **leeks** (or 1/2 cup onions), washed and chopped

2 1/2 cups coarsely chopped broccoli

6 Tbsp butter

1/4 tsp mace or nutmeg

Salt and freshly ground black pepper, to taste

3/4 cup milk

1 1/2 cups grated cheddar cheese (or **Fluffy Bottom Gouda**)

Boil potatoes in salted water for 15 minutes. Meanwhile, steam the cabbage, leeks, and broccoli. Melt 2 tablespoons butter and stir in the mace. Mix this seasoned butter and salt and pepper to taste into the steamed vegetables. Drain the potatoes and mash with 2 more tablespoons butter, the milk, and salt and pepper to taste. Stir in the seasoned vegetables and mix evenly. Spread in an oiled 13x9 inch baking pan. Melt the remaining 2 tablespoons of butter and drizzle it over the potato mixture. Sprinkle the top with the grated cheese. Place under the broiler for 3 to 4 minutes or until the cheese is browned and bubbly. If you'd like to prepare the Rumpledethumps ahead of time, omit the cheese topping, cover the baking pan tightly, and refrigerate. Later, bake, covered with foil, for 30 minutes at 350. Uncover, sprinkle with the cheese, and place Rumpledethumps under the broiler for a few minutes to brown. Serve with a slice of **Zingerman's Rustic Italian Bread**.

APPLE DAIKON RADISH SALAD (from <https://diaryofamadhausfrau.co...>)

2 **Daikon radishes**

1 green bell pepper

1 large **apple**

2 tablespoons apple cider vinegar

3 tablespoon apple juice

2 tablespoons vegetable oil

1 tablespoon walnut oil

1 pinch sugar

Salt and freshly ground black pepper to taste

1/3 cup chopped raw walnuts

1/4 cup fresh lemon balm leaves

Peel the radish, cut into coins or sticks, your preference. Quarter the pepper, remove the stalk, seeds and the white partitions, cut into quarters in fine strips. Wash core, and quarter the apples. Remove the cores and cut the quarters into thin slices. Whisk together the cider vinegar, apple juice, walnut, and vegetable oils. Season with sugar, salt, and freshly ground pepper. Toss the radish, pepper, apple slices and walnuts with the dressing. Let it rest for 20 minutes. Season again and garnish with lemon balm. Serve with a bowl of **Harvest Kitchen's Three Sisters Stew.**

Hope you enjoy the delights and flavors of these fall-inspired foods this week! This would be a good time to get a few things to stock up on before company comes, or give this share to someone for an early holiday gift! Hope to see you next week for Week #175 with pick up on Sat. December 16 for the end of 2023, and then again on Jan. 6 in the new year!

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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