



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 177) Share January 13, 2024

Welcome to Week #177 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.

WEATHER UPDATE:

In the morning, if you have found that it is difficult for you to get to either distribution site, please contact Deb (TEXT OR PHONE CALL ONLY!) at [734-385-6748](tel:734-385-6748), so we know what to do with your box. If you pick up at the Food Hub, we will label your box with your name and you can pick it up at anytime in the reach in cooler on the porch under the sun window. Please text Deb when you pick up, so we know you got your box. If you pick up at Agricole, they will be opening no earlier than 9 AM due to the weather, so it will be regular pick up times, but you may pick it up later in the afternoon if needed. Just let us know, so we can label your box with your name. If you want to pick up your Agricole box on Sunday or Monday, we will just leave it at the farm for you to pick up there, or we can deliver it to Agricole on an agreed upon time of day. Please text Deb when you get your box if you are picking up later. Drive safely, everyone!

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 RICHARD and DEB

We believe that we are connected to our community in many ways, but especially through the food that we eat. We believe in the richness that comes from our wider cultural heritages and the foods that have been traded and shared over many centuries. We appreciate the food of the common people with simple foods. A nice balance of diverse vegetables with simple eating and perhaps served with a starch and a little bit of a cheese is Shakshuka.

Harvest Kitchen's Shakshuka Soup is a multicultural dish prepared throughout North Africa and the Middle East in regions such as Tunisia, Turkey, Libya, Egypt, Algeria, Morocco, Israel, Palestine, etc. after many years of trade and sharing of recipes. It is a simple dish made of a delicious combination of chunky tomatoes,

bell peppers, and many other veggie variations with a lovely blend of cumin, cinnamon, and spicy cayenne and then topped with poached eggs that can be heated up right in the soup if so desired. Many variations of the basic ingredients are possible, varying in spice and sweetness. In some areas Shakshuka is thought of as a breakfast food, but this dish is so satisfying that you can serve it for breakfast, lunch, or dinner! Add a starch such as Couscous from El Harissa and a bit of protein such as feta cheese from Fluffy Bottom Farms, and we have a simple, health-giving, one pot dish that has sustained a vast region of diverse people for centuries. Now may it sustain you on these upcoming, cold, snowy days!

Shakshuka embraces multiple cultures, and we are reminded that maybe we could embrace the richness of our cultures with peace and a coming together. Perhaps it is time to put down our guns and pick up our spoons to share a meal together. It is with great sadness that we see all this destruction, but we hope that we all recognize that we have more in common than is often realized. Through this food of the commoners, we are dreaming of coming together and moving beyond the violent acrimony. Hope you enjoy this simple food!

THIS WEEK'S SHARE ITEMS:

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.

EVERCRISP & MUTSU APPLES from [Kapnick Orchards](#): You will receive Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) AND Mutsu (a medium to large green apple; aromatic, sweet, and sharp with juicy flesh; good as a snack, juicing, drying, or cooking since it maintains its shape well when baked, sauced, or made into pies; a cross between a golden delicious and an indo apple; It can be kept for up to 3 months). 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 months in cool location.

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.

RED CURLY KALE from [Tantre Farm](#): well-ruffled, curly red leaves on red stems; this variety makes a good, roasted “kale chip”, and excellent in a wilted kale salad drizzled with a lemon vinaigrette, topped with toasted nuts and dried fruit bits!

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

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

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

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.

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. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-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 YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to Second Spring Farm with description above.

-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.

SHAKSHUKA SOUP from [Harvest Kitchen](#): You will receive a 16-oz container of this North African dish, controversially said to have originated from Tunisia, but found in many parts of the Middle East as well. It is traditionally served with soft cooked or runny eggs, gently poached or braised on top. Once heated we also suggest a dollop of Fluffy Bottom's feta cheese added on top. The seasoning can vary from one recipe to another, but this dish is vegan and gluten-free and contains tomatoes, vegetable stock, lentils, peppers, onions, garlic, cinnamon, cumin, cayenne, salt, pepper, and green onions. 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 without any toppings. It can also be frozen for up to 8 months.

BERBER COUSCOUS from [El Harissa](#): You will receive an 8-oz container of this dish containing couscous, kosher salt, herbs, spices, olive oil. Couscous is a traditional North African dish of small steamed granules of rolled semolina that is often served with a stew spooned on top. The invention of couscous is widely credited to the Berbers, an ethnic group indigenous to Northwest Africa. El Harissa Market Cafe is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region.

-How to use: Spoon Shaksuka soup on top, heat, and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

FETA CHEESE from **Fluffy Bottom Farms**: a fresh, white, soft or semisoft cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from Calder milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Farms, which is owned by Inanna Andres. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Hub Market.

-How to use: very versatile, so put on top of soups, pasta, watermelon, grapes, nuts, potatoes, salads, pizza, or eggs

-How to store: refrigerate following expiration on package

ONE DOZEN EGGS from **Elder Farms**: A soft boiled or poached egg is a standard topping for Shakshuka Soup, so we have included a dozen eggs. It is thought that free range eggs contain more omega-3 fatty acids than other eggs. These USDA certified eggs come from George's farm in Milan, Michigan. All of his chickens are pasture raised.

-How to use: boil, poach, scramble, baked: can be stuffed into burritos, used in baking products, added to savory oatmeal or mixed into an egg salad

-How to store: may be refrigerated three to five weeks

ANNOUNCEMENTS

1. WINTER ID at Tantre Farm – Feb. 10 from 2 to 4 PM: Tree ID is important to finding herbs and mushrooms, as well as the trees themselves. If you can ID trees with their leaves on, you can't scout during the winter. But if you can ID them without their leaves, you can scout all year round. To ID trees in the winter, you need to look at characteristics other than their leaves. In this class, with local foraging expert, Rachel Mifsud from "Will Forage for Food", we will look closely at several different trees and shrubs and discuss how to identify them based on characteristics such as bark, branching pattern, and winter buds. This is an outdoor class. Please dress for the weather. Please register with \$25 <https://willforageforfood.squa...>

2. WINTER WEED ID at Tantre Farm – Feb. 24 from 2 to 4 PM: Similar to Winter Tree ID, except this class with local foraging expert, Rachel Mifsud from "Will Forage for Food", we will focus on herbaceous plants. There are several plants that remain green all winter, even under the snow. So we will spend some time talking about those. But we will also spend time learning to ID dead plants Why? Because the "skeletons" of dead herbaceous plants can tell you where to look for roots and where you should look for things during the growing season. You

would be surprised at how much you can ID in the winter. Please register with \$25 at <https://willforageforfood.squa...>

3. FORAGERS' MEDICINE CABINET at Tantre Farm – March 9 from 2 to 5

PM: What would your medicine cabinet look like if you replaced your over the counter stuff with herbal remedies? Now is your chance to find out! First, we will discuss roughly 15 wild plants that can be used to treat most minor ailments with local foraging expert, Rachel Mifsud from “Will Forage for Food”. You will learn about the healing properties of the plants, as well as the techniques for extracting and preserving their healing qualities. This part will be sort of like a lecture, so bring a notebook to take notes. Then we will spend the rest of the afternoon in the kitchen, using lawn weeds and common garden herbs to produce home remedies that can take the place of over the counter medicines. You will get to work hands on to make First Aid Salve, Muscle Ache Balm, Headache Tincture, Cough and Cold Syrup, Tummy Tea, Sleepy Tea, and Eye Relief Compress. Everyone will get to take their products home with them. This class will not include a plant walk. All plants will be pre-harvested so that we can focus on learning the techniques. This class with cost \$50 and you register here: <https://willforageforfood.squa...>

4. SOCIAL MEDIA: Follow us on Instagram [@tantrefarm](https://www.instagram.com/tantrefarm) to learn more. We are also active on [Facebook](https://www.facebook.com/tantrefarm) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

5. WASHTENAW FOOD HUB FARM MARKET OPEN on January 13: We will be open every Saturday 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, Kapnick Orchards, Sell Farms & Greenhouses, and Garden Works, we will also have Harvest Kitchen providing frozen items, 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 and feta cheese. Zingerman's Bakehouse will be providing several different varieties of bread. The Brinery has plenty of kimchi and pickled roots along with their signature sauerkraut and hot sauces. Old Brick Farm from Chelsea and Sweet Baby Acres from Ann Arbor will have more eggs available. Carosello Pasta and Al Dente Pasta will each have several variety of pasta options. Harvest Chocolate will have mini snack chocolates, hot cocoa packets, and chocolate tea, and we also have local flour, maple syrup, jam, oats, honey, kombucha, dried beans, popcorn, and Tiani's and Bubble Babes soaps. Lots of fun things to check out at the farm market!

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/...>)

10 oz spinach (**or red curly kale**), chopped

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 oz goat cheese, crumbled (or Fluffy Bottom's **feta cheese**)

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 Harvest Kitchen's 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.

LETTUCE SMOOTHIE (from <https://realfoodwholelife.com/...>)

1 cup chopped **lettuce**

1 cup baby spinach

½ **green apple** chopped

1 frozen banana broken into chunks

juice of 1 lemon

1 tablespoon chia seeds

1 cup water

optional: 2 scoops vanilla protein powder, ice if banana isn't frozen

Add all the ingredients to a high speed blender. Blend on high until smooth.

REDBOR KALE WITH RED BEANS, CILANTRO, AND FETA CHEESE (from Local Flavors by Deborah Madison) Serves 4

1 1/2 cups dried red kidney beans, soaked overnight

2 bay leaves

1/2 tsp thyme leaves

1 1/2 tsp sea salt

1 **onion**, finely diced

1 large bunch **red curly kale**

2 Tbsp olive oil, plus extra to finish

3/4 cup chopped cilantro, divided

3 oz **feta cheese**, crumbled

Drain the beans, cover with plenty of water, and bring to a boil. Remove scum from surface, then add herbs, salt, and all but 1/2 cup of the onion. Lower the heat and simmer until tender, about 1 1/2 hours. Slice the kale leaves from their stems with a knife. Chop coarsely into bite-size pieces and rinse well. Bring a few quarts water to a boil; add salt and the kale. Simmer until tender, 5-7 minutes, and then pour into a colander to drain. Heat the oil in a skillet. Add the remaining 1/2 cup onion and 1/2 cup cilantro. Cook over medium heat until the onion softens, about 10 minutes. Then add the kale and beans with enough of the cooking liquid for plenty of sauce. Simmer together for at least 10 minutes; then serve garnished with crumbled feta and the remaining cilantro.

BRUSSELS SPROUTS POLONAISE (from Victory Garden Cookbook) Serves 4

1 lb **Brussels sprouts**

6 Tbsp butter, divided

Salt and pepper, to taste

Juice of 1/2 lemon

3 Tbsp fresh bread crumbs

1/2 cup chopped hard-cooked **egg**

2 Tbsp chopped parsley

Trim and wash sprouts; steam or blanch until barely tender. When ready to serve, heat 2 tablespoons butter in large skillet; roll sprouts in it to heat through. Season with salt, pepper, and lemon juice; place in a hot serving dish. Cook remaining 4 tablespoons butter until nutty brown. Toss bread crumbs in butter. Sprinkle egg, parsley, and browned bread crumbs over sprouts.

ROASTED TURNIPS (from <https://diethood.com/easy-roas...>)

2 pounds **turnips** with purple tops, cut into 1/2-inch wedges

2 **shallots**, thinly sliced

1 tablespoon olive oil

4 teaspoons minced dried chives

1 teaspoon garlic powder

1 teaspoon smoked or sweet paprika

½ teaspoon salt, or to taste

¼ teaspoon freshly ground black pepper, or to taste

4 tablespoons butter, cut into about 10 pieces

chopped fresh parsley, for garnish

crushed red pepper flakes, for garnish, *optional*

Preheat the oven to 450°F. Place turnips and shallots in a 9x13 baking dish and toss them with the olive oil. To the turnips, add the chives, garlic powder, paprika, salt, and pepper; toss gently to combine. Scatter the butter pieces over the top. Roast for 25 to 30 minutes or until tender, stirring them halfway through cooking. If the turnips are cut larger than suggested, you will need to roast them a bit longer or until tender. Remove from oven and taste for salt pepper; adjust accordingly. Garnish with parsley and pepper flakes, and serve.

POTATO, KALE, AND FETA BOUREKAS

(from <https://thekitchensinkblog.com/potato-kale-and-feta-bourekas-2/>)

½ cup **onion**, chopped

1 cup chopped **kale**

3 tbsp olive oil

2 cups mashed **potatoes**

½ cup **feta cheese**, crumbled

2 eggs, 1 for the egg wash

salt and pepper

1 sheet puff pastry, thawed

2 tbsp sesame seeds

Thaw puff pastry in the fridge until you're ready to use it. Sauté chopped onion and kale in a pan over medium heat until wilted. Add to a medium bowl with the mashed potatoes. Stir in crumbled feta and one egg. Mix well and season with salt and pepper. Set aside. Line a baking sheet with parchment paper. On a lightly floured surface, roll out the pastry to a 12x12" square. Cut the pastry dough into 4" squares. Place 2 tbsp of the potato filling in the center of each

square, spreading it out to ¼ inch from the edge. Fold the dough diagonally to make a triangle. Pinch firmly along edge of the triangle and crimp with a fork to seal the edges. Repeat this process for the remaining squares. Place the bourekas on the prepared baking sheet, leaving space to give them room to expand during baking. Place in the refrigerator for 45 minutes. Preheat oven to 425°F. In a small bowl, whisk the egg yolk. Use a pastry brush to brush the egg wash onto the surface of each boureka. Sprinkle with sesame seeds. Bake for 30-35 minutes until golden brown.

Hope you enjoy the delights and flavors of these multicultural foods in this box. Hope to see you next week for Week #178 with pick up on Sat. January 20 at the Washtenaw Food Hub or Agricole Farm Stop! Thanks for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

***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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