



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 180) Share February 3, 2024

Welcome to Week #180 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 RICHARD and DEB

Chocolate pudding.... Yep, that's what it looks like out there right now. Day after day of rain and the frost going out of the soil with temperatures fluctuating from 0 degrees to 40 degrees overnight, and what's left is a recipe for chocolate pudding mud everywhere. It doesn't feel like the first week of February. It seems like the third week of March!

The good news is that the kale and collards are coming back to life. Also, as the snow has melted away, it has revealed big, fat purple turnips which are sweet and tender in a field that we had abandoned, and now we are trying to harvest before the deer find them. The misty horizons and gray clouds hopefully will dissipate in the next few days, so we can have some sunshine on our faces once again. Naturally this strange spring weather makes the farmers feel like doing some spring cleaning even though it may be a month or two early. We have been busy repairing and putting away broken, wooden harvest crates, organizing the machine shop, and doing maintenance on the trucks and tractors. The days are already lengthening and the nights are getting shorter. It is a good feeling to have the light come back to the land.

While the snow is melting away, many people in the neighborhood are tapping the maple trees in hopes of getting buckets of maple sap despite the wet, muddy weather. Maple sap boiled down makes maple syrup, which brings us to our breakfast style menu for this week. We hope you can find many ways to use the produce below as well as the breakfast items. We have added some delicious recipes below with yummy food combos. Thanks to all our partners, Sell Farms and Greenhouses, Second Spring Farm, Two Tracks Acres, Kapnick Orchards, Old Brick Farm, Harvest Kitchen, Maple Dale Farm, and Fluffy Bottom Farms for providing all these wonderful, local connections to our earth, our

animals, and our community. We hope you enjoy this box of locally-sourced bounty especially on these chocolate pudding days!!

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.

ORGANIC ORANGE CARROTS from [Second Spring Farm](#): You will receive Bolero (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-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, and sometimes longer

ORGANIC PARSNIPS from [Second Spring Farm](#): long, cylindrical, creamy-white roots with sweet flavor; contain small amounts of iron and vitamin C. See more detailed description of Second Spring Farm in produce above.

-How to use: can be baked, boiled, sautéed, steamed; our favorite way to prepare them is to roast with olive oil and fresh herbs.

-How to store: refrigerate in plastic bag for up to 2 weeks, and sometimes longer.

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. See more detailed description of Second Spring Farm in produce above.

-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 BUTTERNUT SQUASH from [Second Spring Farm](#): light, tan-colored skin; small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash. See more detailed description of Second Spring Farm in produce above.

-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 (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; add small

amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

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.

MUSHROOMS (Elm Oyster, Blue Oyster, & Lions Mane) from [Two Tracks Acres](#): You will receive a random bag of one of these 3 types of mushrooms, Elm Oyster (white and bent or arched at the bottom; about 2-4 inches long, very thick, and solid; a firm, meaty texture and light, delicate taste) OR Blue Oyster (a gray oyster-shaped cap with a mild, anise, earthy odor; texture is velvety and dense, and when pan seared, their edges turn deliciously crisp), OR Lions Mane (large, white, shaggy mushrooms; dry sauté in a hot skillet until water releases and edges brown, then add butter and seasonings; supports cognitive function but also has properties that can reduce anxiety). Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They may also help to lessen the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. Taik and Stephanie grow vegetables, dahlias, microgreens, mushrooms, etc. on Two Tracks Acres in Grass Lake, MI. You can find their produce at the AA Farmers Market and the Howell Farmers Market and sometimes Agricole Farm Stop.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; good grilled, sautéed, steamed, in soups, and tossed in flour and pan sear.

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

EVERCRISP & PINK LADY 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 Pink Lady (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a "fizz-like" burst of flavor; one quarter of your daily recommended dose of vitamin C, fiber for digestion, and antioxidants to fight against premature ageing). 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.

ONE DOZEN EGGS from [Old Brick Farm](#): An egg is a common ingredient for a breakfast protein. It is thought that free range eggs contain more omega-3

fatty acids than other eggs. These eggs come from Larry and Stephanie Doll's farm in Chelsea right down the road from Tantre Farm. All of their chickens are pasture raised with hoop house shelters and year round access to the good ole outdoors producing quality eggs. They sell their chicken and duck eggs and meat birds at various local stores and restaurants, such as Argus and Bell Flower in Ypsilanti.

-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

MARY'S GRANOLA from [Harvest Kitchen](#) (8-oz vegetarian, contains nuts): Granola is calorie-dense, as well as rich in protein, fiber, and micronutrients. This popular variety is composed of organic rolled oats from Ferris Organic Farm, local honey, cinnamon, canola oil, sesame seeds, cashews, sunflower seeds, coconut, and almonds. Keep in mind that you can always try several other variety of granolas or replenish every Saturday at the Food Hub if that is your pickup location. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen in the Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Food Hub Farm Market.

-How to use: great for breakfast with **Fluffy Bottom yogurt** and **Maple Dale maple syrup**; also good as a trail snack, add to baked goods, or as a crunchy topping to a salad or a veggie dish.

-How to store: can be stored in an airtight container for up to a month

ORGANIC MAPLE SYRUP from [Maple Dale Farm](#): This 8-oz bottle of maple syrup is made from the sap of maple trees. In cold climates, these trees store starch in their trunks and roots before winter; the starch is then converted to sugar that rises in the sap in late winter and early spring. Tantre Farm has tapped their maple trees many times over the past 20 years to make a wood-fired maple syrup. This week we bring you Dale and Julie Forrester of Maple Dale Farm from Atlanta, MI, where they currently own a 6,000 tap sugar bush. Their fourth generation farm provides pure natural maple syrup products and is organically certified. They offer organic maple syrup, sugar, seasoning and maple seasoned nuts among other tasty goods. The Hub Market sells two different sizes of their organic maple syrup. Come and get some when you run out!

-How to use: drizzle on pancakes, waffles, French toast, oats, yogurt, or on meat or veggies before roasting; lots of other ideas online, and especially check out the recipes below for Parsnip & Maple Syrup Cake and Maple Sage Dressing!

-How to store: Once opened, store in refrigerator for up to a year!

PLAIN 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 fraiche. 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

ANNOUNCEMENTS

1. WINTER TREE 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. FORAGED 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 Feb. 3: 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 & Greenhouse, we will also have Harvest Kitchen providing frozen items, along with a few muffins and cookies, and fresh quiche. The freezer cooler is stocked with frozen meats from Washtenaw Meats and other farms along with frozen Blueberries and the

Brinery's tempah varieties, and even a few Pierogies on Sale! 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 have a variety of pasta options. Mindo Chocolate and 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. *Some new snacks that have appeared are Great Lakes Potato Chips and tortilla chips from AA Tortilla Factory. We also have a few bottles of Calder milk and unsalted butter to try.* Lots of fun things to check out at the Hub 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!**

MAPLE SAGE DRESSING

2 large **shallots**
6 cloves garlic
4 Tbsp chopped, fresh sage
1 oz lemon juice
3 oz red wine vinegar
3 oz **maple syrup**
1 sprig rosemary
Salt and pepper, to taste

Blend all ingredients together. Drizzle in 2 cups of oil and about 3 ounces of water, as needed, to adjust consistency. Toss this dressing with **Sell Farm's lettuce** as a salad with chopped vegetables.

PARSNIP & MAPLE SYRUP CAKE (from <https://www.bbcgoodfood.com/re...>)

3/4 cup butter, plus extra for greasing
1 ¼ cup demerara sugar (substitute brown sugar or turbinado sugar)
½ cup **maple syrup**
3 large **eggs**
2 cup self-raising flour
2 tsp baking powder
2 tsp mixed spice
1 ½ cup **parsnips**, peeled and grated
1 medium eating **apple**, peeled, cored and grated
½ cup pecans, roughly chopped
zest and juice 1 small orange
powdered sugar, to serve

For the filling

250g tub (or 1 ¼ cup) mascarpone
3-4 Tbsp **maple syrup**

Heat oven to 350 degrees. Grease two 8-inch cake pans and line the bases with baking parchment. Melt butter, sugar and maple syrup in a pan over gentle heat, then cool slightly. Whisk the eggs into this mixture, then stir in the flour, baking powder and mixed spice, followed by the grated parsnip, apple,

chopped pecans, orange zest and juice. Divide between the pans, then bake for 25-30 minutes until the tops spring back when pressed lightly. Cool the cakes slightly in the pans before turning out onto wire racks to cool completely. Just before serving, mix together the mascarpone and maple syrup. Spread over one cake and sandwich with the other. Dust with powdered sugar just before serving. Serves 8.

DAIKON WITH TAHINI DRESSING (adapted from *Recipes from a Kitchen Gardens*)
Serves 4.

4 inches **daikon**, cut into matchstick-size strips
3/4 cup thinly sliced red radishes
1 medium **carrot**, grated (about 1/2 cup)
1/4 cup tahini
4 scallions, thinly sliced (or 1/2 cup chopped **shallots**)
1 1/2 tablespoons freshly squeezed lemon juice (about 1/2 lemon)
1 tablespoon dry sherry or vermouth
dash salt sugar
1/4 cup chopped almonds (optional)

Combine daikon, red radish, and carrots in a medium bowl. Whisk the tahini, scallions, lemon juice, sherry, salt, and sugar to taste in a small bowl until well combined. Thin the dressing with a few tablespoons of water until the mixture is a smooth paste. Toss the dressing with radishes until well combined. Garnish with almonds if desired.

ROASTED BUTTERNUT SQUASH AND APPLE SOUP (adapted from *Country Living, October 2000*) Makes 9 cups

1 large or 2 small **butternut squash**, 3-4 lbs total
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 **apples**, 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 apples 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. Perfect served with

Sell Farm's lettuce in a salad with a Maple Sage Dressing!

STIR-FRIED OYSTER MUSHROOM WITH EGG (from <https://sichuankitchenrecipes...>)

4 **eggs**

½ lb **oyster mushrooms**

2 stalks green onion (1 **shallot**)

1 **carrot**

1/2 tsp salt

1 Tbsp cooking oil

Clean oyster mushrooms with a paper towel and split them into smaller pieces. Beat 4 eggs in a bowl. Slice 1 carrot and shallots. In a pan, add cooking oil on medium heat. Fry eggs and separate into smaller pieces. Add carrots, shallots, and oyster mushrooms. Stir fry until oyster mushrooms are tender (3-4 minutes). Season with salt.

SKINNY MAPLE GRANOLA YOGURT PARFAITS (adapted from <https://www.ambitiouskitchen.c...>)

3 1/2 cups rolled oats, gluten free if desired

2 teaspoons cinnamon

3/4 teaspoon nutmeg

1/2 teaspoon ground ginger

1/2 teaspoon sea salt

1/2 cup dried unsweetened cranberries

1/2 cup raisins

1/3 cup chopped pecans

1/3 cup chopped almonds

1/2 cup **maple syrup**

1 1/2 teaspoons vanilla extract

1/2 cup canned pumpkin

1/2 cup apple sauce (or make homemade with 1 or 2 **apples**)

1/2 cup of coconut flakes

plain or vanilla yogurt

bananas or other fresh fruit of choice

To make granola (or use **HARVEST KITCHEN'S GRANOLA instead & keep it simple!**): Preheat oven to 325°F. Line a baking sheet with parchment paper. In a large bowl, mix together oats, cinnamon, nutmeg, ginger, and salt. Add

cranberries, raisins, pecans and almonds to bowl. Stir to combine. In a medium bowl, whisk together maple syrup, vanilla, pumpkin and apple sauce until well combined. Add wet ingredients to dry ingredients and stir until evenly coated. Spread granola in a thin layer over baking sheet. Sprinkle coconut on top. Bake granola until golden, stirring oats halfway through baking, about 40 minutes. Remove from oven and let cool before making parfaits.

To assemble parfaits: slice 1 banana and set aside. Place 1/2 cup yogurt in glass. Top yogurt with 1/4 cup of **granola**. Add a couple of banana slices. Place another 1/4 cup granola on top of bananas. Add a tablespoon or two of yogurt on top of granola. Sprinkle a bit more granola on top and add more bananas. Drizzle honey or more maple syrup on top if desired. Repeat for each parfait you wish to make. Recipe makes about 4 parfaits. Store granola in airtight container. Enjoy your new favorite breakfast!

Hope you stayed safe and warm enough this week! We look forward to seeing

you next week for Week #181 with pick up on Sat. February 10 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you 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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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