



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 181) Share February 10, 2024

Welcome to Week #181 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

It's hard not to enjoy these warm days. It almost feels like we are on some kind of vacation to the south! Cool, freezing temps at night and warmer temps during the day become perfect temperatures for making the maple sap flow. At this point the frost is almost out of the soil, so the pond and lake water levels are rising, and the rivers are flowing strong and mighty. The little voles and moles have tunneled to the thawing surface to nibble on the bark of the baby fruit trees, and we have started putting tree guards around them, so hopefully they will survive. Soon we will need to start pruning the fruit trees and the grape vines, if they are not tricked into thinking they need to sprout leaf buds soon....

We ordered seeds for the coming season, so we will start cleaning out the seedling greenhouse. It is time to start planning and dreaming for a brand new year leaving off the gray weather of despair for the hope of a new season. Planting seeds of hope rather than seeds of despair. Knowing that life returns to the frozen land and that the long road of winter will have some reprieves of sunshine, and these mild, warm, southerly winds will help us with a break from the northerly winds of winter. The seeds that have fallen from last season will sprout anew. This February thaw is helping to gestate the new sprouts, and then let the growing begin! The birds are singing with the fragrant soil, and the moldering leaves awaken something within our hearts reminding us that it won't be too long before the true season of spring will be here very soon.

We would like to thank all of those farmers and food artisans whose skill and time have made this box available for you. Thank you for appreciating the flavor of local food and hope you enjoy these bits of nutritional joy with a few prepared foods and the recipes below. Hope to see you next week!

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 PEA SHOOTS from [Garden Works Organic Farm](#): Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional garden pea plants. While a pea plant can take 60 to 70 days to mature, pea shoots are harvested after just two to three weeks. They add a delicious, mild, sweet pea flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Visit Rob MacKercher at the Ann Arbor Farmers Market and you sometimes will find their product at Argus Farm Stop as well. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

ORGANIC FINGERLING POTATOES from [Second Spring Farm](#): You will receive a mix of [Russian Banana Fingerling](#) (an heirloom potato with small, banana-shaped tubers with yellow skin and light yellow flesh; smooth "waxy" texture that doesn't fall apart when cooked; good baked, boiled, or in salads), [French Red Fingerlings](#) (dark rose-red skin and yellow flesh; creamy taste and firm texture, excellent roasted or boiled), and [Peruvian Blue](#) (intense earthy flavor and hold their shape well after cooking, so good in salads as well as pilaf-style dishes; they are also absolutely delicious roasted, and high in antioxidants and anthocyanin that help with reducing inflammation and lessening cancer risk). 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: Good steamed, stir-fried, or boiled and put into potato salads, excellent cut lengthwise and roasted

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

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 Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC GREEN or RED CABBAGE from [Second Spring Farm](#): You will receive either a red or green cabbage and both are interchangeable in the recipes below; considered a beneficial digestive aid and intestinal cleanser, cabbage has a good amount of vitamins A and C, calcium, potassium, and magnesium. Thanks to Second Spring Farm with description above.

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

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

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.

PURPLE TOP TURNIPS from [Tantre Farm](#): this traditional variety is the preferred standard of market farmers and backyard gardeners for over 100 years; has smooth, round roots with white below the soil line and bright purple above with a somewhat spicy flavor that works well in braises and stews

-How to use: roots can be roasted, steamed, or sautéed, put in soups, stews, pot roasts or pasties.

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

FUJI & PINK LADY 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, baked, and in applesauce) 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). Kapnick Orchards 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.

CARROT GINGER SOUP from [Harvest Kitchen](#) (vegan & gluten-free): This 32-oz container of Carrot Ginger Soup is a hearty, flavorful soup that can be served as an appetizer, entrée, or side dish. This immune-enhancing soup is filled with vitamins and flavor with antioxidant and inflammatory properties that are found in ginger, which keeps seasonal diseases away. Your eyes may appreciate the beta-carotene from the carrots (Second Spring Farm), but this soup also contains an amazing blend of vegetable stock, onions, ginger, garlic, shallots, coconut milk, long grain rice, curry powder, cumin, salt, and pepper. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday 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: Heat and enjoy this warming soup with Juicy Kitchen's coleslaw and Zingerman's challah braid loaf!

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

POLISH COLESLAW from [Juicy Kitchen](#) (vegetarian & gluten-free): Coleslaw has a refreshing flavor that goes perfectly with Carrot Ginger Soup. Cabbage coleslaw is known to help in improving immunity, detoxifying the body, and aiding in digestion. Vitamin K is abundantly present in cabbage, and it can store minerals in the bones. This 16-oz container is filled with fiber and vitamin-rich cabbage (Second Spring Farm), carrots, watermelon radish (Tantre Farm), red & green onion, dill pickles, mayonnaise, Greek yogurt, parsley, mint, dill, extra virgin olive oil, organic sugar, lemon juice, pickle juice, white wine vinegar, cayenne, salt, pepper. Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

-How to use: Open the container and enjoy alone or with Harvest Kitchen's carrot ginger soup!

-How to store: Store in refrigerator for up to a week.

CHALLAH LOAF BRAID from [Zingerman's Bakehouse](#): Traditionally this bread was made by Ashkenazi Jews in Eastern Europe as far back as the 15th century and is filled with lots of symbolism, especially when the loaf is braided, which represents arms that are intertwined in love. In the 19th and 20th centuries, a challah braid was the special Sabbath bread, which European Jews enjoyed at the end of the week. These loaves are made with organic wheat flour, egg yolks, local honey, yeast, and a little corn oil. Thanks to Jaison and the bakers at Zingerman's Bakehouse, whose products can be found all around Ann Arbor and now at Agricole in Chelsea and the Hub Market. See more of what they offer on their website above in the name.

-How to use: delicious as French toast or with dipping sauces or with spreads on sandwiches or as bread pudding; can be paired easily with many recipes below

-How to store: Store at room temperature or can be easily frozen for long term storage.

ANNOUNCEMENTS

1. STILL SPACE TO SIGN UP for WINTER TREE ID at Tantre Farm - this Saturday on 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. TANTRE FARM SUMMER CSA 2024 REGISTRATION IS OPEN: When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$675 beginning the week of May 26–June 1 and ending the week of September 22–28. That's approximately \$37.50 of groceries every week! If you sign up anytime before the last day of February, you can take advantage of the Early Bird discount. During checkout apply the coupon code **2024EARLY** and you will receive a \$25 discount if you sign up by February 29. Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until the end of May to register. Please let us know if you have any questions.

5. WASHTENAW FOOD HUB FARM MARKET IS OPEN on Feb. 10 right before SUPER BOWL SUNDAY: We are open every Saturday from 9 AM to 12 PM. With Super Bowl Sunday coming up, we have many items that might work well for the perfect charcuterie board set up with many varieties of Ferry Farms sausage, mustards from Srodeks, Fluffy Bottom Farms Gruyere cheese, apple slices from Kapnick Orchards, small challah bread slices from Zingerman's Bakehouse, snack chocolate bits from Harvest Chocolate, the Brinery's Sauerkraut or Kimchi, Joe's Blues frozen blueberries, hardboiled eggs from several local farms, and even hazelnuts from Tantre Farm. You could also make a delicious yogurt dip for Second Spring Farm carrot dipping and watermelon radishes from Tantre Farm. Besides having all kinds of fresh produce from Tantre Farm, Second Spring Farm, Kapnick Orchards, Sell Farms & Greenhouse, we will also have many frozen items such as local meats, the blueberries, and the Brinery's tempeh varieties. Now is the time to get the flavored tempehs, since they are being phased out with only the Original variety left for sale. We are one of the last stores to have these flavors, so get them while they last! Fluffy Bottom

Farms will also have Feta Cheese. Zingerman's Bakehouse will be providing several different varieties of Bread. Old Brick Farm from Chelsea and Sweet Baby Acres from Ann Arbor will have more eggs available. Mindo Chocolate and Harvest Chocolate will have 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 strawberry, chocolate, and regular Calder milk and unsalted butter to try.* Lots of fun things to check out at the Hub Farm Market this Saturday!

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!***

ROAST PORK WITH APPLES, CABBAGE, AND TURNIPS (from <https://www.myrecipes.com/recipe/roast-pork-with-apples-cabbage-turnips>)
Serves 10.

Cooking spray or cooking oil
1 (3-pound) boneless pork loin roast, trimmed
2 cups finely chopped **onion**
1 slice applewood-smoked bacon, chopped
5 cups thinly sliced peeled **apple** (about 1 1/2 pounds)
3 cups thinly sliced **cabbage**
3 cups (1-inch) cubed peeled **turnips**
¾ cup dry white wine
2 tablespoons maple syrup
2 tablespoons cider vinegar
1 teaspoon salt
¼ teaspoon freshly ground black pepper

Preheat oven to 375 degrees. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add pork; cook 15 minutes, browning on all sides. Remove pork from the pan. Add onion and bacon to pan; sauté 5 minutes or until onion is tender. Return pork to pan. Add apple and remaining ingredients, and bring to a simmer. Place pan in oven. Bake, uncovered, at 375 degrees for 1 hour and 15 minutes or until a thermometer registers 155 degrees, turning pork after 45 minutes. Maybe even garnish with **Pea Shoots** for an extra splash of nutritional green.

WATERMELON RADISH & CABBAGE SLAW (from <https://www.lavenderandlovage...>)

Dressing:

1/2 teaspoon celery salt
1/2 teaspoon garlic granules
75mls (5 tablespoons) olive oil
2 tablespoons mayonnaise
1 tablespoons cider apple vinegar
1 tablespoon lemon juice

Slaw:

1/2 large **cabbage**, finely shredded

1 small **watermelon radish**, thinly sliced and cut into strips
6 green onions or red onions, trimmed and diced thinly

Make the dressing first by adding all of the ingredients to a large jam jar. Screw the lid on and shake vigorously for a minute until the dressing is thick and creamy. Add the prepared cabbage, watermelon radish and spring onions to a large serving bowl and mix together with your hands. Drizzle the dressing over the slaw and stir to combine with a spoon. Cover and set to one side to chill for an hour before serving. Serve with as part of a buffet, with cold cuts, grilled meats or chicken.

PEA SHOOT, RADISH & APPLE SALAD (adapted from <https://parlatodesign.com/2012...>)

1 large handful of **pea shoots**
4 large radishes (or 1-2 medium **watermelon radishes**), julienned
1 tart **apple**, julienned
1 tb sesame oil
1 tb rice or white wine vinegar
1 tsp sesame seeds
1 tb toasted pepitas

Use a mandolin/julienne slicer or your expert chef knife skills to cut the apple and radishes into matchstick slices. Roughly chop the handful of pea shoots into 1" pieces. Toss everything in a salad bowl, adding the oil, vinegar, sesame seeds and pepitas. Toss to mix and coat through. Serve with **Carrot Ginger Soup** and **Challah Bread**.

BRAISED CABBAGE AND POTATOES (adapted from <https://thehungrybluebird.com/...>)

1 tablespoon olive oil
1 small **yellow onion**, diced
1 jalapeño, finely chopped
3 slices bacon, diced
½ pound **fingerling potatoes**, cut in half length-wise
1 small **cabbage**, cored and shredded
2 small carrots, peeled and finely diced
½ teaspoon Kosher salt
½ cup chicken broth or stock, preferably homemade

In a large cast iron skillet over medium high heat, heat oil until shimmering. Add bacon, onion and jalapeños, stir and cook until the bacon and onions start to brown, about 5 minutes. Push bacon/onion mixture to the side and add halved potatoes in the center of the pan. Let cook a minute or two and then stir and combine with other ingredients. Continue cooking and stirring for another 3 or 4 minutes until just starting to brown and get tender. Add cabbage, carrots and salt. Stir to combine and pour chicken stock into pan, reduce heat and simmer and cook, stirring often until cabbage is wilted and potatoes are tender, about 20 more minutes. Careful not to burn, adding more stock or water if needed. Taste for salt and serve with **Carrot Ginger Soup**. Maybe even garnish with **Pea Shoots**.

SESAME ROASTED TURNIP SALAD WITH QUINOA (from <https://naturallyella.com/roas...>)

1 large **turnip**
1 clove garlic, minced

1 tablespoon olive oil
2 teaspoons sesame seeds
2 teaspoons honey
1/4-teaspoon sea salt
1 tablespoon soy sauce
2 tablespoons minced cilantro
4 to 5 handfuls **lettuce**
1 cup cooked quinoa
1/4-cup scallions, diced
2 teaspoons sesame seeds
2 tablespoons rice vinegar
1 teaspoon toasted sesame oil

Preheat oven to 375° F. Cut turnips into ¼" cubes and place in a bowl. Add minced garlic, olive oil, sesame seeds, honey, and sea salt: toss until well combined. Spread turnips out into a single layer in a roasting pan and bake for 25-30 minutes until caramelizing and turnips are tender. Remove turnips from oven and add the soy sauce and cilantro to the roasting pan. Let cool. To assemble salad, toss the cooled turnips with the lettuce, cooked quinoa, scallions, and sesame seeds. Whisk together the vinegar and sesame oil then pour over the salad. Toss until everything is well combined. Serve with **Carrot Ginger Soup** and **Challah Bread**. Maybe even garnish with **Pea Shoots**.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for Week #182 with pick up on Sat. February 17 (*Richard's birthday, shhhhh... don't tell him I told you!*) 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.*

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