



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 183) Share February 24, 2024

Welcome to Week #183 of the Immune Booster CSA. 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

This past week we saw several fiery orange sunsets blending in between the banks of purple, blue, and white clouds. The voices of hundreds of geese erupted in chorus as they cheered for the early spring thaw while rising into the sunset and heading to their watery, resting grounds. It's a time of year that doesn't exactly feel like winter and doesn't exactly feel like spring. It seems like it will be just a few weeks before the furnaces of summer turn on and the darling buds of May are blown by rough winds as the deceptive February turns into March.

During this month we've had beautiful sun and warm weather enough to excite the many geese and motivate our farm crew enough to clean out and clean up the many neglected places of a busy summer from the root cellar to the barns to the packing shed. Our root cellar supply is slowly being sorted and culled as we look for firm, moist roots to bring to market or put in CSA boxes. There is not much to collect in the fields now except for a few spinach leaves and an occasional kale sprout. In the woods there are a few decaying logs with dried up mushrooms. For most of the community of the wild, this warming up triggers an early wake up call from their winter slumber as animals search for a few dried up apples, acorns, and even leftover hazelnuts on the bushes, or maybe they will nibble the trunk of a sweet plum tree for a few vitamins, minerals, and sugar. Although the air and the soil are warming up, we are on the cusp of our late winter/early spring time, while most of the fields are still lying dormant as they wait patiently for summer.

Sometimes our path in an austere time is to become austere, to eat less, to sing the songs of the sunset, or to fly across the horizon looking for open water. Then it's time once again to nestle down in the reeds and tuck our head into our wing and go back to sleep until the sun rises one day closer to spring. Perhaps there

is something to learn after all from things that are wild and free, such as the geese and the sunset. This is a time to find our place in that season in between the winter and the spring.

We are grateful once again for the many producers, who have contributed produce for this box during this season of warming and cooling, this season of "in-betweens", so thank you to Sell Farms and Greenhouse, Second Spring Farm, Goetz Greenhouse and Family Farm, Two Tracks Acres, and Kapnick Orchards. We also appreciate the energy and added value to this produce that was prepared in the kitchens of Harvest Kitchen, Ginger Deli, and Zingerman's Creamery. Hope you enjoy this mix of nutritional value, energy, and flavor from this collection of our food community and take time to watch the winter sunsets!

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 GREEN CABBAGE from [Second Spring Farm](#): 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 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 chopped raw into salads or coleslaw.

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

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 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.

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.

SPICY GREENS MIX from [Goetz Greenhouse and Family Farm](#): a slightly spicy blend of arugula, mizuna, and red and green mustards blending color, flavor, and texture. Goetz Family 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: used for salads and sautéing--cooks up quickly.

-How to store: refrigerate in plastic bag for 2-4 days.

MUSHROOMS (Enoki or Lions Mane) from [Two Tracks Acres](#): As happens sometimes with farming, Two Tracks has to take a slight turn to give you a new kind of mushroom this week, since the blue oyster was put in the quiche. You will receive a random bag of one of these 2 types of mushrooms. [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) OR [Enoki](#) (tiny white mushrooms that are common in traditional Asian cuisine; long, thin stems with and petite, convex caps; mild, delicate, and slightly sweet and nutty taste, but they have a subtle crunch and a chewy texture that makes them a great addition to salads, soups, and stir-fries). 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, FUJI, or PINK LADY APPLES from [Kapnick Orchards](#): You will receive a mix of [Evercrisp Apple](#) (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies), [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), OR [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 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.

SPINACH, MUSHROOM, & PARMESAN QUICHE from [Harvest Kitchen](#)

(vegetarian): This 7-inch quiche is made from scratch with a delicate balance of flavors and can be served for breakfast, lunch, or supper. The handmade crust is composed of flour, butter, water. The filling is composed of Tantré Farm spinach, Two Tracks Acres oyster mushrooms, eggs, olive oil, cream, milk, Parmesan cheese, 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. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

-How to use: Just reheat in the oven following instructions on the package.

Can be frozen and saved for a later date. Great served with **Ginger Deli's Apple Cabbage Salad!**

-How to store: can be stored in the fridge for 4 to 7 days.

APPLE CABBAGE SALAD from [Ginger Deli](#): This 16-oz salad is vegan and gluten-free, but does have peanuts mixed in. It is full of nutrients and vitamins with freshly shredded cabbage from Second Spring Farm, shredded green papaya, shredded apple, shredded carrot from Second Spring Farm, mint, mango, beet, toasted shallot, and crushed peanuts. It can be served with a sweet tangy dressing that is in a separate small portion cup containing water, apple vinegar, lime, minced garlic, red pepper flakes, and maple syrup. Ginger Deli is a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: Open and ready to go! Great served with **Harvest Kitchen's Quiche!**

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

STRAWBERRY GELATO from [Zingerman's Creamery](#): This particular gelato is loaded with juicy, ripe Michigan strawberries with a sweet and creamy blend. Other ingredients include Milk, Demerara Sugar, Cream, Nonfat Milk, Egg Yolk, Guar Gum, Strawberries (Strawberries, Sugar) Milk, Demerara Sugar, Skim Milk Powder, Egg Yolk, Guar Gum, Strawberry Juice, Lemon Juice. Thanks to Arend and the staff at Zingerman's Creamery, whose products can be found all around Ann Arbor and now at Agricole in Chelsea and the Hub Market. We also will have 3 new kinds of gelato at the Hub Market. See more of what they offer on their website above in the name.

-How to use: Enjoy as a dessert or a snack!

-How to store: Store in freezer for long term storage.

ANNOUNCEMENTS

1. **STILL SPACE on Saturday! WINTER NON-WOODY PLANT 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...>

2. 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](#) 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.

5. WASHTENAW FOOD HUB FARM MARKET OPEN on Feb. 24: We will be open every Saturday from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and NEW [Michigan Farm to Freezer](#) Strawberries and Tart Cherries. Fresh muffins and cookies from Harvest Kitchen and fresh bread from [Zingerman's Bakehouse](#) will be available. Fluffy Bottom Farms will have Yogurt and Feta Cheese again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, CBD Cider, and [Calder Dairy](#) milk (regular, chocolate, and strawberry) to drink. Some treats available include chocolate bars, mini snack chocolates, hot cocoa packets, and chocolate tea, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips, and NEW THIS WEEK several flavors of [Zingerman's Creamery](#) gelato. As usual you can pick up your basic needs of local flour, maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, and [Tiani Body Care](#)'s and [Bubble Babe Soaps](#). Lots of fun things to check out at the Hub Farm Market this Saturday!

6. SUMMER CSA 2024 REGISTRATION IS OPEN and EARLY BIRD DISCOUNT

DURING "NATIONAL CSA MONTH": Our SUMMER CSA registration is NOW OPEN for 18 weeks from June through September of 2024 for \$675 for the full season! Each week our goal is to provide 1 to 4 salad greens (lettuce, arugula, etc.), 1 to 4 cooking greens (collards, Swiss chard, kale, etc.), 1 to 4 root vegetables (carrots, potatoes, etc.), 1 to 4 fruiting vegetables (tomatoes, corn, squash, green beans etc.), 1 or 2 alliums (onions, garlic, etc.), 1 to 3 brassicas (broccoli/cabbage family), and 1 or 2 herbs (basil, parsley, etc.) when possible. Please feel free to go to our [website](#) for more details if you are new to our CSA or go directly to the Sign Up link [HERE!](#) ****NOTE: We are offering a \$25 Early Bird discount for any of you who sign up in February for NATIONAL CSA MONTH before March 1, if you apply the Coupon Code of 2024EARLY.** Hope to see you this summer in 2024!

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!**

MIXED FRESH GREENS WITH CURRIED DRESSING (from *Recipes From a Kitchen Garden*) Serves 6

2 qts fresh assorted greens (**spicy greens, lettuce leaves**)

2 Tbsp white wine vinegar

1 Tbsp vermouth

1 scant Tbsp Dijon mustard

1/4 tsp soy sauce

1/4 tsp ground cumin

1/2 tsp curry powder

1 tsp sugar

1/4 tsp freshly ground pepper

1/3 cup vegetable oil

Optional:

1 diced **apple**

4 chopped scallions or 1/2 cup bulb **onion**

1/3 cup dry roasted peanuts

1 Tbsp toasted sesame seeds

1/4 cup raisins

Wash, dry, and tear greens into bite-sized pieces. Combine remaining ingredients in a jar and shake well. Pour into salad bowl. Place greens in salad bowl on top of dressing, but do not toss. Cover bowl tightly with plastic wrap; refrigerate an hour or so. Just before serving, add any or all of the optional ingredients and toss.

CABBAGE SWEET AND SOUR (from *What Do You Do With this Stuff*)

4 cup shredded **cabbage**

3 **onions**, chopped

4 Tbsp lemon juice

4 **apples**

1/4 cup apple cider

3 Tbsp honey

3 Tbsp oil

1 Tbsp caraway seed

1/2 cup raisins

1/8 tsp ground allspice

Core and chop apples. Combine all ingredients in a large saucepan and simmer gently for 10 minutes, stirring constantly. Could add chopped **Two Tracks Mushrooms** to this dish while it is simmering. Serve with **Harvest Kitchen's Quiche**.

ITALIAN PEASANT SOUP (from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce by MACSAC) Makes 8 1/2 cups

1/4 cup white wine

1 cup finely chopped **onions**

1 cup finely diced celery

1 cup finely diced carrots (or **butternut squash**)

1 1/2 cup peeled and diced potatoes

1 1/2 cup peeled and diced **parsnips**

8 cups vegetable stock or water

1/2 tsp thyme

2 tsp crushed garlic

1 Tbsp soy sauce

2 cups chopped kale (or **spicy greens**, spinach, Swiss chard)

Combine wine, onions, celery, and carrots in large pot over medium heat, and cook, stirring occasionally, until vegetables are tender, about 25 minutes. Stir in potatoes, parsnips, stock, thyme, garlic, and soy sauce. Bring to simmer, cover and cook over low heat until potatoes are not quite tender, about 15 minutes. Add greens and maybe even **Two Tracks Mushrooms** for extra earthy, nutty flavor and cook 10-15 minutes longer. Serve with **Ginger Deli's Apple Cabbage Salad**.

SALT AND VINEGAR PARSNIP CHIPS (from <https://www.farmfresh toyou.com...>)

2 large **parsnips**, washed and thinly sliced

1/2 cup apple cider vinegar

3 tablespoons olive oil

2 teaspoons sea salt

1 teaspoon chives, finely minced

Preheat the oven to 425 degrees F. Line two baking sheets with parchment paper. With a sharp knife or mandolin, slice the parsnips crosswise as thinly as possible. Place the parsnip slices in a medium bowl and pour in the vinegar. Let them soak for one hour, then lay them on paper towels to dry. In a large bowl, toss the parsnip slices, olive oil and sea salt until well coated. Place the parsnip slices onto the lined baking sheets. Bake until golden brown and crisp, about 30 to 35 minutes. Turn them over halfway through cooking and continue baking. Once the chips are browned and crisp, allow them to cool a little (they'll dry out some and get crunchier). Place the chips on a serving dish and sprinkle with a little more salt if desired and minced chives.

APPLE PARSNIP SOUP (from <https://www.farmfresh toyou.com...>)

2 tablespoons olive oil

1 **onion**, coarsely chopped

4 **apples**, peeled, cored and cut into wedges

1 tablespoon curry powder

1 1/2 teaspoons fresh ginger, peeled and grated

1 teaspoon ground cardamom

3 garlic cloves, minced

4 **parsnips**, peeled and chopped

4 cups veggie or chicken broth

1 cup apple cider

3/4-1 teaspoon sea salt

1/8 teaspoon freshly ground black pepper, plus more for garnish

1/4 cup sour cream or crème fraîche

In a large pot or Dutch oven, heat olive oil on medium heat. Add onions and cook until tender, about 5 minutes. Add apples, curry powder, ginger, cardamom and garlic, cook until fragrant, about 1-2 minutes. Add parsnip, broth and apple cider, bring to a boil. Cover, reduce heat to medium low, and simmer for 30 -35 minutes or until parsnip is tender. Pour parsnip mixture in a blender, in batches. Blend until smooth. Pour mixture into a large bowl. Repeat the procedure with remaining parsnip mixture. Stir in salt and pepper, taste and add more salt if you prefer. Ladle soup into serving bowls, top each bowl with 1 tablespoon sour cream or crème fraîche and sprinkle over a little more pepper for a garnish. Serve with **Ginger Deli's Apple Cabbage Salad**.

FUSILLI WITH MUSHROOM AND ROASTED BUTTERNUT SQUASH (from <https://www.primaverakitchen.c...>) Serves 4.

2 cups whole wheat Fusilli pasta

2 + 1 tbsp extra-virgin olive oil

2 cups **butternut squash**, diced

Salt and ground black pepper

½ cup **onions**, chopped

2 cloves garlic, minced

1 tsp red pepper flakes or chili pepper

1 cup **mushrooms**, chopped

1 cup cherry tomatoes, cut in half

Green onions chopped for garnish

Preheat the oven to 350F (175C). In a bowl, add the butternut squash and toss with 1 tbsp extra-virgin olive oil, salt, and pepper. In a roasting pan covered with parchment paper, spread the butternut squash out evenly and in a single layer on the baking sheet. Roast in the oven for about 20-25 minutes or until tender. Stir once halfway through cooking time to promote even cooking and browning. Fill a large pot with salted water and bring to a boil over high heat. Add the fusilli and cook according to the package instructions. Drain pasta and set aside. In a skillet, heat 2 tbsp extra-virgin olive oil over medium-high heat. Add onions and cook until translucent. Add garlic, red pepper flakes, mushroom, and cherry tomatoes. Sauté for a few minutes. Add reserved fusilli and roasted butternut squash. Stir well for 1 minute. Add salt and pepper to taste. If necessary, adjust seasoning and add more olive oil to add more flavor. Garnish with chopped green onions and chopped fresh **Goetz Family Farm's Spicy Greens** or make a salad with **Sell Farm's Lettuce**.

Hope you enjoyed the beauty of the sunsets and the rising of the full moon this week! We look forward to seeing you next week for Week #184 with pick up on Saturday, March 2 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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