



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 190) Share April 13, 2024

Welcome to Week #190 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

April can be cool and dry some years, but not this year! We have measured over three inches of rain just in the last week. With all the mild nights and warm days, we hear the spring peeper frogs sing in high pitched peeps along the streams, farm ponds, and swamps. The cool season grasses are growing exponentially giving the cows and the deer plenty to nibble. Siberian squill, one of our earliest spring flowers, blinks a blanket of blue across the old flower garden and along the sides of Hayes Road. An emerald green carpet of clover has spread across the dirt patch that was last year's watermelon field, which is now dotted with dandelions emerging as some of the first yellow blossoms for the bees to gorge on.

In anticipation of this past week of rain, we hand-planted over 10,000 kale, cabbage, and broccoli seedlings, and they soaked up the warm, gentle rain readying themselves for our initial summer harvest in June. This grand beginning of planting marks this year's hopes of an abundant harvest.

We are grateful for the freshly harvested greens from the staff at Sell Farms, Garden Works, Goetz Greenhouse, Jacob's Fresh Farm, and Tantre Farm. Thank you for the roots and fruits cleaned and packaged by Second Spring Farm, Tantre Farm, and Kapnick Orchards staff. We also can't forget our gratitude for the extra efforts for the value-added dishes from Pilar's Tamales, Juicy Kitchen, Ann Arbor Tortilla Factory, and Angel Works Confections. We hope you enjoy this week's share of freshly picked greens and root cellar treasures. Thank you for your interest in this week's share, and please remember to stop by and visit these businesses for more of these locally sourced products!

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](#): You will receive a clamshell of sweet, tender pea shoots. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet 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 lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. 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 and almost any other dish, so yummy and tender!

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

ORGANIC SWEET POTATOES from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. 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: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

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 the 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.

FROST-SWEETENED SPINACH from [Tantre Farm](#):: With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the garden beds and our field-grown spinach come back to life and produce crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced.

Thanks to our very own Tantre staff for harvesting, washing, and packing.

-How to use: toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, soups, or spinach pie

-How to store: refrigerate with a damp towel/bag for up to 1 week

ROOT MIX BAG (potatoes, carrots, turnips) from [Tantre Farm](#) and [Second Spring Farm](#): You will receive about three pounds of a variety of roots including [Carola Potatoes](#) (yellow potato from Germany; smooth, creamy texture that is good for baking or frying), [Rainbow Carrots](#) (a root whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color), and [Purple Top Turnips](#) (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: good for roasting, mashing, steaming; excellent in pot roasts, soups, and stews.

-How to store: refrigerate in plastic bag/damp towel for up to 1 month or more

GREEN CURLY KALE from [Goetz Greenhouse and Family Farm](#): well-ruffled, curly green leaves on green 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! This is the best time of year to eat this bitter green, since it is frost-sweetened and grown in a hoop house. Thanks to Karlene and Jonathon for being long time providers of many fresh vegetables and cut flowers. Goetz Farm is a 3-generation family farm in Riga, MI. You can find their seasonal produce and flower bouquets 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: good in salads, soups, smoothies, lightly steamed or baked

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

CILANTRO from [Jacob's Fresh Farm](#): the flat, delicate, lacy-edged leaves and stems of the coriander plant, which look a lot like flat-leaf parsley, but have a distinctive, almost citrus fragrance with a faint overtone of anise and a somewhat delicate peppery taste that lends itself to highly spiced foods, such as tacos, salsas, soups, stews, and salads; multiethnic herb used to enliven Mexican and South American food as well as Thai and Vietnamese. Medicinally has been proved to chelate toxic metals from our bodies and considered a powerful tissue cleanser. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch’s, and the Hub Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. See more of what they offer on their website above in the name.

-How to use: good in tacos, salsas, soups, stews, chicken and rice, salads, tomato based sauces and as a garnish

-How to store: store herbs upright with cut stems in 1 or 2 inches of water and refrigerate for up to 1 week or wrap in slightly dampened cloth or plastic bag and store in refrigerator.

EVERCRISP & FUJI APPLES from [Kapnick Orchards](#): You will receive a mix of [Evercrisp](#) (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) and [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). 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 and baking!

-How to store: can store for 2 to 3 months in cool location.

BLACK BEAN & JALAPENO TAMALES from [Pilar's Tamales](#): You will receive 3 vegetarian and gluten-free tamales that will be wrapped in aluminum foil that can be stored in your freezer or put in your refrigerator. Silvia's Tamales are handmade with 100% stone-ground corn masa, filled, rolled, and then steamed. You will receive 1 Jalapeno/Cheese Tamale, which is a kid favorite that is not too spicy. It is made up of Corn Flour Masa, Canola Oil, Vegetable Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Fresh Jalapeno Peppers, Garlic, Onion, Salt. You will receive 2 Black Bean/Cheese Tamales, which are filled with Corn Flour Masa, Canola Oil, Black Bean Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Michigan Black Beans, Salt, Onions, Garlic. Silvia from Pilar's Tamales packs everything with LOVE and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: To reheat for moist and fresh tamales, we recommend steaming/stovetop. The reheating process is the same as if they were uncooked especially if they are hard frozen. Just throw them in the steamer and they will have a great consistency again!.

-How to store: Cooked tamales can be placed in the fridge for up to one week or freezer for a couple of months.

BLACK BEAN QUINOA SALAD from [Juicy Kitchen](#): This vegan and gluten-free dish is composed of organic quinoa, corn, black beans, poblano peppers, carrots, cherry tomatoes, fresh cilantro, extra virgin olive oil, lime juice, cumin, salt and pepper. This dense legume and grain salad is a perfect complement to Pilar's Tamales. 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, so stop and see them!

-How to use: Open the container and enjoy.

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

ORIGINAL ANN ARBOR TORTILLA CHIPS from [Ann Arbor Tortilla Factory](#): This 8-oz bag of chips is vegan and gluten-free and comes with a hint of lime to enliven the flavor of these all natural tortilla chips, but is actually the original flavor. Francisco and staff make the tortillas traditionally with minimal ingredients such as Non-GMO Corn, Water, Lime, Non-GMO Sunflower Oil, Salt, with no gluten, no preservatives, and no trans fats. You can find Ann Arbor Tortilla Chips in many stores around Ann Arbor including Argus Farm Stop, the Food Hub Farm Market, and in Chelsea at Agricole Farm Stop.

-How to use: Eat as a snack with salsa or hummus, make Nachos, or use with a cheese dip.

-How to store: Can be stored for 60 days.

CHOCOLATE FUDGE BROWNIE from **Angel Works Confections**: This rich, vegetarian, gluten-free dessert is truly decadent and this one brownie includes Dutch processed cocoa powder, sorghum flour, oat flour, millet flour, brown rice flour, white rice flour, organic cane sugar, organic eggs, coconut oil, arrowroot, chocolate chips, walnuts, xanthan gum, pure vanilla, baking soda, and salt. Thank you to Maryann, who is the sole proprietor of Angel Works Confections. Her focus is on nutritionally dense and tasty baked goods and celebration cakes using ancient grains (wheat-free) and locally sourced and organic ingredients whenever possible. Her real passion is making custom-made celebration cakes. So the next time you need a gluten-free cake for your special family/friend gathering, please let her know! Her email address is gaiagal7@yahoo.com.

-How to use: Enjoy as a dessert or a snack with any of the following recipes!

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

ANNOUNCEMENTS

1. MUSHROOM CLASS at Tantre Farm – April 21 from 1 PM – 3 PM: Come out and spend the afternoon learning all about mushrooms with local foraging expert, Rachel Mifsud from “Will Forage for Food”. This is a lecture style class, not a mushroom foray. We will cover basic mushroom anatomy, physiology, reproduction, and ecology. Then we will spend time developing your mushroom vocabulary and learning about various characteristics that are useful for identification. The cost for the class is \$25 and you may register through this link: <https://willforageforfood.squa...>

2. PLANT WALK at Tantre Farm – April 27 from 4 PM – 6 PM: Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from “Will Forage for Food”. Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and talk about edible, medicinal, or otherwise useful plants and mushrooms that are currently in season. Dress for the weather. You may want a notebook, a pen, and a camera. Unlimited class size, drop-ins welcome, and cost is \$25. To register ahead of time or to find more information, just go to this site: <https://willforageforfood.squa...>

3. WASHTENAW FOOD HUB FARM MARKET OPEN on April 13: We will be open every Saturday from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. Carosello Pasta is back with several flavors of pasta and Zingerman's Bakehouse has fresh bread available. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries and Tart Cherries. We have fresh muffins and cookies from Harvest Kitchen. Fluffy Bottom Farms will have yogurt, aged and feta cheese again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, CBD Cider, and [Calder Dairy](#) chocolate and regular milk to drink. Come and get free samples of Harvest Chocolate snacking chocolate! We also will provide chocolate bars, hot cocoa packets, chocolate tea, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips, and 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!

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. SUMMER CSA 2024 REGISTRATION IS OPEN: 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!](#) *Hope to see you this summer in 2024!*

6. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING! We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/int...>

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!***

POTATO, TURNIP, & CARROT GRATIN WITH GARLIC-HERB BÉCHAMEL SAUCE (from <https://vegfamily.com/potato-t...>) 4 to 5 servings

2 tablespoons unsalted vegan margarine

1 teaspoon minced garlic

1/2 teaspoon dried thyme

1 1/2 tablespoons unbleached all-purpose flour

1 1/4 cups warmed soy, nut, or rice milk

1 bay leaf

Salt, to taste

Nonstick cooking spray

1/2 pound unpeeled **Tantre gold potatoes**

1/2 pound **Tantre turnips**

1/2 pound **Second Spring carrots**

1 cup minced shallots (or **Second Spring yellow onions**)

Freshly ground black pepper, to taste

1 cup coarse bread crumbs

1/2 cup grated vegan cheese

Melt the margarine in a small saucepan over low heat, adding the garlic and thyme when it is melted. Whisk in the flour and keep whisking for a minute or so as it forms a thick paste. Keep whisking as you drizzle in the warmed milk, keeping the mixture moving until there are no lumps. Add the bay leaf and turn the heat way down. Cook, stirring frequently, for about 5 to 8 minutes, or until smooth and silky. Remove from the heat and remove the bay leaf. Stir in a dash of salt and a few shakes of white pepper, then set aside. Preheat oven to 375°F. Lightly spray a 2-quart gratin dish with nonstick spray. Cut the potatoes, turnips,

and carrots into very thin slices (about 1/8 inch). For the carrots, do this on the diagonal. Spread the cut vegetables (including the shallots) together in the prepared pan to make a single mixed layer. Sprinkle lightly with salt and black pepper. Pour the bechamel sauce from step 4 over the top of the vegetables and cover the pan tightly with foil. Bake in the center of the oven for 1 hour, or until the vegetables are fork-tender. Remove the dish from the oven and remove the foil. Heat the broiler. Sprinkle the bread crumbs and then the grated cheese on top of the vegetables. Broil until the cheese is melted and beginning to form a crust. Serve hot.

CANDIED ROOT VEGETABLES (adapted from Capay Organic Farm CSA "Farm Fresh To You" website) Serves 6

1-3 **Tantre turnips**, peeled, cut into 3/4-inch cubes

3 Tbsp butter

1-2 EACH of **Tantre potatoes** & **Second Spring carrots and sweet potatoes**, peeled, cut into 1-inch lengths

1/4 cup golden brown sugar

3/4-1 cup broth

Melt butter in skillet over medium-high heat. Add turnips, carrots, potatoes, and sweet potatoes. Sauté 5 minutes, stirring often. Stir in broth and sugar. Cover; bring to a boil. Uncover; reduce heat to medium and simmer until vegetables are tender and liquid is reduced to syrup, stir often, about 30 minutes. Season with salt and pepper to taste.

WINTER GREENS SOUP (adapted from *Fields of Greens*)

4 cups vegetable stock (include the chard/kale stems)

1 Tbsp light olive oil

1 large **Second Spring yellow onion**, thinly sliced, about 3 cups

Salt and pepper, to taste

4 garlic cloves, finely chopped

1 cup chard stems, thinly sliced (optional)

1-2 medium-sized **Tantre potatoes**, thinly sliced (about 1 cup)

1 large **Second Spring carrot**, thinly sliced (about 1 cup)

1-2 **Tantre turnips**, thinly sliced (about 1/2 cup)

1/4 cup dry white wine (not cooking wine)

1 bunch **Goetz Greenhouse kale** (stems removed and leaves washed)

1 bag **Tantre spinach** (stems removed and leaves washed)

1 Tbsp fresh lemon juice

Garlic croutons

Grated Parmesan cheese

Make the stock and keep it warm over low heat. Heat the olive oil in a soup pot and add the onions, 1/2 teaspoon salt, and several pinches of pepper. Sauté over medium heat until the onion is soft, 5-7 minutes. Then add the garlic, chard stems, potatoes, carrot, and turnip. Sauté until the vegetables are heated through, about 5 minutes. Add 1/2 cup stock, cover the pot and cook for about 10 minutes. When the vegetables are tender, add the white wine and simmer for 1-2 minutes, until the pan is nearly dry. Stir in the kale, 1 teaspoon salt, a few pinches of pepper and 3 cups stock. Cover the pot and cook for 10-15 minutes until the kale is tender. Add the spinach and cook for 3-5 minutes, until just wilted. Puree the soup in a blender or food processor until it is smooth. Thin with a little more stock if it seems too thick. Season with lemon juice and salt and pepper to taste. Garnish each serving with garlic croutons and a sprinkle of

grated Parmesan and **Garden Works Pea Shoots**.

Notes: *The kale will take longer to cook than the spinach or chard, so be sure it's tender before you puree the soup. **Sell Farm's Lettuce**, although less common in soup, can be cut up and tossed in the soup for extra greens.*

BOWTIES WITH BASIL, CILANTRO, SPINACH AND GOAT CHEESE SAUCE (from [https://recipes.epicurean.com/...](https://recipes.epicurean.com/)) Serves 4

1 lb bowtie pasta

1 cup lightly packed basil leaves

3/4 cup packed **Jacob's Fresh Farm cilantro** leaves

1/2 cup steamed fresh **Tantre spinach**, well drained

1/2 cup freshly grated Parmesan cheese

2 Tbsp butter, softened

2 cloves of garlic, minced

1 1/4 tsp sea salt

1/2 tsp freshly ground black pepper

6-8 oz goat cheese

Bring a large pot of salted water to boil and cook the pasta to your liking. While the pasta is cooking, combine the basil, cilantro, spinach, Parmesan, butter, garlic, salt and pepper in a food processor and process until smooth. Add the goat cheese and pulse until well mixed with the other ingredients. When the pasta is cooked, drain, but reserve 1 or 2 tablespoons of the cooking water. Combine the hot pasta with the processed ingredients and the cooking water in a large bowl. Mix until the pasta is coated well. Serve and make sure you have salt and pepper on the table to season to taste.

CINNAMON ROASTED SWEET POTATOES AND APPLES (from <https://joyfoodsunshine.com/ci...>)

2 medium **Second Spring sweet potatoes** (about 4 cups), cut into 1" cubes

2 medium **Kapnick apples** (about 2 cups), cut into 1" cubes

3 Tbsp coconut oil, melted & divided

1 tsp sea salt

2 Tbsp pure maple syrup

1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combine. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately.

Hope you are enjoying this burst of green that is being unearthed after this burst of rainy days! We look forward to seeing you next week for Week #191 with pick up on Sat. April 20 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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