



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 196) Share May 25, 2024

Welcome to Week #196 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

As the sunny warm days linger, the green onions are getting long and fat. The grayish green beds of broccoli, cabbage, kale, and kohlrabi are standing tall in their rows. The feathered carrot tops are bright green next to the spring rainbow beets with their green, red, and yellow leaves. The reds and mottled greens of the lettuce plants stripe the fields in various patterns. The colors of spring are so vibrant as many young and tender plants dot our fields in their patchwork stages of growth.

Our collection of energetic farm crew scatters around the farm every day with tasks such as harvesting mushrooms, green onions, and asparagus. Then they are bunching green garlic and radishes or bagging spinach. Then they are planting summer tomatoes and peppers, and seeding trays full of summer watermelon and basil along with fall cabbage and brussels sprouts. They also just finished planting 800 hazelnut bushes in the soft brown dirt next to the cow pasture. It has been such a warm and luscious spring, and we are filled with hopes for an abundant harvest this summer, especially due to the balanced amount of rain and warming sun this spring.

The pinkish red of the strawberries are just beginning to appear blending with the green of the new berries, while millions of tiny white flowers still keep blooming. It is looking like a few should be ready in a week or so for picking at our HoneyBee U-pick location on the corner of Zeeb and Scio Church Road in Ann Arbor. Please go to our website to sign up on our HoneyBee mailing list, if you are interested in being informed of starting dates, prices, and protocols on the HoneyBee U-pick page. <https://www.tantrefarm.com/hon...>

As our spring days turn into summer, we are in the initial stages of planning what early produce will go into those first Summer CSA boxes, which will start being filled next week. Some of you are already Summer CSA members, and will

drift away from the Immune Booster boxes for the next 18 weeks until fall and winter begin. With that in mind, and recognizing a busy season ahead of us, we would like to offer a new box idea as an alternative to the Immune Booster CSA as our summer days become very full. As you know our Immune Booster CSA was a mix of farm produce and value-added products from various local businesses to help support them especially during the pandemic. We read your comments about why you sign up each week and replenishing produce is one of the main things we have read.

Therefore, we have decided to offer a summer version of this box providing you with a weekly menu of a produce only box called the Tantre Farm Produce Box. You will still be able to view the new menu of produce in the box each Sunday, and then you would be able to opt in or opt out each week, so you are committing only to the week that you sign up. Folks with smaller households will have a longer chance to use up the produce in their box as well before getting it again. The sign up period would be from Sunday through Wednesday again, and pick up options would still be at the Washtenaw Food Hub in Ann Arbor, whereas the Chelsea folks would move to the Summer Pickup Location at the Chelsea Farmers Market starting next week. Many prepared food options would still be available from some of our same prepared food partners in the past, but you could choose them as you shop at the Hub Farm Market (soon to be known as the Sunflower Farm Market), at Chelsea Farmers Market, and at Agricole Farm Stop. We hope you enjoy this new version of the Immune Booster CSA for the summer. We still plan on bringing back our usual mix of produce and value-added products with the Immune Booster CSA boxes back in action in the fall and winter after our Summer and Fall CSA seasons are over. Please let us know if you have any questions or comments, and thank you for understanding. In the meantime, we would like to thank all of our Immune Booster food businesses who have contributed to this last box of a mix of farmers and artisan food businesses below. Please find ways to support these businesses throughout the summer as well. We appreciate their skills and talents, and we especially appreciate you for supporting all of us! Hope you all have a safe and enjoyable Memorial Day weekend!

THIS WEEK'S SHARE ITEMS:

MUIR GREEN LEAF 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. Thanks to Dean and Susan for providing a steady supply of lettuce all winter!

-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 OR SUNFLOWER SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea OR sunflower shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower 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 on a soup and almost any other dish, so yummy and tender!

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

ASPARAGUS from [Tantre Farm](#): You will receive green or purple variety; good amount of vitamin A and fair source of vitamin B and C and iron; refrigerate tightly wrapped in plastic bag for up to 3 or 4 days.

-How to use: serve raw chopped in salads or with dips; steam, roasted, grilled, serve "cold" with vinaigrette or with a bit of olive oil and dash of salt and lemon juice.

-How to store: wrap in damp cloth and plastic bag and refrigerate or bundle spears with rubber band and place upright in container with inch of water.

PURPLE/RED RADISH MIX from [Tantre Farm](#): You will receive Cherriette (smooth, bright red roots with short green, edible tops and a sweet/hot taste) and Purple Bacchus (stunning, purple, round radish with white inner flesh. Very good flavor and not too hot). Excellent source of vitamins A, C, and the B's!

-How to use: raw dipped in hummus, roasted, used in soups, sliced in salads, sandwiches, or stir-fries, grated in slaws; radish greens are delicious in soups or stir-fries

-How to store: refrigerate in plastic bag/damp towel for 1-2 weeks.

ORGANIC RAINBOW CARROTS from [Second Spring Farm](#): A carrot is 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. 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

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.

MOJITO MINT from [Tantre Farm](#): This mint has a green stem with large green,

crinkly leaves and has a much milder flavor with hints of citrus, which make it good in salads, desserts, smoothies, and even your water bottle; great for muddling in cocktails; aids in digestion.

-How to use: make a soothing tea or infusion for soothing tummy aches or sore throats; a flavorful addition to salads, beverages, or even a mint pesto

-How to store: In general, 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. The whole bundle can be used fresh or dried upside down for a week or two, and then stored dry in a jar or sealed container for up to a year.

EVERCRISP APPLES from [Wolfe Orchard](#): You will receive this hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies. Thanks to Mary and Stephen Wolfe for the apples from Tipton this week. Whether it's peaches or plums, nectarines, berries, apples or pears, Wolfe Orchard concentrates its efforts on growing the highest quality on its 25-acre Tipton orchard. They distribute their fruit at the Ann Arbor, Royal Oak, and Tipton Farmers Markets and Argus Farm Stop.

-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.

CHOICE OF BRATWURST from [Tantre Farm](#) or **EXTRA FIRM TOFU** from [Rosewood Products Inc.](#): You will receive a 4-pack of Bratwurst (a mildly spiced German-style link sausage made with Tantre Farm pork. While there are numerous regional variations, herbs and spices like marjoram, coriander, nutmeg and pepper are typically added to bratwurst to give it a distinctive flavor) OR 1-pound of Extra Firm Tofu (Tofu is a versatile, high protein, low-fat, creamy soy product that's also high in calcium and iron. It's made by curdling fresh soy milk. Extra firm tofu is the densest block tofu with a chewier texture and tight curds.).

-How to use: Brats & tofu can be grilled or pan-fried depending on your preferences. Marinated tofu is great in stir fries!

-How to store: Uncooked, fresh brats can be frozen or stored in the fridge for 1 to 2 days and cooked bratwurst can be kept for 3 to 4 days. Tofu can be stored for up to 4 months if unopened, but if it's opened, refrigerated tofu is generally good for 3 to 5 days.

HOTDOG BUNS from [Lakehouse Bakery](#): A hot dog bun is a type of soft bun shaped specifically to contain a hot dog or another type of sausage. This healthier version comes in an 8-pack and includes actual vegetables with Russet potatoes, King Arthur bread flour, eggs, butter (pasteurized cream, natural flavors), sea salt, sugar, and yeast. Thanks to Keegan from Lakehouse Bakery for baking these fresh buns for our brats or tofu this weekend. If you need more of his products head to his bakery in Chelsea near Waterloo State Recreation Area. He also sells his baked goods at many local stores including Agricole Farm Stop in Chelsea.

-How to use: great with grilled brats or a marinated tofu

-How to store: store for about 5 days or freezer for longer storage

COLESLAW from [Harvest Kitchen](#) (vegetarian and gluten-free): Coleslaw is a salad or side dish made of shredded cabbage and sometimes other shredded vegetables. You will receive a 16-oz container including shredded cabbage (Second Spring Farm), carrots (Second Spring Farm), parsley, Duke's

mayonnaise, lemon juice, sugar, honey, onion powder, white vinegar, 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: It is often served on the side with fried fish, barbecued meat, or a sandwich, but especially a nice complement to bratwurst or tofu for this weekend!

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

RED PEPPER HUMMUS from [Harvest Kitchen](#) (vegan and gluten-free): Hummus is a smooth and creamy puree of cooked chickpeas (garbanzo beans), tahini and an acid, typically lemon juice. In this case, Keith from Harvest Kitchen has added a red pepper twist with the following ingredients for a slightly sweet and spicy 8-ounces of goodness with chickpeas, tahini, roasted red pepper, lemon, garlic, olive oil, salt, pepper, and water. See Harvest Kitchen description above.

-How to use: Perfect for dipping Second Spring carrots, Tandre radishes, and even blanched asparagus. Hummus also can be an interesting condiment for a brat or hummus sandwich.

-How to store: can be stored in an airtight container in the fridge for 2 to 5 days.

SALTED CARAMEL CHOCOLATE CHUNK GELATO from [Zingerman's](#)

[Creamery](#): According to Zingerman's this particular gelato uses hand-salted Argentinian dulce de leche (caramel made from milk), which is folded in with their housemade vanilla gelato and locally sourced organic chocolate chunks to round out this delicious flavor. You will receive a pint with the following ingredients Milk, Demerara sugar, cream, nonfat milk, dulce de leche (milk, sugar, glucose, butter, vanilla, baking soda carrageenan, agar, potassium sorbate) 70% cocoa bittersweet chocolate chunks, cocoa liquor, cane sugar, cacao butter, soy lecithin, vanilla extract, salt, egg yolk, guar gum. 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 other 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. TANTRE FARM OPEN HOUSE/WORK PARTY on MAY 26 from 1 to 4 PM: We would like to invite you to join us this coming Sunday, if you are not traveling or out of town. Members are encouraged to bring family and friends to Tantré Farm to see the farm decked out in its spring finery, hike around the farm for edible farm walks, help out with some weeding and planting in the herb garden and kid garden, eat some good food, and get to know some new people. This is a completely voluntary event, so you can also come just for the fun, for the baby chicks and other animals, for the swings, and just to enjoy the day. At this point, there is a 20% chance of rain in the forecast, but we will set food inside and set up canopies outside, so be prepared for rain later in the day. As usual a potluck is included, so please feel free to bring a snack or refreshment, so we can enjoy

getting to know our fellow community members! More details are on our website calendar if you want to find out more.

2. ADDITIONAL HOURS FOR THE HUB FARM MARKET!! SOON TO BE KNOWN AS THE "SUNFLOWER FARM MARKET" OPEN on May 25 AND May 29: We will be open every Saturday from 9 AM to 1 PM and starting on Wed., May 29, from 4 PM until 8 PM during our Summer CSA pick up times. We have replenished our frozen meat section in anticipation of Memorial Day weekend, so you can get brats, burger, and spare ribs for all your grilling pleasure! We also have lots of extra tofu to stock up on for the next 4 months from Rosewood! A few shelves at the market have new varieties of Tiana Body Care soaps and several new varieties of Miss Kim's jams and pickles. We also will have fresh Zingerman's Bakehouse bread, Calder Dairy butter, Zingermans Creamery pimento cheese or cream cheese, and sliced cheeses from Fluffy Bottom Farms. We will continue to have fresh produce from Tantre Farm, Sell Farm, and Garden Works this week. [Carosello Pasta](#) is back with several flavors of pasta. 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 and coffee beans from [Roos Roast Coffee](#). [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, hot sauces, and newly added Beet Kvass. In addition we will have local chicken & duck eggs, several varieties of kombucha, and [Calder Dairy](#) 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. As usual you can pick up your basic needs of maple syrup, granola, oats, honey, dried beans, lentils, popcorn, and a few other varieties of soap. Lots of fun things to check out at the Hub Farm Market this Saturday!

3. 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.

4. LAST FEW DAYS TO REGISTER FOR THE FULL 18 WEEKS FOR OUR SUMMER CSA 2024: 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! If you forget to sign up we will be prorating these shares, so you may continue to sign up throughout the summer.*

5. 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!

GRILLED RADISHES & CARROTS

20 oz (or about 2 cups) **Tantre radishes & Second Spring carrots**, sliced
2 cloves garlic, minced
2 Tbsp butter, cut into small pieces
1 cube ice
Salt and pepper, to taste

Preheat the grill for high heat. Place the radishes, garlic, butter, and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents. Place foil packet on the grill, and cook 20 minutes, or until radishes are tender. Alternative: pan fry on the stove.

RADISHES AND GREEN ONIONS WITH FETA CHEESE (from Rolling Prairie Cookbook by Nancy O'Connor) Serves 6-8

2 cups thinly sliced **Tantre radishes**
3 or 4 green onions, chopped
4 oz Feta cheese, crumbled
10-12 Kalamata olives, pitted, and chopped coarsely
1 Tbsp chopped fresh **Tantre mint**
1/4 tsp salt
Freshly ground pepper, to taste
1 1/2 Tbsp olive oil
1 Tbsp freshly-squeezed lemon juice

Toss together the radishes, green onions, Feta cheese, olives, and mint. Season with the salt and pepper. Toss again. Whisk the olive oil and lemon juice together and pour over the vegetable mixture. Toss to coat vegetables with dressing. Garnish with **Garden Works pea or sunflower shoots**.

ASPARAGUS WITH LEMON AND MINT (from <https://www.food.com/recipe/as...>)

2-lbs **Tantre asparagus**, cut diagonally into 2-in. lengths
2 tablespoons extra virgin olive oil
2 teaspoons lemon zest, finely grated
1/2 teaspoon salt
1/2 teaspoon fresh ground pepper
3 tablespoons very fresh **Tantre mint** leaves, finely shredded
1 tablespoon lemon juice

In large pot of boiling salted water, cook asparagus 3 to 5 minutes, until crisp-tender. Drain in colander; dry on paper towel. In serving bowl, combine olive oil, lemon zest, salt and pepper. Add hot asparagus. Toss mixture to bring to room temperature. Just before serving, stir in mint and lemon juice. Serve at room temperature. Serves 8.

CARROT MINT SOUP (from The Shoshoni Cookbook by Anne Saks and Faith Stone) Serves 4-6

6-8 **Second Spring carrots**, peeled and chopped
1 medium **Second Spring onion**, thinly sliced
3 cloves garlic, minced
6 cups vegetable stock
2 tsp salt
1/2 tsp pepper

1/4 cup fresh **Tantre mint**, chopped, or 2 tsp dried
2 Tbsp honey or brown rice syrup

Combine carrots, onion, garlic, and stock in soup pot. Simmer 40 minutes or until carrots are very tender. Remove carrots and puree with a little stock in blender until completely smooth. Return puree to the pot and stir well to combine. Stir in salt, pepper, mint and sweetener. Mix well and adjust seasonings to taste. Garnish with a few sprigs of fresh **Tantre mint** or **Garden Works pea or sunflower shoots**.

LEMON-MINT VINAIGRETTE (from www.eatingwell.com) Makes about 3/4 cup
1/3 cup lemon juice
1 Tbsp Dijon mustard
1 tsp sugar
1 clove garlic, minced
1/3 cup extra-virgin olive oil
1/3 cup chopped fresh **Tantre mint**
1/8 tsp salt
Freshly ground pepper, to taste

Whisk lemon juice, mustard, sugar and garlic in a small bowl until blended. Drizzle in oil, whisking until blended. Stir in mint, salt and pepper. Serve on **Sell Farms lettuce** and **Garden Works pea or sunflower shoots**.

CREAM CHEESE APPLE DIP (<https://amindfullmom.com/caram...>) Serves 12.
1 package of Cream Cheese at room temperature
1 cup Greek yogurt
1/3 cup maple syrup
2 teaspoons vanilla extract
chopped dark chocolate and chopped nuts (optional)
Wolfe Orchard apples to dip

Combine the cream cheese, yogurt, maple syrup, and vanilla until well combined. Cover and refrigerate for at least 30 minutes to let flavors combine together. Before serving, top with chocolate and nuts if desired. Serve with apples, crackers, pretzels, and assorted fruit.

Hope you enjoy this Memorial Day weekend! We look forward to seeing you next week for our new summer version of the Immune Booster with our weekly Tantre Farm Produce Box with pick up on Sat. June 1 at the Washtenaw Food Hub OR our new Summer Location at Chelsea Farmers Market! 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

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