

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



IN YOUR SHARE

- Beans (string)
- Broccoli (florets and stems)
- Cauliflower
- Carrots
- Corn
- Potatoes
- Peppers
- Tomatoes
- Squash (summer)
- Squash (butternut)

FARM PROVIDERS

- Cattail Organics
- Red Door Family Farm
- Field Notes Farm
- Whitefeather Organics

YOUR FROZEN ASSETS

STAFF

- Layne Cozzolino
- Greg Petz
- Fabian Bogdan
- Interns
 - Lindsay Steig (UWSP Summer)
 - Jesse Freund (UWSP Fall)

SHARING THE SUNSHINE!

As winter approaches, rest assured that your freezer is stocked with the delicious flavors of a Wisconsin summer! Thanks to our farmers (listed in the column to the left), we are able to bring you Frozen Assets, a variety of vegetables frozen at the peak of freshness just for you! If you have a comment, story, or recipe to share, we would love to hear from you! Please email us at kitchen@farmshed.org, call us at 715-544-6154, or visit farmshed.org for more information.



RECIPES

DECADENT WINTER SQUASH PASTA

Source: Farm-Fresh and Fast

Serves: 3-4

Featuring: Winter squash, tomatoes, and carrots

INGREDIENTS

- 1/2 pound sausage, chopped or crumbled
- 1 Tablespoon olive oil
- 1 lb butternut squash
- 1 lb carrots
- 1 teaspoon dried herbs of choice
- salt and pepper to taste
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1/2-1 cup white wine
- 6-8 cups peeled and quartered frozen tomatoes, thawed
- Smoked paprika to taste
- 1 pound penne or other tube shaped pasta
- 3 tablespoons basil pesto
- Fontina or goat cheese

DIRECTIONS

In a large skillet with a fitted lid, cook the sausage over medium heat until browned, 5-8 minutes. Remove the sausage from the skillet and set aside on paper towels to drain. Add the olive oil to the skillet; add the squash and carrots with the herbs, salt, and pepper.

WEEKLY NEWS

STEVENS POINT AREA WINTER FARMERS' MARKET NOW OPEN!!!

Join us ON Saturdays,
9am to 12pm
Redeemer Lutheran Church
(behind Fleet Farm)



Cover and cook until the vegetables begin to soften, about 5 minutes. Add the onion, and when it's translucent (about 5 minutes), add the garlic and cook for 1 minute, until fragrant. Add the wine, reserved sausage, tomatoes, and smoked paprika.

Simmer, covered, for 10-15 minutes. The squash and carrots should still be somewhat firm at the end of the cooking process. Meanwhile, cook the pasta according to directions on package. Drain the pasta and stir in the pesto. Serve topped with the vegetable sauce and a sprinkling of shaved fontina or a dollop of goat cheese.

CORNMEAL CRUSTED VEGGIES

Source: Eat Well on \$4 a Day

Serves: 4

Featuring: Green beans (or possibly many other Frozen Assets vegetables!)

INGREDIENTS

- 1/2 pound green beans (or mix it up with zucchini, peppers, winter squash, cauliflower, broccoli, etc.)
- 1/2 cup all-purpose flour
- 2 eggs
- 1/4 cup milk
- 1 cup cornmeal
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp paprika
- 1/2 tsp garlic powder

DIRECTIONS

Preheat oven to 450 degrees F. Set up your breading station: on one plate, spread out the flour. Crack both eggs into a bowl, add the milk, and mix lightly with a fork. On another plate, spread the cornmeal, salt, black pepper, paprika, and garlic powder. Mix the plate with your fingers.

Spread a small amount of butter or oil across a baking sheet. A few at a time, take the green beans and dredge them in the flour. Next, coat the beans lightly with egg mixture, shaking off excess. Then, transfer to the cornmeal mixture and coat them evenly. Spread the coated green beans onto the baking sheet. Repeat until you've done them all. Bake for 10-15 minutes, until golden and crispy. Enjoy hot with a favorite dipping sauce!

NEXT SHARE PICK UP DATES

Full Shares: November 29th and 30th

Half Shares: December 13th and 14th