

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

YOUR FROZEN ASSETS

STAFF

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

HAPPY HOLIDAYS!

All of us at Farmshed wish you a safe and happy holiday season! We hope your Frozen Assets share helps you maintain a healthy balance during a season full of indulgent temptations! If you have a comment, story, or a special holiday recipe using Frozen Assets 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

CHEDDAR-BUTTERNUT SQUASH GRATIN

Source: Vegetarian Times

Serves: 6

Featuring: Winter squash

INGREDIENTS

- 1 ½ lb winter squash, diced
- 1 large leek, thinly sliced, 2 cups
- 1 large onion, thinly sliced, 2 cups
- 2 Tbsp. all-purpose flour
- ¾ cup sharp cheddar cheese, divided
- 1 cup low sodium vegetable broth
- 1 cup low fat milk
- 1 sprig fresh rosemary

DIRECTIONS

Preheat oven to 375 degrees F. Coat 8-inch square baking dish with cooking spray.

Spread 2 cups squash evenly over bottom of prepared pan. Layer with 1 cup leek, 1 cup onion, 1 Tbsp. flour, and ¼ cup cheese, and season with salt and pepper, if desired. Repeat.

Top with remaining squash, then pour in broth and milk, and top with rosemary sprig. Cover with foil and bake 40 minutes. Remove pan from oven, remove foil, and sprinkle with remaining ¼ cup cheese. Return to oven, and bake, uncovered, 10 minutes more. Cool 5 minutes before serving.

WEEKLY NEWS

FARMSHED'S WINTER DRIVE '17

Winter is upon us once again, which brings us to reflect on our accomplishments of 2017 and plan our goals for the next year and beyond. It's the work of this network and the belief in the cause that keeps the local food momentum growing in our community. Before we can launch another successful year of growing a resilient local food community, we need help meeting our end of year goals with the 2017 Winter Drive.

If you support the work that Farmshed does and want to support the continued growth of a local food community, donate today and help us spread the word! The Winter Drive is only open until December 31st. Help this organization remain a vibrant, innovative part of the community that benefits farmers and local food producers.

Make a donation today by visiting Farmshed.org or our Facebook page for a link to the online campaign or visit us at Farmshed; open Wednesday-Friday.

BROCCOLI AND SHRIMP CHOWDER

Source: Farm-Fresh and Fast

Serves: 6

Featuring: Potato and broccoli

INGREDIENTS

- 1 medium potato, diced, about ½ lb
- 1 medium sweet potato, diced, about ½ lb
- 4 cups chopped broccoli, florets and stems, about 2 lbs
- 3 cups chicken or vegetable broth
- 1 sprig thyme, 1 bay leaf, and a few parsley sprigs, tied together with kitchen twine
- ½ pound peeled and deveined shrimp
- 1 cup milk
- ½-1 cup sour cream
- Salt and pepper to taste

DIRECTIONS

Combine the potato, sweet potato, broccoli, onion and broth, and bundled herbs in a medium size stockpot.

Bring to a boil, partially cover, and cook until the vegetables are tender, about 15 minutes.

Remove the herbs and puree the soup in the pot using an immersion blender, leaving a few chunks.

Stir in the shrimp, milk, and sour cream; simmer until the liquid is hot and the shrimp is cooked, about 3 minutes (do not boil). Season with salt and pepper.

NEXT SHARE PICK UP DATES

Full and Half Shares: January 10th and 11th

