

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)
 - Kinsey Mannebach (UWSP Spring)

BEAT THE WINTER BLUES!

It's that time of year in Wisconsin when it seems like winter is never going to end, but don't let that get you down! Remind yourself what summer tastes like with Frozen Assets, it is a sure way to beat the winter blues! 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

SWEET CORN QUESADILLAS

Serves: 2

Featuring: Bell pepper and corn

INGREDIENTS

- 2 cups corn, about 1 lb
- 1/2 cup chopped bell pepper
- 1/2 cup chopped scallion
- 2 tablespoons chopped cilantro
- 2 tablespoons lime juice
- 1/4 teaspoon chile powder
- Salt
- 4 large flour tortillas
- 2 cups shredded monterey jack cheese
- Lime wedges

DIRECTIONS

Combine all the ingredients up to tortillas in medium size bowl. This will be the corn relish.

For each quesadilla, place a tortilla in skillet over medium heat and spread 1/2 cup cheese and 1/2 cup corn relish over half; melt cheese; fold over. Cut into wedges; serve with lime.

WEEKLY NEWS

LOCAL FOOD FAIR

Come one, come all to the region's largest local food celebration! It is a free, farm-fresh, family friendly event.

Entertain your palate with unique potato dishes from 14 Local Chefs in the Farm to Fork Challenge.

Quench your thirst with beer, wine, and spirits from the Central Wisconsin Craft Collective.

Shop around the marketplace with exhibitors from across the state.

Tune in for food-focused demonstrations.

Get a copy of the 2018 Central Wisconsin Farm Fresh Atlas.

There will also be a kid's activity center organized by students from the Point of Discovery School.

Details can be found at www.farmshed.org and on our facebook page

**THE EVENT WILL BE HELD AT:
SENTRYWORLD IN STEVENS POINT
SATURDAY, FEBRUARY 17TH
11 AM- 3 PM**



MEATSTEAK FUNDRAISING DINNER

Following, but not in conjunction with the Local Food Fair is our first Meatsteak Fundraising dinner.

This feast will focus on bounty you can eat with your hands, sure to be full of merriment you won't want to miss.

Details and tickets can be found on our Facebook page under Events

**THE EVENT WILL BE HELD AT:
SENTRYWORLD IN STEVENS POINT
SATURDAY, FEBRUARY 17TH
7 PM - 10 PM**

ROASTED CAULIFLOWER QUICHE WITH GARLIC GREEN BEANS

Serves: 4

Featuring: Cauliflower and green beans

INGREDIENTS

- 1 small head cauliflower, cut into 1/2-inch-thick slices (about 2 cups), about 1 lb
- 4 1/2 tablespoons extra-virgin olive oil
- Salt and pepper
- 5 cloves garlic, 3 thinly sliced and 2 finely chopped
- 1 cup (about 2 ounces) fresh coarse whole wheat breadcrumbs
- 8 eggs
- 3/4 cup cottage cheese
- 1/2 cup plus 1 tablespoon grated parmesan cheese
- 3 tablespoons chopped parsley
- 1 pound green beans

DIRECTIONS

Preheat the oven to 425 degrees. Grease a 9-inch pie plate. On a foil-lined baking sheet, toss the cauliflower with 1 1/2 tablespoons olive oil; season with salt and pepper and arrange in an even layer. Roast until tender and lightly browned, 12 to 15 minutes. Meanwhile, in a large nonstick skillet, heat 2 tablespoons olive oil over medium-low heat. Add the sliced garlic and cook until lightly golden, 2 to 3 minutes. Add the breadcrumbs, season with salt and pepper, and toast until golden, 5 to 7 minutes; transfer to a plate. Wipe out the skillet and reserve.

In a medium bowl, beat the eggs. Stir in the cottage cheese, 1/2 cup parmesan, the parsley and chopped garlic; season with salt and pepper. Spread half of the garlic breadcrumbs in the pie plate and top with the cauliflower. Pour on the egg mixture, gently shaking the plate to settle the mixture; sprinkle with the remaining 1 tablespoon parmesan. Bake, rotating halfway through, until set and browned, 20 to 25 minutes. Let cool for 10 minutes before slicing.

For the Beans:

In the reserved skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the beans and 1/4 cup water; season with salt and pepper. Cover and cook until crisp-tender, 2 minutes. Sprinkle with the remaining garlic breadcrumbs.

NEXT SHARE PICK UP DATES

Full and Half Shares: February 7th and 8th