

# 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)

## SPREAD THE LOVE!

Happy Valentine's Day! A great way to spread the love this year is to surprise your sweetheart with a meal featuring Frozen Assets! All the veggies in your share were grown and processed with love, making them the perfect addition to your celebrations. If you have a comment, story, or recipe to share, we would love to hear from you! Please email us at [kitchen@farmshed.org](mailto:kitchen@farmshed.org), call us at 715-544-6154, or visit [farmshed.org](http://farmshed.org) for more information.

## RECIPES

### BROCCOLI CHEESE CASSEROLE

Serves: 6

Featuring: Broccoli

### INGREDIENTS

- 1 10 3/4 ounce can condensed cream of mushroom soup
- 1/2 cup milk
- 2 teaspoons yellow mustard
- 1 lb bag frozen broccoli florets, thawed
- 1 cup shredded cheddar cheese (4 ounces)
- 1/3 cup dry bread crumbs
- 2 teaspoons butter, melted

### DIRECTIONS

Stir the soup, milk, mustard, broccoli and cheese in a 1 1/2-quart casserole.

Stir the bread crumbs and butter in a small bowl. Sprinkle the crumb mixture over the broccoli mixture.

Bake at 350 degrees F. for 30 minutes, or until the mixture is hot and bubbling.

## 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](http://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**



## POTATO LEEK SOUP

Serves: 4 (as a side)  
Featuring: Potato

### INGREDIENTS

- 1 pound potatoes
- 3 medium leeks
- 1 Tbsp olive oil
- 3-4 cloves garlic, minced
- 4 cups vegetable broth
- ¼ tsp salt
- ¼ tsp ground pepper
- ¼ cup sliced fresh chives or green onions
- ¼ cup chopped fresh dill

### DIRECTIONS

Chop the potatoes into 1 inch cubes. Cut off the rough, leafy ends of the leeks. Cut off the roots and then slice up the middle lengthwise. Cut the leek crosswise into ribbons and wash.

Heat up the oil in a stockpot over medium heat. Add the clean leeks and saute until starting to soften, 3-4 minutes. Add the potatoes and garlic and stir to combine. Pour in the vegetable broth and salt. Bring to a boil, cover and reduce heat to a simmer. Cook until potatoes are tender, about 15 minutes.

When everything is soft, let cool and add to blender, or use immersion blender right away. Once soup is creamy, if it was removed, add back to pot, add pepper and warm. Stir in chives and salt and pepper to taste. Serve with a tablespoon of fresh dill on top.

## NEXT SHARE PICK UP DATES

Full Shares: February 21st and 22nd  
Half Shares: March 7th and 8th

