

# 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)

### SPRING IS ALMOST HERE - FINISH STRONG!

Another year of Frozen Assets is coming to a close! Everyone at Farmshed thanks you for your support and hopes that you enjoyed every bite of your share!

Keep an eye out this spring as we open sign ups for next year's shares. Also stay tuned to see how we will improve quality, create a Frozen Assets cookbook and expand the shareholder experience.

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

### QUICK PICKLED CAULIFLOWER AND SWISS ON RYE

Serves: 4

Featuring: Cauliflower

#### INGREDIENTS

- ¼ cup sparkling apple cider
- 3 Tbsp finely chopped chives
- 2 Tbsp whole grain mustard
- 1 Tbsp honey
- 1 tsp ground caraway
- ½ lb cauliflower florets, cut into ½ inch pieces
- 1 granny smith apple, peeled, cored, and finely chopped
- 4 oz shredded swiss cheese
- 8 slices dark or marbled rye bread
- 2 Tbsp butter, melted

#### DIRECTIONS

Whisk together cider, chives, mustard, honey, and caraway in medium bowl. Add cauliflower and apple, and stir to combine. Let sit at room temperature for 10 minutes, then stir in shredded cheese.

Preheat panini or sandwich press to medium heat (skillet can be used as well). Scoop heaping ¾ cup cauliflower mixture onto each of 4 bread slices. Top each with another slice of bread and gently press down.

Brush both sides of panini press each with ½ Tbsp melted butter, or pour over skillet. Press 2 sandwiches 3-5 minutes, or lay on skillet, be careful when flipping to other side. Bread should be browned and crisp on outside and filling should be heated through. Repeat with remaining 2 sandwiches.

## WEEKLY NEWS

### FARMSHED COMMUNITY POTLUCK

Join us Tuesday, March 13 from 6-8:30 pm at Farmshed for the community potluck!

Grains are the theme this month. Bring something to share featuring grains, or something that would go well with grains. Plates and utensils provided, BYOB if you wish.

Dan from Back-Forty Mushroom and Forage will be the guest speaker.



### GROWING COLLECTIVE

Growing Collective registration is open for new and returning members through March 15.

Volunteer and learn while earning personally selected plants for your garden; all experience levels welcome! View the Growing Collective program page to learn more and register on our website: [www.farmshed.org](http://www.farmshed.org)



### 2018 CENTRAL WISCONSIN FARM FRESH ATLAS

Your free local food guide for farmers, local food events, workshops and businesses in the area is available at Farmshed and businesses around the region.



## BAKED OKRA AND POTATO HASH

Serves: 2-3 as a side  
Featuring: Potato

### INGREDIENTS

- 1 pound potatoes
- ½ yellow onion
- 1 pound okra
- 2 tsp olive oil
- 2 Tbsp cornmeal
- Dash of ground pepper
- ¼ tsp salt
- ½ tsp paprika
- 2 cloves garlic, minced
- 1 ½ tsp minced fresh rosemary
- 1 Tbsp lemon juice
- Hot sauce, optional

### DIRECTIONS

Preheat oven to 425 degrees F. Lightly coat a large rimmed baking sheet with cooking spray

Chop the potatoes into pieces around the size of a nickel. Chop up the onion and slice up the okra into ¼ inch pieces. It's normal for okra to be slimy.

In a medium bowl, toss together 1 tsp of the olive oil and sliced okra. Mix well. Add the cornmeal, pepper, and ⅛ tsp of the salt and mix again. Pour onto half of the baking sheet.

Throw the potato and onion into the bowl that just held the okra. Add the last 1 tsp of oil, the paprika, and last ⅛ tsp of salt and mix. Pour this onto the other half of the baking sheet and put into the oven.

After about 20 minutes, add the garlic and rosemary to the potato side of the sheet and stir it up. Stir the okra around too. Continue baking until the okra starts to brown and crisp, another 20-25 minutes. When the okra is crispy and potatoes are browned and tender, take it out of the oven and sprinkle lemon juice over the entire dish.

Mix the potatoes and okra together and serve immediately with your favorite hot sauce.

## LAST SHARE PICK UP DATES

Full Shares: March 21st and 22nd