

# 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
- Interns
  - Kinsey Mannebach (UWSP Spring)

## HAPPY THANKSGIVING

We're thankful for all of you wonderful shareholders! 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](mailto:kitchen@farmshed.org), call us at 715-544-6154, or visit [farmshed.org](http://farmshed.org) for more information.

## RECIPES

### KALE AND BUTTERNUT SQUASH BREAKFAST HASH

Source: Fast Paleo  
Serves: 4  
Featuring: Winter Squash

### INGREDIENTS

2 c Frozen Assets winter squash cubes  
2 ½ c kale, chopped  
½ medium onion, thinly sliced  
2 garlic cloves, minced  
2 tbsp coconut oil  
½ tsp rosemary (optional)  
Salt and pepper to taste  
Optional: local eggs, meat of choice, avocado, cheese

### DIRECTIONS

Heat coconut oil in a large frying pan or cast iron skillet over medium-high heat. Add squash and saute until squash is slightly browned. Turn heat down to low-medium heat and add onion, garlic, rosemary, salt, and pepper. Stir occasionally and cook for 5-10 minutes, or until squash begins to soften.

Add the kale and continue cooking, another 5-10 minutes, until kale is cooked, squash is tender, and onions are caramelized. Optional: Add cooked sausage, bacon, or ground meat to hash during the last 10 minutes of cooking, top with fried eggs, or add topping such as chopped avocado.

### BALSAMIC-GLAZED VEGETABLES WITH PASTA

Source: Cheap. Fast. Good!

Serves: 4

Featuring: Tomatoes

#### INGREDIENTS

8 oz short pasta, such as rotini

2 tsp olive oil

1 large onion, chopped

8 oz fresh button mushrooms

2 cloves fresh garlic, minced

½ c balsamic vinegar

½ tsp dried thyme

3 medium-size Frozen Assets tomatoes, thawed

½ c fresh parsley leaves (optional)

¼ c shredded or grated

Parmesan cheese

Salt and pepper to taste

#### DIRECTIONS

Cook pasta according to package. While pasta is cooking heat oil in a 12" skillet over medium heat.

Peel and coarsely chop the onion, adding it to the skillet as you go; cook until onion begins to soften, about 2 minutes.

Rinse, dry, and add the mushrooms, add garlic. Cook, stirring frequently, until the mushrooms release their liquid, about 4 minutes.

Reduce heat to low, add the vinegar and thyme, and simmer to blend the flavors, 4-5 minutes.

Core and coarsely chop tomatoes, adding it to a serving bowl with the parsley.

Pour the onion-mushroom mixture, drained pasta, and Parmesan cheese to the serving bowl and enjoy.



### NEXT SHARE PICK UP DATES

Full Shares: November 28-29

Half Shares: December 12-13