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, call us at 715-544-6154, or visit 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