COLD AIR, WARM HEARTS

As the air chills and our days grow short, we are thinking of the Christmas season and send our best wishes to you. As you enjoy your first few weeks of Frozen Assets consider sharing the joy with a loved one as a Christmas gift! It's not too late to purchase a half share for someone you hold dear and a modified large sum pick up can be arranged. Who wouldn't love Frozen Assets in their freezer?

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

CAULIFLOWER CHEESE

Source: Good and Cheap
Serves: 2
Featuring: Cauliflower

INGREDIENTS

1 lb Frozen Assets cauliflower florets
1 tbsp salt
2 cloves garlic, finely chopped
½ tbsp butter
½ tsp chili flakes
1 bay leaf
½ tbsp all-purpose flour
3 oz grated cheese of choice
3/4 cups of milk
salt and pepper to taste

DIRECTIONS

Preheat oven to 400 degrees. Bring a large pot of water to boil over high heat. Add the salt and cauliflower, letting it sit for 4 minutes. Butter a baking dish large enough to fit all your cauliflower florets. Drain cauliflower and place into baking dish.
Melt butter in a saucepan on medium heat. Add the garlic, chili flakes, and bay leaf, cooking for approximately 1 minute. Add flour and stir quickly. Once your mixture is a slightly brown color, about another minute, slowly incorporate the milk while continuously stirring. Bring sauce to a boil with occasional stirring.
Once boiling, take off of the heat and stir in grated cheese. Add salt and pepper to taste, incorporating any other ingredients of your liking. Consider trying lemon zest, dijon mustard, or scallions. Pour mixture over cauliflower as evenly as possible. Place dish in oven for 30-40 minutes or until the top is brown and bubbly. You can also add breadcrumbs to the top of your dish for an added texture.

Enjoy as a side dish or with a green salad!

FOOD FOR THOUGHT

WHY FREEZE?

Freezing produce allows the vegetables to retain a large amount of their vitamins and minerals during the preservation process. This allows us to eat a variety of local produce year round without losing all the benefits of fresh vegetables. Frozen Assets freezes produce at their peak ripe time, preserving them at their finest. Canned vegetables contain a lot of added sodium in order to preserve the produce. By freezing, you eliminate the added you would have received if you had frozen a canned product.

NOTICE

AS STATED IN OUR LAST NEWSLETTER, THE AMOUNT OF CAULIFLOWER WE HAVE FOR FROZEN ASSETS WAS VERY LIMITED. DUE TO THIS, THIS WEEK WE REPLACED WITH ANOTHER BAG OF CORN. WE WILL VARY THE VEGETABLE IN PLACE OF CAULIFLOWER IN THE FOLLOWING SHARE DISTRIBUTIONS. THANK YOU!

NEXT SHARE PICK UP DATES

- Full Shares: Dec 19 & 20
- Half Shares: Jan 9 & 10