

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



WELCOME 2019 - HAPPY NEW YEAR!

Another year upon us and the chance to wish you a happy and healthy new year. We can all be proud of the part we play in supporting our local farmers and the organic vegetables they grow for us! And again, a chance to thank you for your support of Frozen Assets...enjoy your veggies and all the days of this new year!

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.

IN YOUR SHARE

- Beans (string)
- Broccoli (florets and stems)
- Carrots
- Corn
- Potatoes
- Peppers
- Tomatoes
- Squash (summer)
- Squash (butternut)
- Surprise bag

FARM PROVIDERS

Cattail Organics
Rising Sand Organics
Red Door Family Farm
Whitefeather Organics

YOUR FROZEN ASSETS

STAFF

- Jan Walter
- Interns
- Lucy & Anna

RECIPES

TATER 'N' TOMATER PIE

Source: Greene on Greens

Serves: 4

Featuring: Potatoes and Tomatoes

INGREDIENTS

- 4 Tbs unsalted butter
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1 lb bag of Frozen Assets Tomatoes, thawed and roughly chopped
- 1/2 tsp thyme
- 1 1/2 tsp chopped fresh basil
- 1/4 tsp sugar
- 1 lb bag of Frozen Assets Potatoes
- salt, pepper, and chopped parsley to taste

DIRECTIONS

Preheat oven to 350* F. Melt 2 Tbs butter in large, oven proof skillet over medium heat. Add onion and cook for one minute. Add garlic, cook for one more minute. Add tomatoes, thyme, basil, and sugar. Cook uncovered over medium heat until thickened, about 20 minutes, stirring occasionally. Transfer mixture to bowl. Melt 1 Tbs butter in same skillet over medium heat. Spread 1/3 of sauce over bottom of skillet, add 1/3 of potatoes. Repeat twice, ending in potato layer. Dot with remaining Tbs of butter and bake for 30 minutes. Serve with salt, pepper, and parsley to taste.

WEEKLY NEWS

MARK YOUR CALENDAR

CHECK OUT THE STEVEN'S POINT AREA

WINTER FARMERS' MARKET:

SATURDAYS 9AM UNTIL NOON AT

REDEEMER LUTHERAN CHURCH:

900 BRILOWSKI ROAD

(BEHIND FLEET & FARM)

LOCAL FOOD FAIR IS

COMING UP ON FEBRUARY 9TH

AT SENTRY WORLD

Food for Thought

Organic food is not really more expensive than intensively farmed foods, as we pay for conventional foods through our taxes. We spend billions of dollars every year cleaning up the pollution that agro-chemicals make into our natural water supply. Go organic for a genuine more cost-effective future.

LIGHTLY CURRIED BUTTERNUT SQUASH SOUP

Source: Good and Cheap

Serves: 2

Featuring: Butternut Squash

INGREDIENTS

1 lb bag of Frozen Assets Butternut Squash

1/2 Tbs butter

1/2 medium onion, diced

1/2 green bell pepper, diced

2 cloves garlic, finely chopped

1/2 tsp cumin powder

1/2 tsp coriander powder

1/2 tsp cayenne pepper

1 can coconut milk

1 1/2 c of water

salt and pepper to taste

cilantro, finely chopped (optional)

DIRECTIONS

Put a large pot or Dutch oven on the stove over medium heat. Melt the butter and allow the pot to get hot. Add onion, pepper, and garlic, then saute for two minutes

Add squash and spices. Stir to mix then cover for another 3-4 minutes. Add 1/2 of the coconut milk and all of the water. Stir until it comes to a boil. Turn down the heat and allow the soup to simmer for 30 minutes or until the squash is tender.

Taste soup and salt to preference, its okay to be generous. If you have an immersion blender you can puree the soup in the pot, or wait for the soup to cool and transfer to traditional blender. Puree until smooth and salt and pepper to taste again. Use remainder of coconut milk to tone spice to your liking or drizzle on top. Sprinkle with cilantro if desired.

NEXT SHARE PICK UP DATES

Full Shares: January 23 & 24

Half Shares: February 6 & 7