

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)

BEAT THE WINTER BLUES WITH BALANCED NUTRITION

The gloomy weather can creep into our mood during the long winter months, but it doesn't have to! By eating a variety of fruits and vegetables, you will fuel your body with the energy it needs to make its own sunshine when there isn't any outside.

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

SHANGHAI VEGETABLE MEDLEY

Source: Cheap. Fast. Good!

Serves: 4

Featuring: Broccoli & Carrots

INGREDIENTS

1 ½ c long-grain rice
2 tbsp vegetable oil
1 c Frozen Assets carrot coins
1 large onion
4 c frozen broccoli
8 oz. fresh button mushrooms
1 8 oz. can sliced water chestnuts
Stir-fry sauce of choice

DIRECTIONS

Cook the rice according to package. Meanwhile, heat oil in a deep skillet over medium heat and add carrots.

Cut onion into ¼ " crescent-shaped slices and add to the skillet. Add broccoli. Rinse, dry, and slice mushrooms before adding them into the mix.

Raise the heat to high once everything is added and cook, stirring occasionally, until the broccoli and carrots are crisp-tender.

Drain the water chestnuts before adding, along with stir fry sauce and cook until the sauce is slightly thick, about 1 minute.

Serve over the hot rice.

SOUTHWESTERN VEGGIE PIZZA

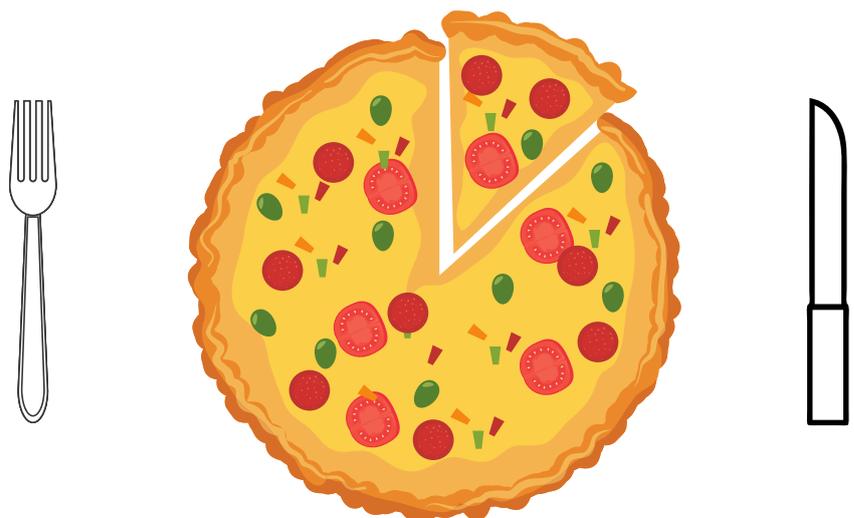
Source: Easy Weeknight Favorites
Serves: 3-4
Featuring: Summer Squash

INGREDIENTS

- 1 16 oz pizza crust
- ½ c shredded carrots
- 1 c Frozen Assets summer squash slices
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 11.5 oz jar black bean dip
- 1 c shredded Monterey Jack cheese with peppers

DIRECTIONS

Bake crust according to it's package directions (or via a homemade recipe).
Cook carrot, summer squash, and garlic in oil in a skillet over medium heat, stirring constantly, 3-5 minutes or until crisp-tender.
Spread bean dip over bread shell; top with salsa and vegetables. Sprinkle with cheese.
Bake at 350 F for 10 minutes or until cheese melts.



NEXT SHARE PICK UP DATES

Full and Half Shares: January 9-10