

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



HAPPY NEW YEAR!

What better way to ring in the new year than with hearty, home cooked meals made with Frozen Assets? We're so encouraged by your love for and commitment to supporting local farmers and eating local, something we know won't waiver with a new year. Thank you for making a difference!

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)
- 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)

RECIPES

CORNBREAD

Source: The Spruce

Serves: 9

Featuring: Corn

INGREDIENTS

- 1 c all-purpose flour, sifted
- 1 c yellow cornmeal
- 1 tbsp baking powder
- ½ tsp salt
- 2 eggs, beaten
- 1 c half and half
- ¼ c melted butter or shortening
- ½ c sugar (optional)
- 1 c Frozen Assets corn

DIRECTIONS

Preheat oven to 400 F. Thoroughly grease your baking dish. Sift together the flour, cornmeal, baking powder, and salt. Combine the half and half, eggs, butter (or shortening) and sugar. Add the liquid ingredients to the dry ones and mix just until the flour is moistened, no more than ten to fifteen seconds. Then fold in the corn, but don't overmix the batter or your cornbread will be too tough. Pour the batter into your prepared pan and bake the cornbread immediately. Bake 25 to 30 minutes or until a toothpick inserted into the center of the cornbread comes out clean and the edge of the cornbread starts to separate from the pan.



GARDEN SOUP WITH BEETS AND GREEN BEANS

Source: Farm-Fresh and Fast

Serves: 4

Featuring: Green Beans, Carrots, Tomatoes

INGREDIENTS

- 2 tbsp grape seed or olive oil
- 3 cloves of garlic, minced
- 1 small onion, chopped
- 3-4 Frozen Assets tomatoes, peeled and chopped
- 1 c Frozen Assets carrot coins
- 2 stalks celery, chopped
- 1 beet, chopped
- 1 cup Frozen Assets green beans
- 1 15 oz. can beans of choice
- 1-2 tsp dried oregano
- 1-2 tsp dried basil
- ½ c finely chopped beet greens
- Salt and pepper

DIRECTIONS

Heat oil in a large stockpot. Add the garlic and onion and cook until translucent, about 5 minutes.

Add the next 8 ingredients (tomatoes through dried basil), cover with water, and bring to a boil.

Reduce the heat and cook, covered, until the vegetables are tender, 20-25 minutes.

Add the beet greens and cook until the greens are tender, about 5 minutes.

Season with salt and pepper.



NEXT SHARE PICK UP DATES

Full Shares: January 23-24

Half Shares: February 6-7