

# 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)

## FIND YOUR RHYTHM

After the holiday season life can feel cluttered and hectic. Getting back into a normal routine can be tough, but making a plan and sticking to it can help - try meal planning with your Frozen Assets! Frozen vegetables are quick and easy to use in so many different ways, let us know which ways you like best!

If you have a comment, story, or recipe to share, we would love to hear from you! Please email us at [kitchen@farmshed.org](mailto:kitchen@farmshed.org), call us at 715-544-6154, or visit [farmshed.org](http://farmshed.org) for more information.

## RECIPES

### FRENCH-FRY WAFFLES (FRYFFLES)

Source: Food Network

Serves: 4-6

Featuring: Potatoes

### INGREDIENTS

- 1 lb Frozen Assets potatoes
- 1 egg
- Pinch of salt and pepper
- 1 c crumbled cooked breakfast sausage

### DIRECTIONS

Preheat oven to 400 F.

Toss potatoes with oil, or simply place on greased baking sheet.

Bake for 25-30 minutes, until they are crisp, then roughly chop.

Meanwhile, cook breakfast sausage. Whisk egg with salt and a few grinds of pepper in a large bowl.

Add chopped fries and cooked sausage; cook in an oiled waffle maker until golden and crisp.



### CILANTRO LIME CAULIFLOWER RICE

Source: Wholesomelicious

Serves: 4

Featuring: Cauliflower

#### INGREDIENTS

- 1 bag of Frozen Assets cauliflower, thawed
- 1 tbsp avocado or olive oil
- 2 garlic cloves, minced
- ½ large onion, chopped
- Sauce:
- ¼ c cilantro, chopped
- 3 tbsp avocado or olive oil
- 1 tbsp white vinegar
- 1 garlic clove, minced
- Juice of 1 lime
- ½ tsp cumin
- ½ tsp salt

#### DIRECTIONS

Place thawed cauliflower florets in food processor and pulse until it has a rice-like texture.

Heat a large skillet to medium heat, add 1 tbsp oil and saute onion and garlic for 3-4 minutes, until fragrant.

Add cauliflower rice and continue to saute, until cauliflower texture is softened to your liking (check frequently to avoid it becoming mushy).

Meanwhile, make your sauce: add cilantro, vinegar, remaining garlic, lime, cumin and salt to food processor or blender.

While motor is running, add remaining oil and blend until smooth.

Pour sauce on top of cauliflower rice and continue to mix until dressing is completely incorporated. Remove from heat and serve.



### NEXT SHARE PICK UP DATES

Full and Half Shares: February 6-7