FROZEN ASSETS
WISCONSIN SUMMER IN YOUR FREEZER

THANK YOU FOR CHOOSING LOCAL AND ORGANIC

Organic farming is good for the soil, the food that grows in it, and the humans who eat the food. Non-organic farming methods weakens soil’s natural ability grow healthy plants, making them more susceptible to pests and drought. Continuing to use your Frozen Assets vegetables when fresh local produce isn’t as common is helping not only Farmshed, but the world!

Thanks to our farmers (listed in the column to the left), we are able to bring you Frozen Assets, a variety of vegetables frozen at the peak of freshness just for you!

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.

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RECIPES

CARROT ALMOND CAKE

Source: From Asparagus to Zucchini: A guide to cooking farm-fresh seasonal produce
Serves: 8-10
Featuring: Carrots

INGREDIENTS

- 1 1/2 cups steamed, pureed carrots
- 6 eggs, separated
- 1/2 cup vegetable glycerine (or 2 cups honey)
- 2 tablespoons ground almonds or 2 tablespoons flour
- 1 teaspoon grated orange zest
- 1 teaspoon sea salt
- 1 tablespoon ground cardamom
- Cream cheese frosting (optional)
WEEKLY NEWS

LOCAL FOOD FAIR

Mark your calendars for the local food fair! This year the event will be held February 8th at Sentry World. Join for lots of available local goods, and the chefs competition.

LOCAL FOOD FAIR

COME ONE, COME ALL!

Saturdays 9am-12pm
Redeemer Lutheran Church
(behind Fleet Farm)

STEVENS POINT AREA WINTER FARMERS MARKET

Saturdays 9am-12pm
Redeemer Lutheran Church
(behind Fleet Farm)

LET'S PAINT AT CENTRAL WATERS

Visit Central Waters Brewing Company on January 12th to paint a beautiful winter solstice on canvas. More information of Central Waters facebook page.

DIRECTIONS

Heat oven to 350. Generously butter a 9-inch cake pan. Combine pureed carrots with egg yolks and glycerine (or honey). Mix in ground almonds, orange zest, salt, and cardamom. Beat egg whites in clean, separate bowl until stiff and fold into carrot mixture. Spread in pan. Bake until springy, about 45 minutes. Cool, frost with cream cheese frosting if desired.

Sweet Corn Cheddar Pancakes

Source: From Asparagus to Zucchini: A guide to cooking farm-fresh seasonal produce
Serves: 4-6
Featuring: Corn

INGREDIENTS

- 2/3 cup cornmeal
- 1/2 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon petter
- 1 egg, beaten
- 11/4 cups buttermilk
- 1 tablespoon corn oil
- 1/2 cup shredded sharp cheddar cheese
- 4 tablespoons finely chopped green onions
- 1-2 tablespoons chopped cilantro
- 1/2-1 cup cooked corn kernels
- Additional corn oil, for cooking pancakes
- Sour cream and spicy tomato salsa for topping

DIRECTIONS

Combine cornmeal, flour, baking powder, salt, and pepper in bowl. Mix egg, buttermilk, and corn oil in another bowl; stir in cheese, green onion, cilantro, and corn kernels. Heat a griddle or large, heavy skillet over medium flame for several minutes. Reduce heat to medium-low and brush cooking surface with corn oil. Cook pancakes in batches; ladle batter onto hot griddle, 1/4 cup per pancake. Cook until first side is golden brown and pancakes have set well on the bottom. Flip pancakes and cook other side until done. Serve with hot salsa and sour cream.

NEXT SHARE PICK UP DATES

Full Shares: January 22nd and 23rd
Half Shares: February 5th and 6th