FROZEN ASSETS
WISCONSIN SUMMER IN YOUR FREEZER

THINGS TO THINK ABOUT WHILE ENJOYING FROZEN ASSETS

"The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world." -Michael Pollan

Frozen Assets is a great way to be involved in maintaining and expanding sustainable food sources. Besides the bags your veggies come in, there is no produce wasted as all scraps are composted at Rising Sands Organics Cooperative Farm. While continuing to enjoy your FA share keep in mind that we offer volunteer shifts throughout the processing season if you want to be more involved with the food you eat!

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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WEEKLY NEWS

LOCAL FOOD FAIR
THIS SATURDAY

Mark your calendars for the local food fair! This year the event will be held this Saturday, February 8th at Sentry World from 11am-4pm. Join for lots of available local goods, and the chefs competition.

LOCAL FOOD FAIR
SENTRY WORLD
FEB 8TH, 2020
COME ONE, COME ALL!

STEVEN'S POINT AREA WINTER FARMERS MARKET

Join us ON Saturdays, 9am to 12pm
Redeemer Lutheran Church

COMMUNITY POTLUCK SERIES

Bring a small dish to pass and join Farmshed for the monthly themed community potluck. February’s theme is Favorite Cookbooks: Pick a recipe from your favorite cookbook. This is open to everyone and happens the second Tuesday of every month at 6:00pm.

DIRECTIONS

Simmer zucchini in tomato sauce along with oregano and diced tomatoes until softened, about 8 minutes. If wanting to use FA tomatoes, soften and dice or stew them in a pot then add to recipe. Sprinkle with feta. Season to taste with salt and pepper. Serve as is or place it under the broiler until cheese is browned, 2-3 minutes.

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BUTTERNUT SQUASH COCONUT CURRY SOUP

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

INGREDIENTS

- 1 tablespoon peanut oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 3 1/2 cups chicken or vegetable stock
- 1 bag FA butternut squash
- 1 small jalapeño pepper, seeded and chopped
- 1 can coconut milk
- 1/2 cup chopped lemongrass
- 2 citrus/kaffir lime leaves
- 1/2 bottled fish sauce
- sugar to taste (start with 1 tablespoon)
- Juice of 1/2 a lime

DIRECTIONS

Heat oil in saucepan; add onion and garlic. Sauté until lightly browned. Add stock, squash, and jalapeño; simmer until squash is tender; 10-15 minutes. Add coconut milk, lemongrass, lime leaves, fish sauce, and sugar. Simmer (do not boil) 10-12 minutes. Puree and strain through fine mesh strainer. Add lime juice and adjust to taste with sugar and lime juice.

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NEXT SHARE PICK UP DATES

Full Shares: February 19th and 20th
Half Shares: March 4th and 5th
(Final Distribution)