**THE FINAL DISTRIBUTION**

Thank you for supporting Farmshed throughout the winter with your Frozen Assets share! This month is the fifth and final distributions for the season. Hopefully the snow will start melting soon and fresh vegetables will be coming out of the ground before we know it. Once again we appreciate the continued support of Farmshed and the Frozen Assets program. Shares will be available again next season, and we can always use extra processing hands in the kitchen if you would like to volunteer.

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**

**CAULIFLOWER CREAM SOUP**

Source: Vegetarian: Over 100 Easy-To-Follow Recipes

Serves: 6

Featuring: Cauliflower, Potato

**INGREDIENTS**

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 onion, chopped
- 1 bag FA cauliflower, roughly chopped
- 1/2 bag FA potatoes
- 3 cups vegetable stock
- 2 cups milk
- 1/4 cup cream
- Salt and pepper
- 1/3 cup toasted pine nuts, for serving
DIRECTIONS
Heat oil and butter in large, heavy-based saucepan. Add the onion and cook over a low heat for 5 minutes, to soften. Add cauliflower, potato, stock, and milk and bring to a boil over high heat. Turn down the heat and simmer for 15 minutes, or until vegetables are very soft. Puree the mixture, then return to the pan to reheat. Stir in cream and season with salt and pepper, to taste. Serve scattered with pine nuts.

ROAST TOMATO AND BELL PEPPER SOUP
Source: Vegetarian: Over 100 Easy-To-Follow Recipes
Serves: 6
Featuring: Pepper, Tomatoes, Potato

INGREDIENTS
- 1 bag FA pepper (preferably red)
- 2 jalapeños, halved and seeded
- 2 bags FA tomatoes
- 3 tablespoons olive oil
- Salt and pepper
- 1/4 cup tarragon leaves
- 1 tablespoon butter
- 1 onion, chopped
- 2 cloves garlic, crushed
- 4 cups vegetable stock
- 1 bag FA potato
- 1/2 cup sour cream, for serving

DIRECTIONS
Thaw FA peppers and tomatoes. Heat oven to 350. Place bell pepper, jalapeños, and tomatoes skin-side up in a roasting pan. Drizzle with oil, season with salt and pepper and scatter tarragon leaves on top. Roast for 35-40 minutes, or until skins have blistered. Removed from oven. Place tomatoes and jalapeños in a bowl and cover with plastic wrap to loosen skins. When cool, peel skins from tomatoes and jalapeños. Melt butter in a large saucepan over medium heat. Sauté onion and garlic for 3-4 minutes, until soft. Add stock and potatoes and bring to a boil. Reduce heat and simmer for 10 minutes. Add cooled roasted vegetables and simmer for a further 10 minutes, or until potatoes are tender. Add cooled roasted vegetables and simmer for 10 additional minutes. Puree soup using a hand blender or food processor. Gently reheat soup. Serve topped with a dollop of sour cream.

NEXT SHARE PICK UP DATES
Full Shares: March 18th and 19th