

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



THIS MONTH OVER ON THE FARMSHED BLOG...

If you've been following along the last couple months, you've probably learned a thing or two about your health and the length of your food chain. Maybe you were even motivated to make some changes, and if you did, great! If you had the motivation, but weren't sure about what to do or where to go from there, don't worry, you're not alone. This month, we're going to break down the steps to successful behavior change for our own health, the health of our community and the health of the planet.

To read on visit the Farmshed blog on our website or by scanning the QR code!



BANG BANG BROCCOLI

Spice up your side dishes to get excited about eating your veggies again!
Serves 4 as a side



INGREDIENTS

- 1 bag FA Broccoli (or 1lb. frozen broccoli)
- 2 tbsp. sweet chili sauce
- 3 tbsp. extra virgin olive oil
- 1 tbsp. siracha
- 1 lime, juiced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 425 degrees F. As it heats, combine sweet chili sauce, oil, siracha and lime juice in a small bowl.
2. Toss broccoli in mixture until coated, and lay on baking sheet. Season with salt and pepper.
3. Roast for about 20 minutes, until tender. Serve warm!

UPCOMING EVENTS

April 18, 11-2PM
Adaptive Gardening Workshop
Ticket Price: FREE
Location: ADRC, 1519 Water Street
Farmshed, 1220 Briggs Court, Stevens Point



May 6, 6-10PM
Pasture to Plates Dinner
Ticket Price: \$70
Location: Pfiffner Building in Pfiffner Park, Stevens Point



May 7, 10-5PM
Local Food Fair
Ticket Price: FREE
Location: Pfiffner Park, Stevens Point

To register for these events and find others, head to the Farmshed website and check out our Event Calendar!



POINT SPOTLIGHT: CURBWISE LLC



Trevor Roark is cranking out local deliveries in the Stevens Point Area with his bicycle-powered delivery service. Curbwise serves many local businesses and organizations, including Farmshed. Find them on Facebook, Instagram or their website to learn more!



NUTRIENT FOOD SOURCE: BROCCOLI

Broccoli is low in calories, and high in nutrients. It's a great source of fiber, protein, calcium and has as much vitamin C as an orange!

Fun Fact: Broccoli is a cruciferous vegetable, like cauliflower, cabbage, radishes, and kale, which all share a common ancestor.

THANK YOU VOLUNTEERS

Thank you to all the volunteers who help us complete the processing of thousands of pounds of vegetables. Without volunteers and shareholders the Frozen Assets program would not be able to be as successful as it is!

Want to become a volunteer?
Email volunteer@farmshed.org.

Eating locally in Wisconsin during the winter months can be challenging. Visit the Market on Strongs, a specialty store featuring hundreds of products from area producers, the Winter Farmers' Market on Saturday mornings and the Stevens Point Area Co-Op, for your locally sourced ingredients and products.

CHEESY CAULIFLOWER AND POTATO SOUP

Source: BudgetBytes

Serves: 4-6

Featuring: Cauliflower and Potatoes

This cheesy, comforting soup is perfect for those Wisconsin days when spring runs back into winter and leaves us sitting in the middle of a snowstorm.

INGREDIENTS

- 1 yellow onion, diced
- 1 TBSP olive oil
- 1 bag FA cauliflower
- 1 1/2 bag FA potatoes
- 4 cups vegetable broth
- 1 12 OZ can evaporated milk
- 1/2 TSP smoked paprika
- 1 TSP salt
- 1 TSP pepper
- 4 OZ medium cheddar, shredded
- 3 green onion, sliced (for garnish)

DIRECTIONS

1. Saute the onion with the olive oil over medium heat for 5 minutes, or until softened.
2. Add the cauliflower, potatoes, and vegetable broth to the pot. Cover and bring to a boil. Once it's boiling, reduce heat and simmer for 20 minutes, or until cauliflower and potatoes are very soft.
3. Turn off the heat and add the evaporated milk. Using an immersion blender or blender, blend the soup until no vegetable chunks remain. If using a blender, let the soup cool before blending and blend in batches.
4. Once the soup is smooth, add your spices, adding more salt if necessary.
5. Put the soup back on the burner to reheat and add cheese, one handful at a time, until melted.
6. Serve with sliced green onions on top.



THANK YOU ALL FOR SIGNING UP FOR FROZEN ASSETS!
THE FARMSHED TEAM LOOKS FORWARD TO PROVIDING YOU
ANOTHER WINTER OF LOCAL FROZEN PRODUCE!
IF YOU HAVE A RECIPE OR STORY TO SHARE, PLEASE SEND AN
EMAIL TO TREVOR@FARMSHED.ORG

NEXT SHARE PICK UP DATES

MAY 11-12