

# FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



## MAY IS PLANTING SEASON!

We've made it, winter is over! Now that we're past the risk of a late freeze (hopefully) it's time to get back in the garden. Gardening is a great way to get in touch with nature, grow your own food, or brighten up your yard, but there are many different ways to do it. This month, we're looking at how to make your garden the greenest it can be, both literally and environmentally.

For tips on how to make your lawn and garden more sustainable, check out the full post by scanning the QR code or visiting our website!



## UPCOMING EVENTS

May 22-28, hours vary

Farmshed Plant Sale

Location: Central Rivers Farmshed,  
1220 Briggs Ct., Stevens Point



June 4, 9-10:30 AM

Compost and Recycling Workshop

Ticket Price: \$15

Location: Central Rivers Farmshed,  
1220 Briggs Ct., Stevens Point

June 24-26, All Day

The Energy Fair

Ticket Price: \$45 for Adults

Location: Custer, WI

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

## BUTTERNUT SQUASH PASTA SAUCE

Source: mad about food

Serves: 4

Making your own pasta sauce is a simple but overlooked way to elevate a box of pasta into something fabulous. And as an added bonus, this recipe is going to help you use up your frozen assets!

## INGREDIENTS

- 1 1lb bag FA winter squash
- 1 1/2 cups fresh chopped tomatoes of your choosing (I like cherry tomatoes)
- 1/2 a yellow onion, sliced
- 2 TBSP olive oil
- 1 TSP salt
- 1/2 TSP pepper
- 1 TSP dried thyme
- 1 1lb box pasta, in your favorite shape
- 1/3 cup pasta water



## DIRECTIONS

1. Preheat oven to 450 degrees.
2. On a baking sheet with sides, place the winter squash, tomatoes, and onion.
3. Drizzle with olive oil and all your seasonings and mix until the vegetables are evenly coated with oil, you can use a spoon but I've found your hands work way better for this.
5. Once everything is mixed, put it in the oven to roast for 20 minutes.
6. While the veggies are roasting, cook the pasta as the box suggests, making sure to save that 1/3 cup of pasta water.
7. After 20 minutes, transfer the roasted veggies and pasta water to a blender and blend until smooth, adding additional seasoning as necessary.
8. Mix the sauce into your cooked pasta and serve with a little shredded parmesan.



## POINT SPOTLIGHT:

# AGORA



Agora is a women-owned shop specializing in locally created and themed goods. They offer products from over 100 local and national makers, and are always looking for new talent. Since 2018, AGORA has connected independent makers to local consumers. Stop by downtown Stevens Point to see what they have to offer!



Image courtesy of Lab Manager

## NUTRIENT FOOD SOURCE: PEPPERS

Peppers are packed with vitamin C, potassium, and carotenoids, which your body turns into vitamin A. Green peppers are just yellow, orange, and red peppers picked before they ripen, so they are less sweet and slightly less nutritious.

Fun Fact: Peppers are technically fruits, since they have seeds.

## 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!

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, Winter Farmers' Market on Saturday mornings, the Stevens Point Area Co-Op, for your locally sourced ingredients and products.

## BREAKFAST CASSEROLE

Source: Farmshed Kitchen

Serves: 6-10

We have a new type of Medley bag in our Frozen Assets program! Please welcome, the breakfast medley! A mix of potatoes, peppers, and onions, this medley is perfect for frying up alongside eggs or mixing into a breakfast casserole like this one.

## INGREDIENTS

- 1 bag Frozen Asset Breakfast medley
- 1 dozen eggs
- 2 cups shredded cheese
- 1/2 lb. chopped bacon or sausage crumbles, cooked
- 1 cup chopped mushrooms



Image courtesy of Mindful Eats

## DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Crack the eggs into a large bowl and whisk with a fork until the whites and yolks are combined.
3. Add the bag of breakfast medley, 1 cup of the shredded cheese, cooked meat of your choice, mushrooms, and mix.
4. Pour the mixture into a greased 9x13 pan and sprinkle the remaining cup of cheese on top.
5. Bake for 35 minutes and serve hot.

Note: This recipe is super customizable. Don't like mushrooms? Leave them out or swap them for something else. The world is your oyster.

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](mailto:TREVOR@FARMSHED.ORG)

SEE YOU NEXT YEAR!