

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



THIS MONTH OVER ON THE FARMSHED BLOG...

Here in Wisconsin, where the growing season is so short, food preservation is one technique many have used to preserve food and avoid waste. It is not as common today, as grocery stores take much of the necessity out of preserving the food you've grown, and of growing your own food in the first place. However, gardening and preserving homegrown food can be a way to reconnect with traditional food preparations, have fun weekend projects or a little bit of each.

To learn more about food preservation, check out Farmshed's Blog, located on our website.



UPCOMING EVENTS

Feb. 11, 5-6:30PM

Flower Arrangement Workshop
with Ella Janson, Petal Pushers
Ticket price: \$50.00, includes floral
arrangement lesson, taking home the
arrangement, and food ticket
Location: Farmshed Greenhouse, 1220
Briggs Court, Stevens Point
Masks required



Feb. 16, 6-7PM

Working CSA Member Webinar
Ticket Price: FREE
Join us virtually for a panel discussion to
inform and recruit community members
to engage with CSA programs and local
farms.



Feb. 26, 9-3PM

Beekeeping Workshop with V's Bees
Ticket Price: \$50 ticket, Farmshed lunch
provided
Location: The Aging and Disability
Resource Center, 1519 Water Street,
Stevens Point
Masks required

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

SHEET PAN CHICKEN FAJITAS

Source: lambertslately.com

This one pan recipe is the perfect thing for busy weeknights when cooking and clean
up time are limited

Serves 4 as a main

INGREDIENTS

- 1 bag FA peppers
- 2 onions, sliced
- 1 lb. of chicken, sliced
- 1 tbsp. oil of your choice
- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 2 tsp. salt
- 1 tsp. pepper
- Juice of 1 lime



DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Line a sheet tray with aluminum or grease with cooking spray.
3. Spread the peppers, onion, and chicken on the baking tray and sprinkle with oil and spices.
4. Toss with your hands until everything is well coated, adding more oil if necessary.
5. Bake for 30-40 minutes, or until the chicken reached an internal temperature of 165 degrees F. Cooking time will vary depending on whether you thaw your peppers before cooking, so trust your judgement!
6. Serve with tortillas, guacamole, cheese, sour cream, or whatever your heart desires.

POINT SPOTLIGHT:
MAPLE BEE ACRES



Maple Bee Acres is a local producer of eggs, pork, chicken, and beef products all raised organically on their family farm. Located in Granton, WI, you can find them at the Stevens Point Winter Farmer's Market or check out their website or facebook page to contact them directly.



NUTRIENT FOOD SOURCE: WINTER SQUASH

Winter Squash, such as butternut squash, are high in antioxidants and carotenoids, which your body converts to vitamin A. They're also high in fiber and other essential nutrients.

Fun Fact: A cup of butternut squash has more potassium than a banana!

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, or the Stevens Point Area Co-Op, for your locally sourced ingredients and products.

VEGETABLE FRITTATA

Source: Food Network

Serves: 4

This vegetarian dish is easily customizable and is perfect for breakfast or dinner.

INGREDIENTS

- 3 large eggs, plus 3 egg whites
- 3/4 cup cottage cheese
- 1 cup shredded smoked gouda
- 1 tsp. rosemary
- 3 cloves garlic, sliced
- 2 tbsp. olive oil
- 1 medium onion, diced
- 1 lb. FA vegetables of your choice, thawed and diced
- 2 tbsp. shredded parmesan
- 1 tsp. paprika
- Salt and pepper to taste



DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Whisk the whole eggs and whites in a bowl. Add the cottage cheese and whisk until almost smooth. Whisk in the gouda and rosemary.
3. Cook the garlic in the olive oil in a 10-inch nonstick ovenproof skillet or cast iron over medium-high heat until it starts to brown, 1 to 2 minutes. Add the onion, season with salt and cook 2 minutes. Add the vegetables, increase the heat to high and cook until just tender, about 5 minutes.
4. Reduce the heat to medium. Spread the egg mixture evenly in the pan. Cook, undisturbed, until a thin crust forms on the bottom, about 2 minutes. Run a rubber spatula around the edge to release the egg from the pan. Continue cooking until the bottom is golden, 2 to 3 more minutes. Sprinkle with the parmesan and paprika; transfer to the oven and bake until just set, about 5 to 7 minutes
5. Remove from the oven, cover and let cool a bit before cutting into wedges and serving with toast.

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

MARCH 9 - 10