

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



MARCH IS NATIONAL NUTRITION MONTH!

This month on the Farmshed Blog, we're going to be looking into nutrition. Nutrition is the study of how the food you eat, and the nutrients within the food, affects the health of your body. It's important to remember as we delve into this topic that nutrition is a relatively new science. The first vitamin was discovered in 1929, less than 100 years ago. The discovery has done extraordinary things, like making nutrient deficiency diseases such as scurvy, severe vitamin C deficiency, treatable and curable. However, we are still learning new things about the effects of different foods we eat on different people, and one of the most conclusive discoveries is that there is no perfect diet for everyone. The best diet is the one that brings you personally the greatest health and pleasure.

To read the rest of the blog post, scan the QR code or head over to the Farmshed blog on our website!



UPCOMING EVENTS

Mar. 13, 1-4PM

Masa Workshop with John Sheffy of Liberation Farms

Ticket Price: \$35, 20% off for members

Location: Central Rivers Farmshed, 1220 Briggs Court, Stevens Point
Masks Required



Mar. 26, 1-3:30PM

Grafting Workshop with Polly Dalton of Rising Sands Organics

Ticket Price: \$30, 20% off for members

Location: Central Rivres Farmshed, 1220 Briggs Court, Stevens Point
Masks Required

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

15 MINUTE VEGETABLE CURRY

This quick, easy dish is perfect for using up your frozen asset share, and is customizable to your personal tastes and freezer contents.

Source: BudgetBytes

Serves 2-4 depending on appetite and how much rice you serve it with

INGREDIENTS

- 3 cups Frozen Assets of your choice
- 2 cups vegetable broth
- 1 13.5 oz. can coconut milk
- 1 TBSP curry powder
- 1/2 TSP dried, ground ginger
- Salt and pepper to taste



DIRECTIONS

1. In a large pot, add Frozen Assets and vegetable broth. Cover with the pot lid and bring to a boil. (It's okay if the broth doesn't cover all the vegetables)
2. Once boiling, uncover, turn the heat down, and stir the vegetables.
3. Add coconut milk, curry powder, ground ginger and let simmer for a few minutes.
4. Taste the broth and add salt and pepper to taste.
5. Serve with rice or bread and enjoy!



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.



POINT SPOTLIGHT: WISCONSIN WOOL EXCHANGE



Wisconsin Wool Exchange is a local yarn shop dedicated to bringing locally sourced, hand-dyed wool and fiber to the community. They host an open craft night every Tuesday night from 7 - 8:30PM and are happy to teach anyone how to knit for free!



NUTRIENT FOOD SOURCE: SWEET CORN

Corn is not only one of the most popular veggies, it's also quite nutritious! Corn is a good source of iron, antioxidants, fiber, and B vitamins. Plus, it's mostly made up of insoluble fiber, which is great for your gut and helps keep your blood sugar from any unhealthy spiking.

Fun Fact: While corn is sweet for a vegetable, a medium sized cob of corn only has half the sugar a banana does.

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!

VEGGISTRONE

Source: EatingWell

Serves: 10

Featuring: Cauliflower, Green Beans, Peppers, Carrots

A hearty, veggie packed stew perfect for cold winter nights and balancing out winter's other, more rich, comfort foods. This soup is perfect for a family dinner, with plenty of leftovers to stock the freezer.

INGREDIENTS

- 2 tbsp. olive oil
- 2 medium onions, chopped
- 2 cups chopped celery
- 1 cup FA peppers, chopped
- 4 cloves garlic, chopped
- 3 cups cabbage, chopped
- 1 lb bag FA carrots
- 1 lb bag FA cauliflower
- 1 lb bag FA green beans, chopped into 1 inch pieces
- 8 cups vegetable or chicken broth
- 2 cups water
- 1 can tomato sauce
- 1 can diced tomatoes, or FA tomatoes, diced
- 1 can kidney or pinto beans
- 1 bay leaf
- Salt and pepper to taste
- 4 cups spinach, chopped
- Grated parmesan and sliced basil for garnish

DIRECTIONS

1. In a large soup pot, over medium heat, heat the olive oil and add onions, celery, peppers, and garlic, and cook until softened, around 10 minutes.
2. Add cabbage, carrots, cauliflower, and green beans to the pot and cook for another 10 minutes.
3. Add the broth, tomato sauce, diced tomatoes, beans, salt and pepper, and the bay leaf. Bring to a boil, then reduce heat and simmer with the pot partially covered for 20-25 minutes.
4. Stir in spinach and simmer for another 10 minutes. Serve with parmesan and basil for garnish. Be sure to spice it up to your liking!



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

APRIL 13 - 14