

# FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



## THANK YOU FOR BEING A PART OF THE FARMSHED COMMUNITY!

This year, Farmshed is putting the focus on shortening up our food chain to help create a resilient local food economy in Central Wisconsin. "Shortening Your Food Chain" refers to decreasing the amount of stops your food makes on the way to your plate. For example, food you grow yourself in a garden or container has a much shorter food chain than produce grown near the equator. There are many advantages to eating local, the best of which is supporting the farmer's that feed and live in our community. By purchasing a share of Farmshed Frozen Assets, you are helping local farms like Cattail Organics, Whitefeather Organics and Red Door Family Farms continue to provide fresh, local produce to our community.

Thank you for your support!

To learn more about shortening your food chain, check out Farmshed's New Blog, located on our website.



### WHY FROZEN?

Freezing is a great way to preserve local, summer produce. Farmshed chose freezing as the best way to preserve the produce we purchase each season from local farms because of its convenience for use and nutritional benefits. Unlike canning or drying, freezing involves no heat or other chemical processes that may break down the vitamins, minerals, proteins, or carbohydrates found in the vegetable. Freezing essentially locks the goodness inside until you're ready to eat!



Frozen Assets can be added to the pot frozen for soups and casseroles or put straight into the oven for roasting. It's usually best not to thaw Frozen Assets ahead of time unless your recipe specifically calls for it.

### HOW TO ROAST ANY FROZEN ASSET

This is a simple guide to turn any frozen vegetable into a delicious side dish in 30 minutes or less. Seasonings can be adjusted to taste, so get creative!

Serves 4 as a side

#### INGREDIENTS

- 1 bag Frozen Assets, like cauliflower
- 1 Tbsp Olive oil
- A pinch of Salt
- A pinch of Pepper
- Garlic or Garlic powder to taste (optional)

#### DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a bowl, toss your vegetables, oil, and spices until evenly coated
3. Spread the seasoned vegetables evenly onto a baking sheet.
4. Bake for around 30 minutes, stirring every 10 minutes to evenly brown the vegetables. Some vegetables may cook quicker than others depending on the size they were cut and the type of vegetable, so rely on your senses more than your timer. When your vegetables look like the ones pictured, they're done!



photo credit of [recipetineats.com](https://www.recipetineats.com)

## POINT SPOTLIGHT: Main Grain Bakery



Main Grain Bakery is a local bakery specializing in artisan sourdough breads, sweet treats, cakes, cheesecakes, soft pretzels, and more! The MGB supports local farmers by baking with natural, local, and organic ingredients. Find them on Facebook, Instagram, or visit their website for daily bread schedules, specials, and more!



### NUTRIENT FOOD SOURCE: TOMATOES

Tomatoes are full of antioxidants, one of which is lycopene. A diet containing natural sources of lycopene has been linked to reduced risk of cancer and heart disease. Lycopene can also help protect your cells from damage.

Fun Fact: Tomatoes originate from South America.

### 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.

### BUTTERNUT SQUASH CHILI

Source: The Simple Veganista

Serves: 4-6

Featuring: Tomatoes, Winter Squash, Peppers

A hearty, warming chili that's both nutritious and delicious, this vegan and gluten-free recipe can be comforting on its own or served with cornbread.

### INGREDIENTS

- 2 tbsp olive oil
- 1 onion, diced
- 5 cloves garlic, minced
- 1 tbsp chili powder
- 1 tsp cumin
- 1/4 tsp cinnamon
- 2 cans black beans, rinsed
- 1 bag FA peppers, diced
- 1 bag FA winter squash
- 1 bag FA tomatoes, diced
- 3 cups vegetable broth
- salt and pepper to taste



### DIRECTIONS

1. Heat the olive oil in a large pot or dutch oven over medium heat. Sauté the onion in the oil until soft and slightly translucent. Add the garlic and spices and sauté about 30 more seconds until fragrant.
2. Then add the tomatoes, beans, winter squash, and bell pepper to the pot and sauté for 5 minutes.
3. Next add the broth to the vegetable mixture and simmer until the winter squash softens, about 45 minutes.
4. Season with salt and pepper to taste and serve warm. Chili will thicken as it cools.

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)

### NEXT SHARE PICK UP DATES

FEB. 9-10