

FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



WHY IS VARIETY IMPORTANT FOR THE DIET?

Frozen Assets gives 10 different summer vegetables in each share. Regularly eating a variety of vegetables contributes to our optimal physical health. Our bodies need various vitamins and minerals to support active lifestyles. Having this variety in your diet also contributes to the prevention of chronic illness such as heart disease, stroke, hypertension, diabetes, some cancers, gastrointestinal and vision health.

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/#:~:text=Eat%20a%20variety%20of%20types,also%20creates%20eye%20appealing%20meals>



UPCOMING EVENTS

Feb. 16th, 5-7 PM

Flower Wreaths Workshop

with Ella Janson & Rosie Minster

Ticket price: \$30

Location: Farmshed, 1220 Briggs Court, Stevens Point



March 11th, 9AM-3PM

Beekeeping Workshop with V's Bees

Ticket Price: \$45 ticket, Farmshed lunch provided

Location: Aging and Disability Resource Center of Portage County

To register for these events and find others, head to the Farmshed website !

FARMSHED'S POT PIE

Source: Farmshed Archive

We are bringing in a recipe from 2015 back to the Frozen Assets newsletter! This pot pie will help keep you warm and your kitchen smelling amazing!

INGREDIENTS

- 3 tablespoons butter
- 1 pound diced potato
- 1 large onion, chopped (about 1 cup)
- 1 teaspoon dried thyme leaves
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup all-purpose flour
- 14 ounce vegetable broth or chicken
- 1 pound of vegetables (broccoli, cauliflower and carrots, thawed, well drained)
- ¼ cup milk
- 3 tablespoons grated Parmesan cheese
- 1 can (8 ounce Pillsbury™ refrigerated garlic butter crescent dinner rolls (8 rolls)
- Optional (½ pound of chicken)



DIRECTIONS

1. Heat oven to 375°F. Spray deep dish pie plate with cooking spray. In a nonstick skillet, melt butter over medium-high heat. Add potato, onion, thyme, salt and pepper; cook and stir 10 to 12 minutes until potatoes are lightly browned.
2. Sprinkle flour over potato mixture. Cook and stir 1 minute. Stir in broth; heat to boiling. Reduce heat; cover and simmer about 8 minutes, stirring occasionally, until potatoes are almost tender. Remove from heat. Stir in thawed vegetables, milk and cheese. Spoon mixture into pie plate.
3. Separate dough into 8 triangles. Starting at short side of each triangle, roll up triangle halfway. Arrange over vegetable mixture with tips toward center; do not overlap. Place pie plate on cookie sheet with sides.
4. Bake 20 to 25 minutes or until crust is golden brown.

IN THE FARMSHED SHOP

SIREN SHRUB



Siren Shrubs is a women owned business in central Wisconsin who crafts tangy mixers to take your mocktails and cocktails to a whole new flavor. They also sell ready-to-drink canned beverages. Visit their website for recipe inspirations!



FROZEN ASSETS FEATURE: CARROTS

Carrots come in all sorts of colors: orange, purple, yellow, white, and red. The most common part of the carrot is actually the root, but the green tops are a great substitute for parsley! Carrots are well known for being good for eye health, being high in antioxidants, and fiber.

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 your local winter farmers market to continue to source locally throughout winter.

CREAMY CARROT CASSEROLE

Source: Taste of Home

Serves: 8

Carrots have a new look! This casserole dish is guaranteed to be a new favorite!

INGREDIENTS

- 1 1/2 pounds carrots, sliced, frozen then thawed
- 1 cup mayonnaise
- 1 tablespoon onion, grated
- 1 tablespoon horseradish
- 1/4 cup cheddar cheese, shredded
- 2 tablespoons crackers, crushed

DIRECTIONS

1. Preheat oven to 350°. Place 1 in. of water in a large saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer until crisp-tender, 7-9 minutes. Drain, reserving 1/4 cup cooking liquid. Transfer carrots to a 1-1/2-qt. baking dish.
2. In a small bowl, combine the mayonnaise, onion, horseradish and reserved cooking liquid; spread evenly over carrots. Sprinkle with cheese; top with cracker crumbs. Bake, uncovered, for 30 minutes.



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 MADDIE@FARMSHED.ORG

NEXT SHARE PICK UP DATES

MARCH 8- 9