

# FROZEN ASSETS

WISCONSIN SUMMER IN YOUR FREEZER



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

Thank you for being a participant in Frozen Assets 2023 season! This program allows us to continue supporting our local farmers outside of Wisconsin's growing season. The farms participating this season are Cattail Organics and Red Door Family Farm in Athens and Whitefeather Organics in Custer. They supplied us with 10,000 pounds of vegetables that we processed in our kitchen with the help of interns and volunteers.

We are excited to offer the option for shareholders to customize their shares in March! We launched this option to give shareholders more of their summer vegetables you love!

**IS FROZEN AS GOOD AS FRESH?**  
Freezing is a great way to preserve local, summer produce's nutritional value, taste, and is very convenience. The farmers harvest the vegetables in season and we freeze them at their peak ripeness when their nutritional value is at it's highest. 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.

## ROASTING FROZEN ASSETS FOR A QUICK & EASY MEAL PREP

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
- 1 tablespoon olive oil
- A pinch of salt
- A pinch of pepper
- Garlic or garlic powder to taste (optional)

### DIRECTIONS

1. Preheat oven to 400 degrees F.
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 check the oven every once in awhile. When your vegetables cooked and browned, your done!



photo credit of recipetineats.com

## IN THE FARMSHED SHOP: Stevens Point Sauce Co.



Stevens Point Sauce Co. is a local business who creates responsibly made sauces for every palate using as many local ingredients as possible. Their products are available for purchase in the Farmshed Soup Shop online at [www.farmshed.org](http://www.farmshed.org). More can be found on their Facebook page!

Featured products include:

Sweet Maple BBQ  
Spicy Garlic BBQ  
Jalapeño Lime Sauce



### FROZEN ASSETS FEATURE: CORN

Corn is a great option for those who are watching their blood sugar. Due to it's high insoluble fiber content, it is digested slowly and doesn't cause a spike in blood sugar. Corn also contains B vitamins and minerals such as zinc, magnesium, copper, iron, and manganese.

### 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.

### MINI VEGGIE BURGER PITA

Source: Food Network

Serves: 4

Featuring: Corn

Trying to eat less meat? Or be more creative with your corn? This veggie burger allows you to have the best of both!

### INGREDIENTS

- 1/2 cup corn kernels, thawed
- 1 can of cannellini beans, drained and rinsed
- 1/2 cup quinoa
- 1/2 cup panko breadcrumbs
- 1 tablespoon cilantro, chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon granulated garlic
- Salt and pepper
- Juice from 1/2 lemon
- 1 tablespoon olive oil
- Pita bread
- Lettuce and sliced tomato



### DIRECTIONS

1. Bring 1 cup water to a boil in a small saucepan. Add the quinoa, cover and reduce the heat to low. Cook until the water is absorbed, 15 to 20 minutes. Remove the quinoa from the saucepan and spread out onto a baking sheet. Cool completely.
2. Meanwhile, puree half of the cannellini beans in a food processor (or blender, or smash as best you can with fork) Combine 1/4 cup of the cooked quinoa, the cannellini puree, the remaining whole cannellini beans, the corn, panko, cilantro, chili powder, cumin, granulated garlic, 1/2 teaspoon each salt and pepper, and the lemon juice in a large bowl. Stir until the mixture comes together. Form into 8 small patties; place on a plate and refrigerate for 15 minutes to firm up.
3. Heat the olive oil in a large nonstick skillet over medium heat. Add the patties and cook until golden brown, 5 to 8 minutes per side.
4. For the sandwich build: Place 2 patties inside each pita half; top with some lettuce, tomato.

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](mailto:MADDIE@FARMSHED.ORG)

## NEXT SHARE PICK UP DATES

### FEB. 8-9