



# ROASTED HEIRLOOM SALAD

with carrot, radish, turnip, farro, and ricotta

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

- HEIRLOOM CARROTS, RADISHES, AND TURNIPS
- ARUGULA AND SPINACH PESTO
- HERBED FARRO
- SPLICED PUMPKIN SEEDS
- HERBED RICOTTA

PAIR WITH VIOGNIER OR HEFEWEIZEN

## PASTURE AND PLENTY

### INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Toss precooked carrots, radishes, and turnips with a splash of olive oil; spread vegetables on baking sheet.
- 2 Bake vegetables in the preheated oven until warm, about 10 minutes. Alternately, heat vegetables in microwave on Medium High until warm, 2 to 4 minutes.
- 3 Meanwhile, heat a teaspoon of olive oil in a skillet over medium heat; stir in farro, and cook and stir until hot, about 5 minutes. Alternately, heat farro in microwave on high, until hot, stirring often, 1 to 3 minutes.
- 4 Divide farro onto individual plates. Toss vegetables with spinach arugula pesto; divide over farro. Spoon ricotta on top, and sprinkle with pumpkin seeds.

**Herbed Farro:** Farro, vegetable stock, herbs. **Arugula and Spinach Pesto:** Carrot greens, spinach, arugula, olive oil, parmesan cheese, garlic, chili flakes, pepper, salt. *Allergens: wheat, dairy.*

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HOW'D IT TURN OUT?



Post your dinner pictures on Facebook or Instagram using the hashtags #pastureandplenty #lessworkmorepicnic #dinnerdone for a chance to get discounts on future orders.



# BARBECUE PULLED PORK SANDWICH

with napa cabbage slaw and pickled onions

PAIR WITH PAIR WITH ROSÉ OR AMERICAN PALE ALE

## IN YOUR BAG

BARBECUE PULLED PORK  
NAPA CABBAGE SLAW  
PICKLED ONION  
BARBECUE SAUCE  
BRIOCHE BUNS

- 1) Place pulled pork in a saucepan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave pork on Medium High until hot, about 1 to 3 minutes.
- 2) Toast bun; top with pork, pickled onions, barbecue sauce, and top bun. Serve with Napa slaw.

**Barbecue Pulled Pork:** Pork, onion, ketchup, molasses, brown sugar, cayenne, coriander, fennel seed, paprika, cumin, black pepper, salt, brown mustard, hot sauce, cider vinegar, bourbon, chicken stock. **Napa Cabbage Slaw:** Napa Cabbage, cider vinegar, sugar, fresno chilies, salt. **Pickled Onions:** Red onions, vinegar, sugar, salt. **Barbecue Sauce:** Ketchup, cider vinegar, white vinegar, brown sugar, cumin, pepper, salt.

Allergens: wheat, eggs. (buns)

## SESAME COCOA ENERGY BALLS

Ready to enjoy!

Ingredients: Medjool dates, oats, pumpkin seeds, sunflower seeds, tahini, salt, sesame seeds.



## WHITEFISH COCONUT CURRY

Thai-style curry with whitefish, zucchini, squash, and rainbow chard over rice.

## PRODUCER SPOTLIGHT

*We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:*

Riemer Family Farm, Elderberry Hill Farms, Gentle Breeze Honey, Sassy Cow Creamery, Madison Sourdough Company, Grande Cheese Co., Bell and Evans, BelGioioso, Enos Farms