



# HERBED PORK SAUSAGE FARRO SALAD

with roasted heirloom carrots, radishes, peppers, and ricotta.

PREP &  
COOK TIME

—  
**20**  
MINUTES

### IN YOUR BAG

- HEIRLOOM CARROTS, RADISHES AND PEPPERS
- ARUGULA AND SPINACH PESTO
- HERBED FARRO AND PORK SAUSAGE
- HOUSEMADE RICOTTA
- SPICED PUMPKIN SEEDS

PAIR WITH A VIOGNIER OR HEFEWEIZEN

## INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Wash vegetables, and cut into similar sized pieces. Toss carrots, radishes, and peppers with two tablespoons of olive oil; spread vegetables evenly on baking sheet.
- 2 Bake vegetables in the preheated oven until warm, about 10 - 15 minutes.
- 3 Meanwhile, heat one teaspoon of olive oil in a skillet over medium heat. Stir in farro and pork sausage. Cook and stir until hot, about 5 minutes. Alternatively, heat farro and pork sausage in the microwave on high until hot, stirring every minute, for 1 to 3 minutes.
- 4 Divide farro and pork sausage onto individual plates. Toss vegetables with pesto, serve over farro. Spoon ricotta on top and sprinkle with spiced pumpkin seeds.

**Ingredients:** Pesto: Arugula, spinach, garlic, pepitas, chili flakes, salt, pepper, parmesan cheese, olive oil. **Herbed farro:** Farro, vegetable stock, herbs. **Housemade ricotta:** Ricotta, lemon zest, salt. **Spiced pumpkin seeds:** Pumpkin seeds, sunflower oil, spices. **Pork Sausage.** **Heirloom Carrots.** **Radishes.** **Peppers.** *Contains:Wheat, milk..*

### 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.



# GRILLED CHEESE SANDWICH

## WITH HEIRLOOM TOMATO BASIL SOUP

PAIR WITH A BEAUJOLAIS OR LAGER

### IN YOUR BAG

GRILLED CHEESE SANDWICH  
TOMATO BASIL SOUP  
HERB-WHIPPED BUTTER

1) Heat soup in a saucepan on medium high heat, stirring occasionally until hot, about 6 minutes. Alternatively, heat in microwave on medium high, stirring every minute, about 4 minutes.

2) Smear herb butter on both sides of sandwich. Heat a skillet over medium heat; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

3) Cut sandwich in half, pour soup into bowl, and serve..

**Ingredients: Grilled cheese:** Madison Sourdough bread, gouda, muenster cheese. **Tomato soup:** Tomato, onion, celery, garlic, red wine, salt, pepper. **Whipped butter:** Heavy cream, herbs, salt and pepper.  
Contains: Milk, wheat.



# THAI-STYLE WHITEFISH

## COCONUT CURRY

**Ingredients:** Whitefish, onion, carrot, bell pepper, squash, zucchini, eggplant, coconut milk, garlic, ginger, jalapeños, curry paste, lime juice, Thai basil, cilantro, spices. Rice.

### LOCAL SUMMER GREENS

Enjoy with your favorite salad dressing.

### BLUEBERRY PEACH COBBLER

**Ingredients:** Peaches, blueberries, ap flour, butter, cream, sugar, salt, vanilla.  
Contains: Milk, wheat.

### PRODUCER SPOTLIGHT

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

*Vitruvian Farms, Alsum Sweet Corn, Madison Sourdough Company, Roots Down Community Farm, Raleigh's Hillside Farm, Driftless Organics, Winterfell Acres, Marr Valley Farms, Sassy Cow Creamery.*

**Safe Handling Instructions:** Please keep all meal kit ingredients\* refrigerated or frozen until ready to use, unless otherwise marked. Reheat all frozen or prepared foods to a safe temperature of 165 degrees F and cook proteins to temperatures as noted in recipe instructions. Enjoy your cook kit, ready-to-eat and thawed farm-to-freezer meals within 5 days. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

\*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.