



ROASTED VEGETABLE FARRO SALAD

with heirloom carrots, radishes, peppers, and ricotta.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

HEIRLOOM CARROTS, RADISHES AND PEPPERS
ARUGULA AND SPINACH PESTO
HERBED FARRO
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. Cook and stir until hot, about 5 minutes. Alternatively, heat farro in the microwave on high until hot, stirring every minute, for 1 to 3 minutes.
- 4 Divide farro 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. **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 SWEET POTATO CURRY

Ingredients: Sweet potato, onion, carrot, bell pepper, squash, zucchini, eggplant, coconut milk, garlic, ginger, jalapeño, 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.