

DATE: JUNE 8, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Ready for Taco Tuesday? Taco ANY night, really. We hope you enjoy the fresh tortillas, made with local grains from Tortilleria Zepeda. They are working hard to bring their passion to the Madison community. We wish all the Spring graduates the very best! And, happy last week of home schooling, parent friends. Need some ideas for summer? Check out Campkinda.org. It is helping keep the transition sane at our place.

Spring vegetable taco kit
with pickled red onions, frijoles
and queso fresco

**beet, carrot, quinoa and
spinach salad**
with agave-herb vinaigrette
and spiced pepitas

**red jambalaya with
black-eyed peas**

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

Elderberry Hill Farm

Winterfell Acres

Riemer Family Farm

Garden To Be

Crossroads Community Farm

EXTRA GOODNESS

blondies

Ingredients: Brown sugar, ap flour, butter, chocolate chips, egg, sugar, light corn syrup, baking powder, baking soda, salt, vanilla bean.

Contains: Milk, wheat, egg.

① THE COOK KIT

Spring vegetable taco kit

with pickled red onions, frijoles and queso fresco

PREP &
COOK TIME

30
MINUTES

—
IN YOUR BAG

Pork Carnitas

Tortillas

Pickled Red Onion

Frijoles

Queso Fresco

Salsa Verde

—
PAIR WITH

a juicy red, such as

El Jefe

Tempranillo

or

a light and crisp
lager, such as the

Good City

Brewing Good

Ciry Pils

- 1 Reheat spring vegetables in a hot skillet with a little oil or butter. Everything is already cooked so you're looking for a little browning and everything to be hot. Cook and stir for about 5 minutes.
- 2 Gently reheat frijoles in a saucepan with a splash of water, stirring often to prevent scorching.
- 3 Reheat tortillas in a hot skillet, 5 seconds per side, keep flipping until flexible and warm. Alternatively, wrap in a damp paper towel and microwave 30 seconds.
- 4 Build tacos to your liking using Spring vegetables, queso fresco, salsa verde and pickled red onions. Save a little queso for topping your frijoles.

Spring Vegetables

Frijoles: Pinto beans, onion, butter, garlic, oregano, salt

Salsa Verde: Tomatillo, onion, jalapeño, garlic, cilantro, lime juice, salt.

Queso Fresco: Whole milk, salt, enzymes, culture.

Pickled Red Onion: Red onion, jalapeño, white vinegar, salt, sugar, spices.

Tortillas: Corn, salt, water, lime.

Contains: Milk.

② READY-TO-EAT

beet, carrot, quinoa and spinach salad

with agave-herb vinaigrette and spiced pepitas

Place beets, and all contents of layer salad pyrex in a large mixing bowl.

Dress with agave lime vin, a little salt and pepper. Toss to distribute dressing.

Divide among plates, garnish with pepitas.

Roasted Beets: Beet, white wine vinegar, honey, chile de árbol, bay leaf, salt

Quinoa: Red quinoa, white quinoa, water, salt, chile de árbol, bay leaf.

Spiced Pepitas: Pepitas, olive oil, salt, spices

Agave Cilantro Lime Vinaigrette: Sunflower oil, lime, agave, Dijon mustard, cilantro, salt, pepper

③ FARM-TO-FREEZER

red jambalaya with black-eyed peas

See label for reheating instructions and ingredients

GET IN TOUCH

2433 University Avenue

608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm

SAT 9am-1pm