

DATE: JUNE 15, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Happy summer break! We've got your nights covered with easy and fresh meals. We are celebrating Juneteenth this week, joining virtual events put on by Kujichagulia Madison. We included a menu and recipes, in case you want to cook along with us as we help the community reimagine a community dinner in a pandemic. Don't want to grocery shop? We have a special Juneteenth meal kit available for delivery or pick-up on Friday. We encourage you to join in the celebration of resilience. Buy a meal kit on our community page, and find more details for the cultural events online at kujimcsd.org/juneteenth-2020.



**bbq blackened
sweet potato sandwich**
with green goddess potato salad
and slaw



**Thai peanut soba
noodle salad**
with early Summer vegetables



**guajillo pepper,
white bean and
Spring green soup**



PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farms

Crossroads Community Farm

Raleigh's Hillside Farm

Garden To Be

Madison Sourdough Co.

Fox Heritage Farms

La Quercia

EXTRA GOODNESS

rhubarb blueberry turnover

Preheat oven to 375°F.

Bake turnover in oven for 20-30 minutes, until crust is golden and filling is bubbling.

Ingredients: Pie Crust (ap flour, butter, salt, egg white.) Pie Filling (rhubarb, blueberries, sugar, salt, ground ginger, lemon juice, butter.)

Contains: Milk, wheat, egg.

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

bbq blackened sweet potato sandwich with green goddess potato salad and slaw

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Blackened
Sweet Potato

Potato Salad

P&P Pickles

Brioche Bun

Green Goddess
Dressing

Slaw

P&P BBQ Sauce

PAIR WITH

a peppery and
fruity red,
such as the
Columbera &
Garella Vispavola
Vino Rosso,

- 1 Preheat oven to 400°F. Spread sweet potato slices on a cookie sheet in one layer.
- 2 Reheat sweet potatoes in hot oven until warmed through, 8-10 minutes.
- 3 While sweet potatoes are heating, add green goddess dressing to contents of potato salad container, toss to coat.
- 4 Toast bun if desired.
- 5 Build sandwich with blackened sweet potatoes, pickles, and BBQ sauce. Serve with remaining pickles, green goddess potato salad, and slaw on the side.

Blackened Sweet Potato: Sweet potato, seasonings, salt, pepper. **P&P Pickles:** Cucumber, rice vinegar, white wine vinegar, sugar, salt, chile de árbol, bay leaf, spices, herbs. **Slaw:** Green cabbage, napa cabbage, carrot, scallion, apple cider vinegar, salt, sugar. **P&P BBQ Sauce:** Ketchup, water, cider vinegar, white vinegar, brown sugar, chile powder, cumin, kosher salt, pepper. **Brioche Bun:** Flour, butter, sugar, eggs, milk powder, yeast, salt. **Green Goddess:** Mayonnaise, sour cream, buttermilk, lemon, herbs, spices, salt, pepper. **Potato Salad:** Yukon potatoes, celery, caramelized onions (red onion, red wine, brown sugar, salt, pepper)

Contains: Milk, egg, wheat.

② READY-TO-EAT

Thai peanut soba noodle salad

with early summer vegetables

Empty contents of soba noodle salad jar and dressing jar into a large mixing bowl.

Toss to distribute ingredients evenly. Divide even into bowls, enjoy!

Soba Noodle Salad: Soba noodles (wheat flour, buckwheat flour, water, salt), red cabbage, broccoli, red bell pepper, mushrooms, pickled bok choy (bok choy, water, sugar, soy, sherry vinegar), mint, cilantro, sesame seeds.

Spicy Peanut Dressing: Peanut butter, rice vinegar, lime juice, sunflower oil, soy sauce, sambal (chili, salt, distilled vinegar, potassium sorbate, potassium bisulfate, xanthan gum), honey, garlic, ginger, salt, cilantro.

Contains: Wheat, soy, nuts.

③ FARM-TO-FREEZER

guajillo pepper, white bean and Spring greens soup

See label for reheating instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-1pm