

# PASTURE AND PLENTY

DATE: NOVEMBER 23, 2020 | OMNIVORE

## HOORAY, IT'S MONDAY!

Here's to a great start to a holiday week, Friends! This year, we have abundant gratitude for what our farmers are calling the best growing season in ten years. We are inspired by the harvest this week, with a menu that we hope makes this week a little easier and certainly more delicious. Thank you for welcoming us to your table. Here's to all the new ways we will celebrate traditions this season!



**wild rice filled roasted acorn squash** with spinach salad and cherry vinaigrette



**southwestern shrimp and corn chowder** with MSCo miche and roasted garlic compound butter



**four-sourdough stuffing** with sausage, apple and chard



### PRODUCER SPOTLIGHT

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

Elderbery Hill Farm  
Winterfell Acres  
Raleigh's Hillside Farm  
Madison Sourdough Co.  
Sartori Cheese  
Marr's Valley View Farm

### EXTRA GOODNESS

#### poached pear crisp

Instructions: Bring jar to room temperature and preheat oven to 375°F. Bake for 20 to 30 minutes, until juices are bubbling and the top is light golden brown.

Ingredients: Pears, red wine (grenache), brown sugar, oat, ap flour, salt, raspberries, butter, star anise, allspice, clove, cornstarch.

Contains: Wheat, dairy.

### 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

## wild rice filled roasted acorn squash with spinach salad and cherry vinaigrette

PREP & COOK TIME

30  
MINUTES

IN YOUR BAG

Acorn Squash

Wild Rice Filling

Spinach

Cherry Vinaigrette

Pair with an aromatic and acidic white, such as Gros Ventre's High Country White 2018, or a light and crisp lager, like the Wisconsinite Weiss Beer from Lakefront Brewing Co.

- 1 Preheat oven to 400°F. Split squash in half, scoop out seeds and pulp, rub cut sides with olive oil and sprinkle with salt.
- 2 Line baking sheet with foil or parchment paper. Place squash cut side down and roast in preheated oven for 20 minutes.
- 3 Remove squash from oven, flip over, and stuff with wild rice filling, mounding any excess onto cut side of squash. Roast for 15 to 20 minutes, until filling is heated through.
- 4 While squash is roasting, trim and clean spinach then dress with cherry vinaigrette and a dash of salt and pepper. Serve alongside squash. Enjoy!

### Acorn Squash

**Wild Rice Filling:** Wild rice, onion, celery, spinach, fennel, oyster mushroom, cremini mushroom, garbanzo bean, pepitas, cherry, sarvecchio (milk, cheese culture, salt, enzyme), goat cheese (milk, cheese culture, salt, enzyme), parsley, thyme, salt, pepper.

### Spinach

**Cherry Vinaigrette:** Sunflower oil, red wine vinegar, cherry, caramelized shallot, roasted garlic, dijon mustard, honey, salt, pepper.

*Contains: Dairy, stonefruit, mushroom.*

② READY-TO-EAT

## southwestern shrimp and corn chowder with MSCo miche and roasted garlic compound butter

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Toast the miche and slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

### Southwestern Shrimp and Corn Chowder:

Chicken stock, red onion, shrimp, bell pepper, corn, celery, red potato, cream, jalapeño, red wine vinegar, carrot, scallion, parsley, salt, pepper.

**Roasted Garlic Compound Butter:** Butter, roasted garlic, lemon, salt, pepper.

**MSCo Miche:** Flour, water, salt, yeast.

*Contains: Dairy, wheat, shellfish.*

③ FARM-TO-FREEZER

## four-sourdough stuffing with sausage, apple and chard

See label for ingredients and reheating instructions.



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