

PASTURE AND PLENTY

JULY 14, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're featuring a recipe from Lauren Rudersdorf (local food writer and former Farmer at Raleigh's Hillside Farm) this week! Enjoy her grandmother's recipe for Zucchini Pie – it's been a favorite in her family for decades. And we sourced fresh vegetables – allll of the zucchini, scallions, kale, and herbs galore – from amazing local farms, local pasture-raised eggs and Sartori's sarvecchio for the meal. It doesn't get much more local than that, eh, friends?



zucchini pie with kale and lemon vinaigrette



larb-style tofu & mushroom lettuce wraps with bulgur wheat and cucumber salad



baked spanikopita-style pasta with greens and feta



PRODUCER SPOTLIGHT

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

Winterfell Acres

Sartori Cheese

Vitruvian Farm

Jenny's Tofu

LaClare Family Creamery

Crossroads Community Farm

Tipi Produce

EXTRA GOODNESS

BBQ sweet and spicy snack mix

Instructions: Store at room temperature and enjoy within one month.

Ingredients: pepitas, cashew, rice chex (whole grain rice, rice, sugar, salt, molasses, vitamin E), sunflower seeds, BBQ sauce (ketchup, brown sugar, apple cider vinegar, water, molasses, soy sauce, mustard powder, salt, smoked sweet paprika, garlic powder, black pepper), butter.

Contains: Tree nut (cashew), milk, soy, wheat

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

zucchini pie with kale and lemon vinaigrette

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Lemon
Vinaigrette

Herbed
Sarvecchio

Dry Mix

Wet Mix

Vegetable Bag

PAIR WITH
the rich and
flinty Iconic
Sidekick
Chardonnay
or
the drinkable
Up North
Wisconsin Lager
from One Barrel
Brewing
Company

- 1 Preheat oven to 350°F. Wash and dry your zucchini and scallions. Trim ends off of both and then thinly slice. Set aside.
- 2 Add wet mix and herbed sarvecchio to a large bowl; season with a generous pinch of salt and pepper. Stir until well combined.
- 3 Add zucchini, dry mix, and scallions. Stir again until all ingredients are combined, but the mixture is not overmixed.
- 4 Pour batter into a greased 9-inch pie pan (or 9×9-inch baking dish for meal kits for 1 or 2) or a 9×13-inch baking dish (for meal kits for 4).
- 5 Bake zucchini pie for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it to the oven. If it's not golden brown on top, the middle will likely not be cooked through.
- 6 While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
- 7 Serve zucchini pie warm alongside kale salad. Enjoy!

Lemon Vinaigrette: Canola oil, apple cider vinegar, water, lemon, dijon mustard, shallot, sugar, salt

Herbed Sarvecchio: Sarvecchio (milk, salt, culture, enzymes), parsley, basil, thyme, rosemary **Dry Mix:** AP flour, butter, baking soda, salt **Wet Mix:** Egg, canola oil **Vegetable Bag:** Zucchini, scallion, kale

Contains: Egg, wheat, milk

② READY-TO-EAT

larb-style tofu & mushroom lettuce wraps with bulgur wheat and cucumber salad

Stir tofu and bulgur together with up to a 1/4 cup of water in a frying pan over medium-high heat; cook, stirring occasionally, until the water is evaporated and the dish is heated through, about 6 minutes. Alternately, microwave tofu and bulgur with a splash of water on High until heated through, 3-6 minutes.

Meanwhile, separate leaf lettuce, wash under cold water, and then dry. Wash, trim and slice the radish as thinly as possible. Give the cucumber salad a stir to redistribute the dressing.

Remove tofu mix from heat, and season to taste with salt and pepper.

Place lettuce leaves on serving plates and place tofu mix over lettuce leaves. Top each wrap with a bit of cucumber salad and sliced radish and the crispy shallots and peanuts. Fold the lettuce around the filling* and enjoy!

**Feel free to enjoy the wraps more as a salad bowl, too, if that sounds easier and less messy! It'll be delicious either way.*

Larb: Tofu (filtered water, non-GMO soybean, food grade calcium sulfate, food grade calcium chloride), bulgur wheat, honey, shallot, garlic, chile de arbol, thai chile, soy sauce, salt, pepper, lime, lemongrass, ginger **Cucumber Salad:** Cucumber, red onion, mint, cilantro, rice vinegar, white wine vinegar, lime, sugar, salt. **Vegetable Bag:** Head lettuce, radish **Crispy Peanuts & Shallots:** Peanut, shallot, canola oil, salt

Contains: Wheat, fish, soy, peanut (optional)

③ FARM-TO-FREEZER

baked spanikopita-style pasta with greens and feta

See label for instructions and ingredients.



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, 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-2pm