

PASTURE AND PLENTY

AUGUST 4, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a week full of summer tomatoey goodness! Think: a classic BLT with crispy bacon and lemon pepper aioli with a summery pesto pasta salad; our slow-cooked beef, onion and cherry tomato ragù with linguine and herbed ricotta; and an Indian mattar paneer curry (peas and paneer cheese cubes in a spiced tomato sauce thickened with ground cashews) over rice. Thanks to our farm partners at Winterfell Acres and Vitruvian for their local tomatoes!



BLT with pesto pasta salad



beef, onion and cherry tomato ragù with linguine and herbed ricotta



mattar paneer with brown rice



PRODUCER SPOTLIGHT

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

Madison Sourdough Co.

Jones Dairy Farm

Bandung

Vitruvian Farm

Winterfell Acres

Crossroads Community Farm

Fifth Season Co-op

Saffi Saana

EXTRA GOODNESS

overnight oats with rhubarb orange preserves

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Overnight oats (milk, oats, chia seeds, maple syrup, salt), rhubarb preserves (rhubarb, sugar, orange juice, brown sugar, cherry juice, vanilla, corn syrup, apple pectin, salt, citric acid)

Contains: Milk

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

BLT with pesto pasta salad

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Bacon

MSCo

Sourdough

Lemon Pepper

Garlic Aioli

Pesto Pasta

Salad

Vegetable Bag

PAIR WITH
the fun and
easy-going
Brisat Azimut
Orange 2024
or
the refreshing
Commuter
Kölsch from
One Barrel
Brewing Co.

- 1 Prep your sandwich fixings! First, wash and dry lettuce leaves and slice your tomatoes.
- 2 Cook bacon in a skillet over medium heat until crisp, about 7 to 10 minutes. While the bacon is cooking, toast your sourdough bread. Slather one side of each piece of toast with your aioli.
- 3 While the bacon is cooking, give the pesto pasta salad a stir to redistribute the dressing.
- 4 To build your sandwich, divide lettuce evenly between both pieces of bread. Layer tomato slices on 1 piece of bread and sprinkle generously with coarse salt and freshly ground pepper. Break bacon slices in half and layer them onto the sandwich in 2 layers, alternating the orientation of bacon in each layer for more structural stability. Close sandwich and cut in half diagonally.
- 5 Serve immediately with pesto pasta salad on the side. Enjoy!

MSCo Sourdough: Flour, water, salt **MSCo Sourdough:**

Flour, water, salt **Lemon Pepper Garlic Aioli:** Canola oil, egg, lemon, olive oil, garlic, white wine vinegar, pepper, salt **Pesto Pasta Salad:** Rotini (semolina, enriched durum wheat flour), pesto (canola oil, pepita, parmesan, garlic, basil, arugula, red wine vinegar, white wine vinegar, salt), summer squash, zucchini, tomato, fresh mozzarella

Vegetable Bag: Vitruvian lettuce head, Winterfell heirloom tomato **Bacon**

Contains: Pork, wheat, milk, egg

② READY-TO-EAT

beef, onion and cherry tomato ragù with linguine and herbed ricotta

Bring a well salted pot of water to a rolling boil. Warm ragù in sauté pan over medium heat. Add linguine and cook, stirring occasionally, until al dente, typically 8-10 minutes. When pasta is done cooking, drain the pasta in a colander and do not rinse. Make sure to reserve some pasta water to help thicken your sauce.

Ready a large sauté pan, large enough for the linguine and sauce. Warm ragù in sauté pan over medium heat. Add reserved pasta water (about 1/4 cup to start) and linguine to ragù, toss to coat.

Divide pasta onto plates, top with herbed ricotta and dig in!

Ragù: Onion, red onion, summer squash, cherry tomato, tomato, celery, carrot, tomato, white wine, red wine vinegar, tomato paste, olive oil, parsley, basil, salt, pepper
Linguine: Enriched semolina **Herbed Ricotta:** Ricotta, lemon juice, parsley, thyme, rosemary, heavy cream, salt

Contains: Beef, wheat, milk, alcohol

③ FARM-TO-FREEZER

mattar paneer with brown rice

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