PASTURE AND PLENTY

OCTOBER 27, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

And, we have a great Fall menu to brighten up your Halloween week! Look for: fresh RP's pasta with house-made pesto, roasted veggies and topped with herbed white beans for an easy pasta night; a quick & easy MSCo bread salad with roasted squash, shredded brussels sprouts, dried cranberries and white cheddar; a classic three bean chili with our Bakeshop's cornbread to warm up and eat alongside; and a Halloween-themed chocolate dirt cake to finish off!

RP's rigatoni with pesto, herbed white beans and roasted broccoli, cauliflower and carrots

roasted squash & bacon bread salad with shredded brussels sprouts, dried cranberries and white cheddar

beef & three bean chili with cornbread

PRODUCER SPOTLIGHT

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

RP's Pasta

Winterfell Acres

Sartori Cheese

Tipi Organics

Madison Sourdough Co.

Nueske's Applewood Smoked Meats

Vitruvian Farms

Flynn Creek Farm

Happy Valley Farm

EXTRA GOODNESS

Halloween dirt cups

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Mousse (chocolate, cream, water, egg yolk, butter, sugar, salt), dirt crumble (butter, ap flour, brown and white sugar, cocoa powder, salt).

Contains: Milk, egg, 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

RP's rigatoni with pesto, herbed white beans and roasted broccoli, cauliflower and carrots

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

RP's Pasta

Pesto

Herbed White Beans

SarVecchio

Vegetable Bag

PAIR WITH

the zesty and fruity Sea Cove Sauvignon Blanc or the crisp Sweet Sunglasses Blonde Ale from Hop Haus

1. Preheat oven to 400°F and get your prep on! Wash and dry vegetables. Trim tops and bottoms of carrots, peel, then cut in bite-sized pieces. Cut broccoli and cauliflower into bite-sized florets. In a bowl, season veggies with salt, pepper, add a splash or two of of olive oil; toss to coat all the veggies.
2. Place all the veg on a sheet pan. Roast veg for 10 minutes, stir and return to oven. Cook until the veg is tender and caramelized at the edges, about 15 to 20 more minutes.
3. While the veg is roasting, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. With your hands, gently loosen the pasta. Once the water is at a rolling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 4 to 5 minutes or until preferred al dente texture and drain, reserving a bit of pasta cooking water for later.
4. Meanwhile, reheat the white beans over medium heat in a saucepan, stirring occasionally, until hot and the bean cooking liquid reduces, about 4 to 6 minutes.
5. Last, heat pesto in a large sauté pan, adding a little pasta water to thin it out. After a few seconds, add the rigatoni and the roasted veg. Toss to coat everything evenly and cook for a minute or two to combine it all and get everything nice and hot.
6. Divide onto plates and top with the herbed white beans and SarVecchio cheese. Buon appetito!

RP's Pasta: Semolina (milled wheat, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, whole egg, salt, glucono delta-lactone **Pesto:** Canola oil, pepitas, parmesan (milk, salt, culture, enzyme), spinach, arugula, basil, red wine vinegar, garlic, salt, red chile flake **Herbed White Beans:** White bean, thyme, rosemary, parsley, lemon, red wine vinegar, salt **Sarvecchio:** Milk, culture, salt, enzyme **Vegetable Bag:** Broccoli, cauliflower, carrot

Contains: Milk, wheat, egg

2 READY-TO-EAT

roasted squash & bacon bread salad

Preheat oven to 350°F. Place sourdough croutons on a baking sheet and reheat for about 5 minutes until warm and crunchy.

In a large bowl, toss the heated sourdough croutons with the other salad topping ingredients. Drizzle with half of the vinaigrette; stir to combine. Let sit while the squash reheats.

Meanwhile reheat the squash and bacon. Spread the mixture in a single layer on your sheet pan, drizzle with a splash of olive oil, toss and reheat in your preheated oven for about 10 minutes.

Toss the bread salad with the heated squash and bacon, then check the salad's seasonings, adding additional salt and more vinaigrette, as needed. Serve right away and enjoy!

Croutons: MSCo sourdough (flour, water, salt, rosemary), olive oil, salt, pepper **Squash & Bacon:** Butternut squash, bacon, olive oil, salt, pepper **Salad Toppings:** Brussels sprout, white cheddar (milk, salt, culture, enzyme), dry cranberry **Vinaigrette:** Canola salad oil, dijon mustrad, shallot, red wine vinegar, salt, pepper

Contains: Milk, wheat, mushroom

3 FARM-TO-FREEZER

beef & three bean chili with cornbread

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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
608.665.3770 • pastureandplenty.com

M 3:30pm–7:30pm **T-F** 11am–7pm
SAT 9am–2pm