

# PASTURE AND PLENTY

FEBRUARY 23, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We have a cozy line-up of meals for you this, week friends. Look for: a kale caesar salad kit with herbed white beans, house-made sourdough croutons and dressing and some seasonal roasted root veggies to toss all together; our yearly take on rich, chunky borscht filled with beets and cabbage (of course!) and roasted carrots and turnips; and our classic, comfort-food fave, loaded vegetable mac and cheese!



**kale caesar salad kit with white beans and roasted root vegetables**



**borscht with turnips and carrots with caraway sour cream and MSCo miche**



**loaded baked mac & cheese with broccoli, cauliflower, sweet potato and bell pepper**



### PRODUCER SPOTLIGHT

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

Driftless Organics

Tipi Organics

Hook's Cheese

Roth Cheese

Madison Sourdough Co.

Elderberry Hill Farm

Sartori Cheese

Saffi Saana

### EXTRA GOODNESS

## spiced pepita & cashew trail mix

Instructions: Store at room temperature and enjoy within one week!

Ingredients: Pepitas, cashews, sunflower seeds, lime juice, maple syrup, salt, ancho chile powder, cumin, garlic powder, dried oregano, smoked paprika, coriander, cayenne, cinnamon.

Contains: Tree nut (cashew)

### 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

**kale caesar salad kit** with white beans and roasted root vegetables

PREP & COOK TIME

40 MINUTES

IN YOUR BAG

Herbed White Beans

Vegetarian Caesar Dressing

Vegetable Bag

Sarvecchio

MSCo Croutons

PAIR WITH

the rich and flinty Iconic Sidekick Chardonnay or

the drinkable Up North Wisconsin Lager from One Barrel

- 1 Preheat oven to 400°F.
- 2 Get your prep on! Wash and dry your veg. Trim the ends off of your rainbow carrots, parsnips and rutabaga, peel and cut into bite sized pieces. Strip the kale leaves from the stems and coarsely chop; set kale aside. Toss the rest of your veg with olive oil, salt and pepper. Lightly drizzle your chicken with olive oil, then season with salt and pepper.
- 3 Place vegetables onto a rimmed sheet pan and roast, checking and flipping occasionally, until veg is tender and browned, about 20 to 25 minutes. For the last five minutes, toss the croutons onto the pan, too, to heat and crisp up again.
- 4 While the vegetables are roasting, reheat the herbed white beans in a small saucepan over low heat for about 4 to 6 minutes, until hot. At the same time, massage kale leaves with half of the caesar dressing.
- 5 Portion kale salad onto plates, top with roasted vegetables and crispy croutons. Using a slotted spoon, portion the white beans alongside. Spoon remaining caesar dressing over everything and sprinkle with sarvecchio. Enjoy!

**Herbed White Beans:** White bean, water, dill, parsley, chive, salt

**Vegetarian Caesar Dressing:** Canola oil, sarvecchio (milk, salt, culture, enzyme), water, egg yolk, lemon, garlic, red wine vinegar, salt, pepper

**Vegetable Bag:** Kale, rainbow carrot, rutabaga, parsnip  
**Sarvecchio:** Milk, salt, culture, enzyme  
**MSCo Croutons:** MSCo ciabatta (flour, water, olive oil, salt, yeast), olive oil, salt, pepper

*Contains: Milk, wheat, egg*

② READY-TO-EAT

**borscht with turnips and carrots with caraway sour cream and MSCo miche**

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.

Pop miche into the microwave or toaster oven for just a few seconds to warm.

Ladle soup into individual bowls, top with caraway sour cream. Serve warm bread alongside and dig in!

**Vegetarian Borscht:** Vegetable stock, cabbage, beet, onion, carrot, red potato, turnip, celery, garlic, apple cider vinegar, tomato paste, salt, pepper  
**MSCo Miche:** Flour, water, salt  
**Caraway Sour Cream:** Sour cream, lemon, apple cider vinegar, caraway seed, Dijon mustard, salt, dill, pepper

*Contains: Wheat (optional), milk (optional)*

③ FARM-TO-FREEZER

**loaded baked mac & cheese with broccoli, cauliflower, sweet potato and bell pepper**

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  
 608.665.3770 • pastureandplenty.com

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