

PASTURE AND PLENTY

APRIL 6, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we're excited for a delicious week ahead! Look for: our signature pizza kit, this time with white sauce, roasted butternut squash, avocado oil pesto (made with Saffi Saana's avocado oil), kale and cheese to top it; a cozy mushroom and wild rice soup with loads of dill and paprika accompanied by slices of MSCo miche slathered with dill compound butter; and our fan-favorite baked ziti with roasted eggplant and sarvecchio besciamella!



p&p pizza kit with roasted butternut squash, avocado oil pesto, kale and white sauce



creamy cranberry bean, mushroom, potato and wild rice soup with Madison Sourdough miche and dill butter



baked ziti with roasted eggplant, spinach and sarvecchio besciamella



PRODUCER SPOTLIGHT

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

Saffi Saana

Alsum Sweet Corn

Sartori

Madison Sourdough Co.

Vitruvian Farms

Happy Valley Farms

Winterfell Acres

Driftless Organics

Crossroads Community Farms

EXTRA GOODNESS

maple granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Oats, pecans, shredded coconut, pepitas, flaxseed, almond, apricot, maple syrup, brown sugar, coconut oil, vanilla, salt

Contains: Coconut, tree nut.

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

p&p pizza kit with roasted butternut squash, avocado oil pesto, kale and white sauce

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

- P&P Pizza Dough
- Mozzarella & Parmesan
- White Sauce
- Avocado Oil Pesto
- Roasted Butternut Squash
- Kale

PAIR WITH the rich and flinty Iconic Sidekick Chardonnay or the refreshing Commuter Kölsch from One Barrel Brewing Co.

- 1 Keep dough frozen until the day you want to make the pizza and place in the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into equally-sized individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest while coming to room temperature.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 Meanwhile, rinse and dry the kale. Strip kale leaves from stems and roughly chop the leaves (discarding the stems). Massage leaves with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch (or roll out with a rolling pin) each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 5 Spread the white sauce evenly on top of the dough. Spread out the butternut squash over top, drizzle the pesto all over, then scatter the cheese over it all. Place the kale leaves on top of everything.
- 6 Bake pizza in preheated oven until crust is golden brown, the cheese is melted and bubbling and the kale is lightly browned and crispy, about 12 to 15 minutes. Remove from oven and let sit for a few minutes to set the cheese.
- 7 To serve, slice with a large knife or pizza cutter. Dig in!

P&P Pizza Dough: Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Mozzarella & Parmesan:** Mozzarella (milk, salt, culture, enzyme), parmesan (milk, salt, culture, enzyme) **White Sauce:** Heavy cream, whole milk, white wine, garlic, butter, flour, lemon juice, salt, pepper **Avocado Oil Pesto:** Basil, spinach, arugula, Saffi Saana avocado oil, parmesan cheese, pepitas, garlic, red wine vinegar, salt, papper, red chili flake **Roasted Butternut Squash:** Butternut squash, olive oil, salt, pepper **Kale**

Contains: Wheat, milk, alcohol

② READY-TO-EAT

creamy cranberry bean, mushroom, potato and wild rice soup with MSco miche and dill butter

Reheat soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally to prevent sticking. Add 1/4 to 1/2 cup milk, broth or water (per serving) to the soup as it heats if you'd like it to be brothier. The wild rice really loves to soak up liquid!

While soup heats, heat miche in toaster or in a heavy skillet over medium heat with a drizzle of olive oil.

Divide soup into bowls. Schmeare miche with compound dill butter and serve alongside. Enjoy!

Cranberry Bean & Wild Rice Soup: Vegetable stock, wild rice, cranberry bean, yukon gold potato, onion, leek, cream, garlic, olive oil, button mushroom, oyster mushroom, lemon juice, apple cider vinegar, tomato paste, paprika, red chile flake, caraway seed, thyme, dill, rosemary, salt, pepper **MSco Miche:** Flour, water, salt **Dill Butter:** Butter, dill, salt, pepper

Contains: Mushroom, milk, wheat

③ FARM-TO-FREEZER

baked ziti with roasted eggplant, spinach and sarvecchio besciamella

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