

# PASTURE AND PLENTY

JUNE 8, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited to feast on Spring greens pesto with roasted farm-fresh veg and Alimentari's fresh pasta, our fave lemony lentil soup, and veg-packed mapo tofu this week! And, as an extra special treat, double chocolate cupcakes for all. Yes, you heard us. CUPCAKES. We're celebrating our 9th Birthday this month and wanted to send a little birthday love to our favorite people. Thank you for helping us reach this milestone, friends!



**Spring greens pesto pasta**  
with herbed white beans and roasted vegetables



**lemony lentil soup**  
with grilled scallion yogurt and pita



**mapo tofu** over sesame scallion  
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.**

**Driftless Organics**

**Tart**

**Winterfell Acres**

**Nueske's Smoked Meats**

**Tipi Organics**

**Harmony Valley Farm**

**Saffi Saana**

### EXTRA GOODNESS

## double chocolate birthday cupcakes

Instructions: Keep cupcakes and ganache refrigerated. To assemble: bring both to room temperature; then, use a butter knife or offset spatula to frost the cupcakes. Enjoy within 5 days!

Ingredients: Chocolate Cake (sugar, ap flour, milk, coffee, cocoa powder, oil, eggs, baking soda, vanilla, baking powder, salt), chocolate ganache (heavy cream, chocolate).

**Contains: Wheat, milk, egg**

### 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

**Spring greens pesto pasta with herbed white beans and roasted vegetables**

PREP & COOK TIME

**45**  
MINUTES

IN YOUR BAG

Alimentari Pasta (keep frozen)

Spring Greens Pesto

Herbed White Beans

Vegetable Bag

Sarvecchio Cheese

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 400°F and get your prep on! Wash and dry vegetables. Trim tops and bottoms of radishes and turnips, then cut in bite-sized pieces; break off the stem ends of the asparagus, and cut into bite-sized pieces. In a bowl, add the turnips and radishes, toss with a splash of olive oil and season with salt and pepper. Set the asparagus aside.
- 2 Place turnips and radishes on a sheet pan. Roast veg for 15 minutes, stir, add the asparagus and return to oven. Cook until the veg is tender and caramelized at the edges, about 5 to 10 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 frozen pasta. Once the water is at a rolling boil, carefully place the pasta 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, 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 pasta 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 (drained of any excess bean cooking liquid) and sarvecchio cheese. Buon appetito!

**Alimentari Pasta:** Flour (semolina), water, salt **Spring Greens Pesto:** Canola oil, avocado oil, pepitas, parmesan (milk, salt, culture, enzyme), spinach, arugula, basil, red wine vinegar, salt, red chile flake **Herbed White Beans:** White bean, parsley, dill, chive, red wine vinegar, lemon, salt **Vegetable Bag:** Turnip, radish, asparagus **Sarvecchio Cheese:** Milk, culture, salt, enzyme

Contains: Milk, wheat

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

**lemony lentil soup with grilled scallion yogurt and pita**

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 6 to 8 minutes.

Briefly warm your pita in the microwave or toaster oven.

Portion soup into bowls, garnish with grilled scallion yogurt and dig in, serving the warm pita alongside to dunk into the soup!

**Lentil Soup:** Red lentil, vegetable stock, kale, onion, celery, carrot, garlic, curry powder, turmeric, lemon, red wine vinegar, smoked paprika, salt, pepper, olive oil

**Grilled Scallion Yogurt Sauce:** Yogurt (milk, enzymes), milk, scallion, lemon, olive oil, garlic, salt, pepper **Pita:** Enriched wheat flour, water, 3% or less of soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour

Contains: Milk, wheat

③ FARM-TO-FREEZER

**mapo tofu over sesame scallion 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  
608.665.3770 • pastureandplenty.com

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