

PASTURE AND PLENTY

JULY 6, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have a super summery menu for you this week, y'all! Get excited for: grilled jerk sweet potato with Caribbean black beans, lime cilantro slaw and mango pineapple salsa; a summery, dense bean salad chockfull of creamy herbed white beans, fresh mixed greens, and crunchy onion, fennel and celery; and everyone's favorite Thai-inspired veg-packed (think: zucchini, summer squash, oyster mushrooms, cherry tomatoes and bok choy) coconut green curry!



**jerk sweet potato with
Caribbean black beans, lime cilantro
slaw and mango pineapple salsa**



**white bean salad with greens,
fennel and celery**



**green coconut tofu curry
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:

Crossroads Community Farm

Flyte Family Farm

Cattail Organics

Ortega's Garden

Vitruvian Farms

Keewaydin Farms

Saffi Saana

EXTRA GOODNESS

zucchini bread

Instructions: Keep refrigerated and enjoy within 5 days. Bring to room temp to eat or warm briefly in the microwave! Slather some butter on it for maximum enjoyment.

Ingredients: Zucchini bread (zucchini, ap flour, sugar, egg, oil, brown sugar, whole wheat flour, applesauce, vanilla, baking soda, salt, cinnamon), crumble (brown sugar, ap flour, butter, cinnamon, 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

jerk sweet potato with Caribbean black beans, lime cilantro slaw and mango pineapple salsa

PREP &
COOK TIME

40
MINUTES

GRILL INSTRUCTIONS

- 1 Wash and dry your sweet potato. Slice sweet potato into 1/2" thick slices. Put sweet potato slices in a baking dish, add jerk marinade and coat well. Cover and marinate, refrigerated, for at least 6 hours, but preferably overnight. To moderate the spice levels, either use less of the marinade and/or marinate for less time.
- 2 Preheat grill for medium-high heat. Once hot, arrange the sweet potato slices on the grill. Cook until well-browned on the underside, about 5 minutes. Carefully flip the sweet potato and cook until the other side has char marks as well, another 5 minutes. They are ready when they develop a slight char, grill marks, and become tender in the center when pierced with a fork.
- 3 While the sweet potato is grilling, reheat the beans in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Also give the slaw a quick toss to redistribute the dressing.
- 4 Plate the sweet potato with the black beans and slaw, serving the mango pineapple salsa alongside. Enjoy!

OVEN INSTRUCTIONS

Follow instructions above, but instead of using a grill, preheat your oven to 425°F. Place sweet potato slices on a rimmed baking sheet and roast for 20 to 30 minutes, flipping them halfway through. Sweet potatoes should be fork tender and browned on the edges.

Caribbean Black Beans: Black bean, water, orange juice, lime juice, salt, garlic powder, pepper, allspice, nutmeg
Cilantro Lime Slaw: Green cabbage, carrot, radish, lime juice, honey, cilantro, salt, pepper
Pineapple Mango Salsa: Pineapple, mango, red bell pepper, red onion, jalapeño, cider vinegar, cilantro, sugar, salt
Jerk Marinade: Soy sauce, lemon juice, olive oil, canola oil, orange juice, lime juice, apple cider vinegar, ginger, garlic, scallion, brown sugar, habañero, thyme, salt, allspice, nutmeg, pepper
Sweet Potato

Contains: Soy, wheat

IN YOUR BAG

Caribbean Black Beans

Cilantro Lime Slaw

Pineapple Mango Salsa

Jerk Marinade

Sweet Potato

PAIR WITH

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

② READY-TO-EAT

white bean salad with greens, fennel and celery

Trim the core end of your lettuce head, and remove any bruised or brown leaves. Separate leaves; wash and dry thoroughly. Give leaves a rough chop.

In a large bowl, combine the mixed greens with half of the vinaigrette; toss gently to combine. Plate the lettuce. Next, in the same bowl, combine the white beans and the contents of the veg jar together with the remaining half of the vinaigrette; toss gently to combine. Top the lettuce with the bean salad and dig in!

White Beans: White bean, parsley, dill, thyme, salt
Vegetable Jar: Fennel, celery, onion
Vinaigrette: Canola oil, white wine vinegar, olive oil, orange juice, shallot, garlic, lemon juice, lime juice, honey, dijon mustard, salt, pepper
Lettuce Head

Contains: n/a

③ FARM-TO-FREEZER

green coconut tofu curry with brown rice

See label for instructions and ingredients.

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



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** 9am-7pm
SAT 9am-2pm