

PASTURE AND PLENTY

JULY 27, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited for you to try the tortillas in this week's quesadilla kit, made from long-time local producer Gitto Farm n Kitchen. Certified organic and made with just a handful of simple ingredients like organic flour, sunflower oil and sea salt, these tortillas have a light, sturdy texture that holds up beautifully to a generous filling without ever tearing. They'll go perfectly with our roasted squash, corn and black bean filling this week, y'all!



sheet pan quesadilla kit with roasted squash, corn and black beans



curried chickpea salad sandwich on MSCo ciabatta with cucumber salad



creamy pesto pasta with green beans, potatoes, cherry tomatoes and oyster mushrooms



PRODUCER SPOTLIGHT

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

Alsum Sweet Corn
Gitto Farm n Kitchen
Hook's Cheese
Winterfell Acres
Madison Sourdough Co.
Ortega's Garden
Vitruvian Farms
Cattail Organics
Flyte Family Farm
Vern's Cheese

EXTRA GOODNESS

bumbleberry crisp

Instructions: Crisp can be frozen for up to 6 months and/or refrigerated for a week before baking. Before baking, let thaw in refrigerator. Preheat oven to 350°F. Place pyrex on baking sheet and bake until top is golden brown and filling is bubbling all over, about 20-25 minutes (for MKs for 1 and 2) or 28-32 minutes (for MKs for 4).

Ingredients: Filling (blackberry, raspberry, strawberry, rhubarb, sugar, cornstarch, salt, vanilla), crumble (brown sugar, butter, ap flour, oats, cinnamon, salt).

Contains: Wheat, milk.

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

sheet pan quesadilla kit with roasted squash, corn and black beans

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Gitto Flour
Tortillas

Black Bean and
Vegetable Mix

Shredded
Cheese

Roasted Tomato
Guajillo Salsa

Creamy Cilantro
Lime Slaw

PAIR WITH

the fruity and
spicy Zillamina
Organic Spanish
Red Wine

or

the hoppy Pulp
Culture IPA
from Working
Draft Brewing
Co.

- 1 Preheat oven to 425°F.
- 2 Add a splash of neutral oil to a large sheet pan and use a single tortilla to smear the oil around. Add the remaining tortillas, spacing them out evenly. Divide the cheese among the tortillas, then top with the black bean and vegetable mix.
- 3 Bake the quesadillas until the cheese is melted, about 5 minutes, then remove the pan from the oven. Using a spatula, fold each tortilla over itself to make half moons. Sprinkle with salt and return to the oven until crispy and lightly browned at the edges, 3 to 5 minutes.
- 4 While the quesadillas are cooking, give the slaw a toss to redistribute the dressing.
- 5 Serve quesadillas immediately with roasted tomato guajillo salsa and creamy cilantro lime slaw alongside. Enjoy!

Gitto Flour Tortillas: Organic unbleached white (wheat) flour, organic high oleic sunflower oil, water, sea salt, organic vinegar, baking soda **Black Bean & Vegetable Mix:** Black bean, butternut squash, corn, red onion, lime juice, guajillo chile, pasilla chile, ancho chile, smoked paprika, cumin, salt, pepper, olive oil **Shredded Cheese:** Vern's pepper jack cheese, Hook's cheddar cheese, chihuahua cheese **Roasted Tomato Guajillo Salsa:** Fire roasted tomato, guajillo chile, garlic, water, apple cider vinegar, lime juice, cilantro, salt, smoked paprika, cayenne pepper, pepper **Creamy Cilantro Lime Slaw:** Red cabbage, napa cabbage, carrot, mayonnaise, sour cream, cilantro, lime juice, apple cider vinegar, sugar, salt, cumin, coriander, pepper

Contains: Wheat, milk, egg

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

② READY-TO-EAT

curried chickpea salad sandwich on MSCo ciabatta with cucumber salad

Slice Madison Sourdough ciabatta rolls in half and toast. Give the cucumber salad a toss to redistribute the dressing.

Layer the curried chickpea salad and the arugula on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the cucumber salad on the side. Dig in!

Curried Chickpea Salad: Chickpea, celery, carrot, mayonnaise, water, balsamic vinegar, sultanas, curry powder, salt, pepper, olive oil **MSCo Ciabatta:** Flour, water, olive oil, salt, yeast **Cucumber Salad:** Cucumber, red onion, mint, cider vinegar, rice vinegar, water, sugar, salt **Arugula**

Contains: Wheat, egg

③ FARM-TO-FREEZER

creamy pesto pasta with green beans, potatoes, cherry tomatoes and oyster mushrooms

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