

PASTURE AND PLENTY

AUGUST 3, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Raise your hand if you're excited about the watermelons from Flynn Creek Farm this week! Yup, us too. It seems like the perfect summery treat and we're here for it. Add in our annual zucchini pie and alllll of the vegetables in the fiesta salad and the kung pao tofu and we're just living our best (summer) lives. Eat up, friends! We sure will.



zucchini pie with kale and lemon vinaigrette



fiesta salad with jalapeño ranch, tortilla strips and seasoned Impossible meat



kung pao tofu and vegetables 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:

Winterfell Acres

Sartori

Happy Valley Farm

Crossroads Community Farm

Keewaydin Farm

Los Abuelos Farms

Ortega's Garden

Reimer Family Farm

EXTRA GOODNESS

Flynn Creek Farm Watermelon

Instructions: Store in the refrigerator until ready to enjoy!

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

zucchini pie with kale and lemon vinaigrette

PREP &
COOK TIME

45

MINUTES

IN YOUR BAG

Vegetable Bag

Lemon
Vinaigrette

Sarvecchio &
Herbs

Dry Mix

Wet Mix

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 350°F. Wash and dry your zucchini, parsley and scallions. Trim ends off of both the zucchini and scallions and then thinly slice. Discard any larger stems from the parsley, then roughly chop the leaves and smaller stems.
- 2 Add wet mix and herbed sarvecchio to a large bowl; season with a generous pinch of salt and pepper. Stir until well combined.
- 3 Add zucchini, dry mix, parsley and scallions. Stir again until all ingredients are combined, but the mixture is not overmixed.
- 4 Pour batter into a greased 9-inch pie pan (or 9x9-inch baking dish for meal kits for 1 or 2) or a 9x13-inch baking dish (for meal kits for 4).
- 5 Bake zucchini pie for 25 to 35 minutes until golden brown on top. Wait for the pie to take on a golden hue before removing it from the oven. If it's not golden brown on top, the middle will likely not be cooked through. An instant read thermometer should read 200°F–210°F when inserted in the center of the zucchini pie.
- 6 While pie is baking, wash and dry kale. Strip kale leaves from stems, slice and massage with vinaigrette and salt and pepper (to taste) in a bowl. Massaging the greens and dressing them in advance takes the edge off, and makes them tender enough to eat without cooking.
- 7 Serve zucchini pie warm alongside kale salad. Enjoy!

Vegetable Bag: Zucchini, scallion, parsley, kale
Lemon Vinaigrette: Canola oil, lemon, white wine vinegar, honey, dijon mustard, salt
Sarvecchio & Herbs: Sarvecchio (milk, salt, culture, enzymes), thyme, rosemary
Dry Mix: AP flour, butter, baking soda, salt
Wet Mix: Egg, canola oil

Contains: Wheat, milk, egg

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

② READY-TO-EAT

fiesta salad with jalapeño ranch, tortilla strips and seasoned Impossible meat

Heat a large frying pan over medium heat. When hot, drizzle with a splash of oil and add the seasoned meat. Cook until heated through and slightly crispy again, stirring occasionally, about 5 minutes. Alternatively, reheat the meat in the microwave for about 30 seconds, stirring halfway through.

Meanwhile, in a large bowl, add the mixed greens together with half of the ranch; toss gently to combine. Plate the lettuce. Top with the salad toppings and the cooked meat. Drizzle the remainder of the dressing over the top (as desired) and top with the tortilla strips. Dig in!

Impossible Meat: Impossible meat (water, soy protein concentrate, sunflower oil, coconut oil, < 2% of natural flavors, methylcellulose, cultured dextrose, food starch modified, yeast extract, dextrose, soy leghemoglobin, salt, vitamin e, l-tryptophan, soy protein isolate), salt, ancho chile, pasilla chile, guajillo chile, cumin, coriander, garlic powder, onion powder, cayenne, black pepper, smoked paprika, sweet paprika, olive oil
Jalapeño Ranch: Mayonnaise, sour cream, buttermilk, hatch green chile, cotija cheese, jalapeño, lime juice, garlic, cilantro, salt, smoked paprika, onion powder, garlic powder
Salad Toppings: Black beans (black bean, water, salt), sweet corn, pickled red onion (red onion, cider vinegar, sugar, salt), black olive
Tortilla Strips: Corn tortilla (ground corn, water, corn flour, less than 2%: lime, sodium propionate, potassium sorbate, phosphoric acid, propionic acid, benzoic acid, guar gum, cellulose gum, enzymes), salt, canola oil
Mixed Greens

Contains: Milk, egg, soy, coconut, olive

③ FARM-TO-FREEZER

kung pao tofu and vegetables with 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