



WELL STUDIO  
PLANT-BASO - PASTURE-BASED  
CLASSES - PARTIES  
GET TO KNOW US BETTER  
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FOX HERITAGE FARMS  
GENTLE BREEZE HONEY  
GREEN PRESERVATION  
SPRINGS ORCHARD  
KICKAPOO  
COFFEE ROASTERS  
LANDMARK CREAMERY  
MADISON SOURDOUGH  
COMPANY  
MUSHROOM MIKE  
NUESKE'S APPLEWOOD  
SMOKED MEATS  
SARTORI  
SASSY COW  
CREAMERY  
STONEFACE PASTURES  
SUPERCHARGE!  
FOODS  
TUPI PRODUCE  
VITRUVIAN FARM  
WASH  
FAMILY FARM  
INTERFELLACRES

CHEERS!  
\*\*\*\*\*

FRESH FOOD TO GO  
\*\*\*\*\*

FARM TO FREEZER  
\*\*\*\*\*

DAIRY GOODNESS  
BREAKFAST  
GRAIN BOWL  
ROASTED TART, CARROT, KALE,  
SUMMER SQUASH, QUINOA,  
SARVECCHIO

THE REST until 3:30 pm  
SOUP: **SUMMER SOUP**  
WILTED GREENS,  
THUMBELINA CARROTS,  
PEARL ONIONS IN TOMATO-CHARRED  
SCALLION BROTH

FARMERS MARKET SALAD:  
ROASTED BEET MEAT  
HERBED CHEVRE  
CANDIED PECANS  
RED WINE VINAIGRE  
MICHE CROUTONS  
SUMMER

# PASTURE AND PLENTY

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WHAT'S FOR DINNER?



# WEEKLY MEAL KIT SUBSCRIPTIONS









### THAI CHICKEN LETTUCE WRAPS WITH PEANUT NOODLES

adapted from [tasteofbutterfromscratch.com](http://tasteofbutterfromscratch.com)  
Prep Time: 15 mins / Cook Time: 10 mins  
Total Time: 20 mins  
Serves 1 to 2

#### INGREDIENTS

**Chicken Filling**  
2 teaspoons olive oil  
1/2 pound boneless skinless chicken breasts (or tenders), chopped into very small pieces\*  
4 cloves garlic, minced  
1/2 cup yellow onion, chopped  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 carrot, shredded  
1/2 cup cabbage, finely shredded (red, green)

#### Peanut Sauce

2/3 cup sweet ch  
2 heaping T  
1 tablespo  
4 teaspo  
1/4













BASIL

SAGE

CHIVES

PARSLEY

OREGANO

THYME



COMMON *healing* HERB



# KITCHEN MEDICINE



**BASIL**

*Cuminum basilicum*



**OREGANO**

*Origanum vulgare*



**PARSLEY**

*Petroselinum crispum*



**ROSEMARY**

*Rosmarinus officinalis*



**CILANTRO**

*Coriandrum sativum*



**DILL**

*Anethum graveolens*



**MINT**

*Mentha spp*



**THYME**

*Thymus vulgaris*



**SAGE**

*Salvia officinalis*



1



2



3



4



5



6

- 1 tarragon
- 2 oregano
- 3 basil
- 4 dill
- 5 mint
- 6 thyme



7



8



9



10



11



12

- 7 cilantro
- 8 rosemary
- 9 sage
- 10 lavender
- 11 bay
- 12 parsley











PASTURE AND PLENTY



THANK YOU

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