

A ROSEBIRD FARMS GUIDE

The Farm-to-Kitchen Playbook

What to keep in your kitchen, what to cook with what's in your box, and how to shop the rest of the week without overthinking it.

ROSE BIRD FARMS
KINGMAN, ARIZONA

Stock your kitchen once



Most weeknight dinners are four things: a protein, a vegetable, a starch, and something that makes it taste like food. Your box is the vegetables. Keep the rest on hand and dinner stops being a decision.

Protein	Vegetable	Starch	Finisher
eggs, meat, beans	what's in your box	grits, pasta, flour, potatoes	acid, salt, honey, herbs

Buy once, restock monthly

- A cooking fat you like: olive oil, butter, or tallow
- Salt and pepper (kosher or flaky salt cooks better than fine)
- An acid: lemons or apple cider vinegar. This is what makes vegetables taste good
- Garlic and onions, always
- Five spices: cumin, smoked paprika, chili flakes, dried oregano, cinnamon
- Broth or bone broth, for soups and cooking beans
- Canned tomatoes or a jar of tomato sauce
- Something crunchy: nuts or seeds, for salads and toast

Restock weekly from Rosebird

- **Eggs**
  Breakfast, frittatas, a fried egg on anything. The fastest protein in the house.
- **Ground beef**
  Tacos, meatballs, skillet dinners. Freeze flat and it thaws in minutes.
- **Chicken**
  A whole bird or thighs. One sheet pan, one soup pot, leftovers all week.
- **Lamb**
  Meatballs, patties, a slow-cooked stew when you have a Sunday.
- **Milk**
  Make your own yogurt and ricotta in the Instant Pot (page 6).
- **Beans**
  Cook a big pot once. Protein and fiber for the whole week.
- **Heritage flour, cornmeal and grits, dried pasta**
  The starch, and it all keeps.
- **Honey**
  Dressings, roasted roots, and yogurt that kids will eat.

You don't need all of it on day one. Pick three things from each list this week and add the rest as you go.

Plug in what's in your box

Open the box, find the family, pick the formula. Every one is under 30 minutes, built around a protein, and works for kids.

Hearty greens

kale, chard, collards, bok choy, spinach

COOK IT
Sauté in oil and garlic for 4 minutes, then a splash of vinegar. Or wilt into soup at the very end.

PAIR IT WITH
Eggs: scramble them in, or fry one on top. Or stir into a pot of tepary beans.

KID WIN
Chop very fine and mix into meatballs or ground beef tacos.

Roots

carrots, beets, turnips, daikon

COOK IT
Cut small, toss in oil and salt, roast at 425°F for 25 to 30 minutes.

PAIR IT WITH
Chicken thighs on the same pan. Ground beef and grits on the side.

KID WIN
Toss in honey after roasting. They taste like candy.

Cabbage family

cabbage, broccoli, cauliflower, kohlrabi

COOK IT
Roast hot until the edges brown, or shred raw into a slaw with yogurt, lemon and salt.

PAIR IT WITH
Ground beef or lamb in a skillet with shredded cabbage and garlic.

KID WIN
Crispy roasted florets, eaten with fingers.

Fruiting vegetables

zucchini, peppers, tomatoes, eggplant, okra

COOK IT
Slice and sauté or roast until soft. Blister peppers over a flame, then peel.

PAIR IT WITH
Eggs in a skillet with peppers. Ground beef or lamb stuffed into zucchini or peppers.

KID WIN
Grate zucchini into meatballs or pancakes.

Winter squash and pumpkin

butternut, delicata, pumpkin

COOK IT
Cube and roast at 425°F for 20 to 25 minutes. Or blend into soup with broth.

PAIR IT WITH
Beans in the soup for protein. Lamb or chicken roasted alongside.

KID WIN
Blend it into mac and cheese or pasta sauce.

Lettuces and herbs

lettuce, microgreens, herbs, salad greens

COOK IT
Eat these first, within a few days. Tear, dress with oil, lemon and salt.

PAIR IT WITH
Boiled eggs, shredded chicken, or beans make it a full dinner.

KID WIN
A fork-free salad: wrap it in a tortilla or serve with bread.

Four dinners to start with

Sheet-pan chicken and roots

Serves 4 · 35 minutes

YOU'LL NEED

- 2 lb chicken thighs
- 1½ lb carrots, beets or turnips, cut small
- 2 tbsp oil, 1 tsp smoked paprika, salt
- A lemon

HOW

1. Heat the oven to 425°F. Toss the roots with oil and salt on a sheet pan.
2. Rub the chicken with paprika and salt and nestle it in. Roast 30 to 35 minutes.
3. Squeeze the lemon over everything. Serve with grits or bread.

Beef and cabbage skillet

Serves 4 · 20 minutes

YOU'LL NEED

- 1 lb ground beef
- ½ head cabbage, shredded
- 2 carrots, grated
- 3 garlic cloves, 2 tbsp soy sauce or tamari
- 4 eggs (optional)

HOW

1. Brown the beef in a large skillet with the garlic. Drain if you need to.
2. Add the cabbage, carrots and soy sauce. Cook 6 to 8 minutes until soft.
3. Fry an egg on top of each bowl.

Green frittata

Serves 4 · 30 minutes

YOU'LL NEED

- 8 eggs
- 3 cups chopped greens
- 1 onion, sliced
- ½ cup ricotta (page 6) or shredded cheese
- Salt, pepper, oil

HOW

1. Sauté the onion in an oven-safe pan, then wilt the greens. Heat the oven to 375°F.
2. Whisk the eggs with salt and pour over the greens. Dot with ricotta.
3. Bake 18 to 20 minutes until set. Slice into wedges. Good cold, too.

Hidden-greens meatballs

Serves 4 · 35 minutes

YOU'LL NEED

- 1 lb ground beef or lamb
- 1 cup finely chopped greens or grated zucchini
- 1 egg, ½ cup breadcrumbs, 1 tsp salt
- A jar of tomato sauce
- Pasta or grits, to serve

HOW

1. Mix everything but the sauce. Roll into small balls.
2. Brown them in a skillet 5 minutes, then pour in the sauce.
3. Cover and simmer 15 minutes. Serve over pasta or grits.

A real week: one box, $75

This week's $35 box

Bok choy	Agritopia
Ruby Sky lettuce	Cole's Gardens
Tropicana leaf lettuce	Cole's Gardens
Red radish	Cole's Gardens
Yukon Gold potatoes, 2 lb	Sunproduce
Green kale	Whipstone Farm
Leeks	Whipstone Farm

Add to your order

- ½ gallon of milk
  yogurt
- 1½ lb ground beef
  two dinners
- A dozen eggs
  three meals
- A loaf of bread
  toast, burgers, sandwiches

$35 box + add-ons = about $75 — 10 meals for 2 · about $3.75 a person

DINNER

Beef and bok choy skillet

¾ lb beef, bok choy and 1 lb potatoes browned in the same pan. Ready in 25 minutes.

DINNER

Burgers on toast with radish salad

¾ lb beef, toasted bread, lettuce and sliced radish.

DINNER

Potato, leek and kale soup

Leeks, 1 lb potatoes and half the kale, with a soft egg and toast on top.

DINNER

Leek and kale frittata

6 eggs, the rest of the leeks and kale, and a big lettuce salad.

LUNCH

Egg salad sandwiches

4 hard-boiled eggs, bread, lettuce. Packs for school or work.

LUNCH

Soup leftovers

Cook a big pot and you have two lunches, ready to heat.

BREAKFAST

Homemade yogurt, four mornings

Made from the milk (page 6). Add honey or fruit.

Your box will be different next week, so use the vegetable families on page 3 to swap in whatever arrives. Feeding more than two? Add beans, grits or pasta to stretch the dinners.

Ricotta and yogurt at home



Both start with the milk from your order, and both are mostly waiting. Use pasteurized milk that is not ultra-pasteurized, because ultra-pasteurized milk won't set. Whole milk gives the best result.

Instant Pot ricotta

Makes about 1½ cups · 25 minutes

YOU'LL NEED

- ½ gallon whole milk
- 3 tbsp white vinegar or lemon juice
- ½ tsp salt

HOW

1. Pour the milk and salt into the pot. Press Sauté and stir often until it reaches 185°F, about 12 minutes.
2. Turn the pot off. Stir in the vinegar once, gently, and leave it alone for 10 minutes. Curds will form.
3. Pour through a cloth-lined strainer for 10 to 15 minutes. Drain longer for a firmer cheese.

USE IT On toast with honey, in the frittata, in pasta, on a baked sweet potato. Add the whey to soup.

Instant Pot yogurt

Makes about 2 quarts · 10 hours, mostly hands-off

YOU'LL NEED

- ½ gallon whole milk
- 2 tbsp plain yogurt with live cultures (store-bought the first time, then save your own)

HOW

1. Pour the milk into the pot and press the Yogurt button, then Adjust to Boil, until it reads 180°F. This keeps the yogurt thick.
2. Let it cool to about 110°F, 30 to 45 minutes. Whisk in the starter yogurt.
3. Press Yogurt again and set 8 to 10 hours. Chill 4 hours. Strain through cloth for thick Greek yogurt.

USE IT Breakfast with honey, in place of sour cream, as the base for a slaw dressing. A high-protein snack kids will eat.

Your Sunday 10 minutes

Wash and dry the greens

Wrap them in a towel and keep them in a container. They last a week.

Cut the tops off the roots

Carrots, beets and turnips keep longer without their greens.

Cook one big pot

Beans or grits. Protein and a starch, ready for three dinners.

How to shop the week

Your box is the vegetables. That's half the plate. You're only deciding on three more things, and you can add all three to your Rosebird order so the grocery store is a quick stop, not a big one.

1 Group the box

Sort what arrived by family using page 3. That tells you your formulas.

2 Pick three dinners

Choose three plug-and-play meals. You don't need seven. Leftovers and eggs cover the rest.

3 Fill the gaps

Add one or two proteins, one starch and one finisher to your next order. That's the list.

Your list for the week

Protein (pick 2 or 3)

- [ ] Eggs
- [ ] Ground beef
- [ ] Chicken
- [ ] Lamb
- [ ] Beans

Starch (pick 1)

- [ ] Grits or cornmeal
- [ ] Dried pasta
- [ ] Heritage flour
- [ ] Potatoes
- [ ] Bread

Finisher (pick 1 or 2)

- [ ] Honey
- [ ] Milk, for yogurt or ricotta
- [ ] Lemons or vinegar
- [ ] Fresh herbs

The rest of the grocery list can come from wherever it's easiest. Local food doesn't have to be all or nothing.

What's next

Order by Tuesday at 2, and we'll bring the good stuff to you. Start a $35 regular box or a $20 mini, then add eggs, meat and milk to the same order.

Shop at rosebirdfarms.com

Send this to a friend who's tired of deciding what's for dinner.