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2015



Flat & Green 2015



Special thanks to our own MG team of who carefully prepared and photographed each of our featured recipes.

Rie Godsey
Founder & CEO

Long Nghiem
District Manager/Chef

Suzanne Scott
Graphic Designer

Leslie Philips
President & COO

Denise Simmons
Corporate Executive Chef

Lauren Bennion
Photographer



Adult Pimento Cheese & Bacon Flatbread

Serves 2-4

- 1 lg clove garlic, crushed
- ¼ c diced pimentos
- 2 c sharp white cheddar, coarsely grated
- 1 c sharp yellow cheddar, coarsely grated
- ½ c greek yogurt
- sea salt, black pepper, cayenne pepper
- 2 6 x 11 "Flatout" flatbreads
- 4 slices applewood smoked bacon, crispy pieces
- 1 c baby spinach (optional)

Adult Pimento Cheese:

1. Combine garlic, pimentos (with liquid) & cheeses
2. Stir in yogurt, salt & peppers, to taste

Flatbread Assembly

1. Preheat broiler
2. Spread 1 c+ pimento cheese, top with crispy bacon pieces
3. Broil 2-3 minutes, until melted & golden
4. Enjoy with or without fresh spinach topping

Note: use high quality cheeses: vermont, english, canadian cheddars



Roslyn Retreat Center



Lewis Ginter Botanical Gardens



MG Family



The SEED School of DC

January

December

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31 New Year's Eve	1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31



In Season

apples, arugula, beets, bok choy, cabbages, collards, kale, mustard greens, sweet potatoes, radishes, spinach, swiss chard, turnips

Excellent! Food is outstanding. Service is very good. You are the best kept secret in Richmond

Virginia State Capitol Cafe
-Customer



Kale & Butternut Chopped Salad

Serves 8

- 1 butternut squash, peel, cut 1/2" olive oil
- 2 T s&p
- 10 c tuscan kale, chopped
- 1/2 c dried cranberries, coarsely chopped
- 1/2 c pumpkin seeds, toasted
- 1/2 c feta cheese, small crumbles
- 3/4 c vinaigrette (balsamic or champagne)

1. Preheat oven to 400°F
2. Toss squash, olive oil, s&p. Roast 20 mins, cool
3. Mix kale with 2 T vinaigrette, marinate for 20 mins
4. Toss chopped kale, squash, cranberries, pumpkin seeds, more vinaigrette



Sheridan School



Duke Diet and Fitness



Germantown Academy



The Steward School

February

January

	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 President's Day	17	18	19	20	21
22	23	24	25	26	27	28



In Season

apples, arugula, beets, bok choy, cabbages, collards, kale, mustard greens, sweet potatoes, radishes, spinach, swiss chard, turnips

I am a long time client...and I have been so pleased and amazed with the care that goes into each meal. The food not only tastes amazing but also looks divine!

Duke Diet & Fitness
- Client



BBQ Chicken Pizza
Serves 4

- 1 T olive oil
- ¾ c red onion, thinly sliced
- 2 boneless chicken breast halves
- ½ c homemade or commercial Korean bbq sauce
- 2 c smoked gouda cheese, shredded
- ½ c fresh cilantro, chopped
- 1 16 oz. fully baked thin pizza crust (such as Boboli)

1. Heat oil in large saute pan over medium high heat. Add onion. Sauté until caramelized, about 8-10 mins
2. Preheat grill to high
3. Coat chicken with bbq sauce. Grill, marking both sides, until chicken is 165°F
4. Slice chicken into ½" wide slices
5. Mix cheese & cilantro
6. On crust, spread ½ cheese mix, chicken, rest bbq sauce, red onion, remaining cheese mix
7. Transfer pizza to hot baking sheet. Bake pizza on hot sheet about 15 mins



Guilford College



Virginia State Capitol



Roslyn Retreat Center



farmbasket

March

February

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

April

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30		

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Daylight Saving Time Begins	9	10	11 Ash Wednesday	12	13	14
15	16	17 St. Patrick's Day	18	19	20 Spring Begins	21
22	23	24	25	26	27	28
29 Palm Sunday	30	31	1 April Fool's Day	2	3	4



In Season

arugula, cabbages, collards, lettuces, mustard greens, sweet potatoes, swiss chard, turnips

BBQ pork was AMAZING!! And the fact that it was local made it even better

Guilford College
- Student

Asparagus & Mushroom Tarts

Serves 8

- 2 sheets frozen puff pastry, thaw
- ¼ c unsalted butter
- 12 oz shiitake mushrooms, stemmed, cut strips
- 1 t sea salt, divided
- ½ t ground black pepper, divided
- 1 lb slender asparagus spears, trimmed, cut 1" diagonal pieces
- 1½ t chopped fresh thyme
- 1½ t finely grated lemon peel
- ½ c crème fraîche or greek yogurt
- ½ c grated Gruyère cheese (packed)

1. Preheat oven to 400°F
2. Roll pastry sheets to 10" square, cut each into 4 squares
3. With knife, score 1/2" border around inside edge each square
4. Arrange squares on baking sheets
5. Saute mushrooms, ¼ ea s&p 4-5 mins, cool
6. Mix mushrooms, asparagus, thyme, lemon peel, ¾ t salt & ¼ t pepper, crème fraîche & cheese
7. Mound filling atop pastry squares, leaving ½" border
8. Bake tarts 8-10 mins, reverse sheets. Bake 6-8 mins more until puffed & golden
9. Transfer to plates: garnish with thyme



CFA Institute



The Summit



Sidwell Friends School



The Seed School of DC

April

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

May

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

SUN	MON	TUE	WED	THU	FRI	SAT
29 Palm Sunday	30	31	1 April Fool's Day	2	3 Passover Begins Good Friday	4
5 Easter	6	7	8	9	10	11 Passover Ends
12	13	14	15	16	17	18
19	20	21	22 Earth Day	23	24	25
26	27	28	29	30	1	2



In Season

arugula, asparagus, broccoli, cabbages, carrots, collards, honeydew, lettuces, mustard greens, onions, sweet potatoes, summer squash, strawberries, swiss chard, turnips

I want to eat this lunch every day for the rest of the summer: pimento cheese and cucumber on rye with chilled pea bisque. So refreshing! Thanks, CFA Cafe!

CFA Institute
- Employee



Cucumber, Blueberry, Arugula Salad
Serves 6

- ¼ t sea salt
- ¼ t lemon zest
- ½ t lemon juice
- 2 T white balsamic vinegar
- ¼ c olive oil

- 1 english cucumber, peeled, cut lengthwise, seeded, sliced
- 1 c blueberries, rinsed
- 3 c arugula, coarsely chopped
- ½ c fresh mint, chopped
- ½ c feta cheese crumbles

Dressing

1. Mix salt, lemon zest, juice & vinegar; whisk in olive oil
2. Toss cucumber & blueberries together
3. Add arugula, mint, feta & dressing; toss gently



Hope Tree Family Services



Virginia Episcopal School



Sheriden School



Holton Arms School

MAY

April

	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2
3	4	5 Cinco de Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31 Memorial Day	25	26	27	28	29	30



In Season

arugula, asparagus, blueberries, broccoli, cabbages, carrots, collards, honeydew, lettuces, mustard greens, onions, sweet potatoes, summer squash, strawberries, swiss chard, turnips

People always joke "oh, is this the way you eat all the time?"- assuming the answer is no. But I say, actually it is. Our everyday lunches are wonderful. We are just so fortunate to have you...

Holton-Arms School
- Administrator

Grilled Peach, Brie, Basil Flatbread

Serves 4

- 1 prepared pizza crust or oval flatbread
 - 2 T olive oil
 - 2-3 peaches, peel on, sliced 1/8"
 - 1/4-1/2 lb brie cheese, rind removed, sliced
 - 1/4 c basil leaves, torn
 - s&p
 - cooking spray
1. Pre-heat grill to medium
 2. Drizzle peach slices with 2T olive oil, toss to coat
 3. Grill peaches, 2 mins per side, remove
 4. Coat both sides crust with cooking spray
 5. Grill each side crust, 1-2 mins
 6. Top crust with peaches & brie
 7. Put pizza on grill rack or pizza stone, cook 3-5 more mins
 8. Remove to cutting board, sprinkle with basil, slice

Note: also do final cooking of whole pizza in oven.



MG Family



Lewis Ginter Botanical Garden



Stratford House Center



Hollins University

June

May

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

July

					1	2	3	4
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Flag Day	15	16	17	18	19	20
21 Summer Begins Father's Day	22	23	24	25	26	27
28	29	30	1	2	3	4 Independence Day



In Season

arugula, asparagus, beans, blueberries, cabbages, carrots, collards, sweet corn, cucumbers, eggplant, lettuces, mustard greens, onions, peaches, raspberries, sweet potatoes, summer squash, strawberries, swiss chard, turnips, watermelon

I recently went to an amazing event at Lewis Ginter Botanical Garden. The food was some of the best I've had in my life. Seriously. I mean that.

Lewis Ginter Botanical Garden
-Guest



Mexican Chopped Salad

Serves 6-8

Dressing

- ½ c fresh lime juice
- 3 T honey
- 1 t cumin
- 2 clove garlic
- 1 tea sea salt & black pepper
- ½ c olive oil

Salad

- 1 head romaine, chopped ½" pieces
- ½ ea red & orange pepper, ¼" dice
- ½ med red onion, diced in ¼" pieces
- ½ med jicama, peeled & ¼" dice
- 1 med zucchini, ¼" dice
- 4 med tomatoes, seeded & ¼" dice
- 3 c corn kernels, fresh, grilled (or frozen)
- 1 can black beans, drained & rinsed
- ½ c cilantro, finely chopped
- tortilla strips, crispy

Dressing

1. mix lime juice, honey, cumin, garlic, s&p, whisk in oil

Assembly

1. combine all vegetables, toss with dressing, top with tortilla chips



CFA Institute



Sidwell Friends School



Virginia Theological Seminary



Duke Diet and Fitness

JULY

June

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

August

							1	
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

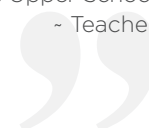


In Season

arugula, asparagus, beans, blueberries, cabbages, cantalope, carrots, collards, sweet corn, cucumbers, eggplant, lettuces, mustard greens, okra, peaches, bell peppers, sweet potatoes, raspberries, summer squash, swiss chard, tomatoes, turnips, watermelon

What a delight it is to enjoy your awesome food every day! Best perk of the job.

Sidwell Friends Upper School
- Teacher



Summer Veggie Flatbread

Serves 2-4

- 1 tomato, sliced or chopped
 - ¼-½ zucchini, squash &/or eggplant, thinly sliced
 - ½ c vidalia onion, thinly sliced
 - s&p
 - olive oil cooking spray
 - 2 naan bread
 - ¼ c basil pesto
 - ½ c goat or mozzarella cheese
 - 1 c
1. Preheat grill or broiler
 2. Slice tomato & eggplant, lightly salt & drain on rack (15 mins), pat dry
 3. Spray squash, eggplant & onions with cooking spray; season s&p
 4. Grill or broil squashes & eggplant (2-4 mins), set aside
 5. Spray both sides naan bread with cooking spray. Broil or grill 1-2 mins per side
 6. Spread naan with pesto, top with grilled vegetables, tomatoes & cheese
 7. Grill or broil 2-4 mins, until cheese melts

Note: sub Udi's Gluten Free Pizza Crust



Guilford College



Norfolk Academy



St. Catherine's School



The SEED School

AUGUST

July

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

				1	2	3	4	5
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29



In Season

apples, arugula, beans, cabbages, cantalope, collards, sweet corn, cucumbers, eggplant, figs, grapes, lettuces, mustard greens, okra, peaches, pears, bell peppers, hot peppers, sweet potatoes, raspberries, summer squash, swiss chard, tomatoes, turnips, watermelon

Thank you to everyone on the dining staff. I don't know how you do it but we are so blessed to have you! Thanks for keeping us full and happy and for always going the extra mile! You guys rock!!!

St. Catherine's School
-Teacher

Fig & Goat Cheese Salad / Flatbread

Serves 8

- 1 c fresh or dried figs, quartered
- 2 t apple cider vinegar
- 1 T dijon mustard
- 1 t honey
- ½ t sea salt
- 1 c freshly ground black pepper
- extra virgin olive oil
- 2 qt mixed greens (with arugula), roughly chopped
- ¾ c goat cheese
- ¾ c candied pecans

1. Toss greens with ½ of vinaigrette, add more as desired
2. Top with figs, goat cheese & candied pecans

Note: For flatbread: spread with goat cheese, top with figs & chopped arugula, bake. Top with more arugula.



Holton Arms School



National Presbyterian School



Duke Integrative Medicine



Oak Hill Academy

September

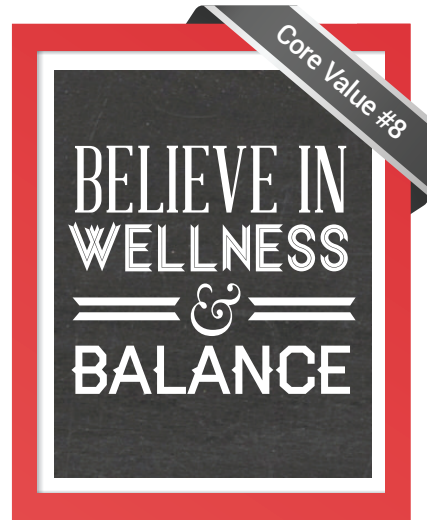
August

						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

October

				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
6	7 Labor Day	8	9	10	11 Patriot Day	12
13 Grandparent's Day	14 Rosh Hashanah	15	16	17	18	19
20	21	22	23 Yom Kippur Autumn Begins	24	25	26
27	28	29	30	1	2	3



In Season

apples, arugula, basil, beans, cabbages, collards, figs, grapes, lettuces, mustard greens, peaches, pears, hot peppers, sweet potatoes, pumpkin, raspberries, summer squash, winter squash, swiss chard, tomatoes, turnips

On the one hand it seems like MG has always been here; on the other, ten years doesn't seem possible. This has certainly been one of the most positive partnerships that we have been involved in and MG has been a large part of Oak Hill's continued progress and success.

Oak Hill Academy
- Director of Financial Affairs



Apple, Cheddar & Virginia Ham Flatbread
Serves 2-4

- 1 10" - 12" round flatbread
- 1 T dijon mustard
- 5 T apple butter
- 2 c grated aged white cheddar
- ¼ c country ham, thinly sliced, julienne
- ¼ - ½ large apple, cored, very thinly sliced (peel on)
- ½ c baby arugula
- 1 T olive oil
- sea salt & pepper

1. Pre-heat oven to 450°F
2. Mix dijon & apple butter, spread on flatbread
3. Top with cheddar, country ham & thinly sliced apples
4. Bake 7-10 mins, until cheese is melted & golden
5. Toss arugula with olive oil & s&p; mound on top pizza

Note: can sub prosciutto or pancetta and smoked gouda



The Steward School



Chatham Hall



Virginia Episcopal School



Virginia State Capitol

October

September

	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	1	2	3
4	5	6 Feed the Difference	7	8	9	10
11	12 Columbus Day	13	14	15	16 Boss's Day	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



In Season

apples, arugula, basil, cabbages, collards, figs, grapes, lettuces, mustard greens, pears, hot peppers, sweet potatoes, pumpkin, raspberries, winter squash, swiss chard, tomatoes, turnips

We are so appreciative of the great work and even more, the great attitudes that your team carries with them. It is a fun group to work with. Makes good meals together even better!

Virginia Episcopal School
- Headmaster



Cast Iron Skillet Pizza

Serves 16

- 1 whole wheat pizza dough ball
- 6 slices thick cut bacon, chopped
- 1 shallot, sliced
- 2 cloves garlic, minced
- ½ lb brussels stemmed, thinly sliced
- ¼ t s&p
- 8 oz mixed provolone & fontina, grated
- 2 T finely grated parmesan

1. Preheat broiler
2. Cook bacon until crispy, drain on paper towel, reserve 2T bacon fat
3. Sauté shallots, garlic & brussels in bacon fat, s&p, 6-8 mins.
4. On stove top, heat 10-12" cast iron skillet, high heat, 10 mins
5. On floured pizza peel, roll-out dough to skillet diameter
6. Slide dough into very hot cast iron skillet
7. Cook dough 2-3 mins, until browned, turn over
8. Top dough with brussels, bacon, cheeses
9. Slide into broiler. Cook 1 min, rotate 180, cook 1 min more

Note: cast iron skillet handle gets VERY HOT! Touch only with thick pot holder!



Sidwell Friends School



Norfolk Academy



MG



The Summit

November

October

	1	2	3			
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	31	

December

	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Saving Time Ends	2	3 Election Day	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving	27	28
29	30	1	2	3	4	5



In Season

apples, arugula, basil, bok choy, cabbages, collards, kale, lettuces, mustard greens, sweet potatoes, radishes, spinach, winter squash, swiss chard, tomatoes, turnips

I hope you know how much we appreciate all you guys do for everyone - from our meals everyday to making sure we have lunches for athletes on long trips to bringing snacks for big events. You guys rule!

Norfolk Academy
- Faculty



Smoked Trout & Crispy Apple Salad

Serves 8

- 1 granny smith apple, very thinly sliced
- 2 t sugar
- 2 qts baby greens
- ¾ c apple cider or lemon vinaigrette
- ½ lb skinless smoked trout, flaked, pin bones removed
- 4 oz smoked gouda, julienne
- ¼ c red onion, thinly sliced
- ¼ c toasted pecans

1. Preheat oven to 300°F
2. Core & thinly slice apple
3. Lay on well sprayed baking sheet, sprinkle lightly with sugar
4. Bake until apples brown & crispy, 30+ mins
5. Cool, remove with spatula
6. Toss greens in vinaigrette, top with trout, gouda, onions, pecans & crispy apples

Notes: Mandoline best for slicing apple super thin but, sharp knife works. Recipe for Apple Cider Vinaigrette in September. Delicious sub for trout is rotisserie chicken



Stratford House



farmbasket



Hollins University



Virginia Theological Seminary

December

November

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

January

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	7 Hanukkah Begins	8	9	10	11	12
13	14 Hanukkah Ends	15	16	17	18	19
20	21	22	23	24	25	26
		First Day of Winter		Christmas Eve	Christmas Day	Kwanzaa
27	28	29	30	31 New Year's Eve	1 New Year's Day	2



In Season

apples, arugula, bok choy, cabbages, collards, kale, lettuces, mustard greens, sweet potatoes, radishes, spinach, swiss chard, turnips

Oh my.... I am finding myself wondering in the morning what delicious treasures I am going to discover at lunch thanks to Meriwether Godsey... today...fresh bok choy, baked sweet potatoes, "haricots verts" (not green beans), grilled vegetables, broccoli casserole, exquisite salad ingredients... and yes, a splurge, just the right size and not too sweet lemon bar, I am in love.

Hollins University
- Student

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