



# THE PENDULUM

*Primal news...*

NOVEMBER 27-30, 2019



**"IF YOU THINK ABOUT A THANKSGIVING DINNER, IT'S REALLY LIKE MAKING A LARGE CHICKEN." -INA GARTEN**

## What's in the Box?

**Ribeye**

**Ground Beef**

**Breakfast Sausage**

**1 Dozen Local**

**Eggs**

## CSA Pickups for This Week

Due to Thanksgiving, we will be closed Thursday (11/28) and Friday (11/29). We **WILL** be at our Town Center drop on Wednesday as usual. However, if you normally pickup in the shop on Thursday on Friday, you can pick up at the shop the following times. Please pick a time that is convenient to you. If none of the times are convenient for you, please remember to place your box on hold by Saturday evening.

- Tuesday, 11/26 from 2-6
- Wednesday, 11/27 from 10-6
- Saturday, 11/30 from 10-6
- Sunday, 12/1 from 11-5

# Breakfast Casserole

**This recipe can be made the night before, and is perfect for Thanksgiving morning.**

## **Ingredients:**

1 pound breakfast sausage  
8 slices of bread, cubed  
4 cups of shredded cheddar cheese  
6 eggs  
1/2 tsp salt  
3/4 tsp dry mustard  
2 cups milk  
1 can of cream of mushroom soup



## **Instructions:**

Heat a large skillet over medium-high heat; cook and stir the sausage in the hot skillet until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Grease a 9x13 inch baking dish. Spread the bread cubes into the prepared dish; sprinkle the browned sausage and Cheddar cheese ovetop. Beat the eggs in a mixing bowl until smooth; add the salt, mustard powder, and 2 cups of milk and whisk until evenly blended. Pour the egg mixture over the bread cubes. Cover and refrigerate overnight. Preheat an oven to 300 degrees F (150 degrees C). Whisk together the cream of mushroom soup and 1/2 cup milk; pour over the casserole. Bake in the preheated oven until firm and

*From our family to yours,*

*We hope you have a wonderful Thanksgiving. We are so thankful for your continued support of our business and our family.*