



PRIMAL CSA NEWSLETTER

THE PENDULUM

AUGUST 3-6, 2022



"A life is not important except in the impact it has on other lives." - Jackie Robinson

What's in the Box?

- **Chicken Breast**
- **Bonesless Pork Chops**
- **Mild Italian Sausage**
- **Ground Beef**

Grilled Chicken Breast

Ingredients:

1/8 cup balsamic vinegar
1.5 tbsp. extra-virgin olive oil
1 tbsp. brown sugar
2 cloves garlic, minced
1/2 tsp. dried thyme
1/2 tsp. dried rosemary
2 chicken breasts
Kosher salt
Freshly ground black pepper
Freshly chopped parsley, for garnish

Ingredients:

In a medium bowl, whisk together balsamic vinegar, olive oil, brown sugar, garlic, and dried herbs, and season generously with salt and pepper. Reserve half. Add chicken to the bowl and toss to combine. Let marinate at least 20 minutes and up to overnight. Preheat grill to medium high. Add chicken and grill, basting with reserved marinade, until cooked through, 6 minutes per side. Garnish with parsley before serving.



Stuffed Shells with Sausage, Spinach, and Ricotta

Ingredients

16-18 jumbo pasta shells
1 lb mild Italian sausage
1 tablespoon minced garlic
1 (14-ounce) can diced tomatoes
1 cup frozen spinach, thawed and squeezed dry
1/2 cup ricotta cheese
1/2 cup shredded mozzarella cheese
salt and freshly ground pepper



Instructions

1. Preheat oven to 350 degrees and fill a large bowl with cold water and ice, set aside. Bring a large pot of salted water to a boil. Add pasta shells and cook according to package directions. Drain well then add to ice water until ready to stuff.
2. Heat a large skillet over medium-high heat. Add pork sausage then use a wooden spoon to break up the sausage, cook 5-6 minutes until browned.
3. Add garlic and cook 30 seconds then add tomatoes and spinach (make sure the thawed frozen spinach has been squeezed dry); cook 1 minute. Remove pan from heat and stir in ricotta cheese.
4. Using a spoon, fill pasta shells with pork filling and arrange in a baking dish (9-inch x 9-inch baking dish works well). Sprinkle tops with shredded cheese then bake in the oven 25-30 minutes until cheese has melted and tips of shells begin to crisp and brown.

SAUSAGE MAKING CLASS

AUGUST 18, 2022 AT 6:00PM, \$60

In this class we will demonstrate just what goes into making the sausage which we sell! We will discuss the kind of meat and spices which are used as well as how we come up with the kinds of sausages we feature. There will be a hands-on demonstration of how to stuff and link sausage, which the participants will then be able to take home for themselves. Class is limited to 12 participants. We require a 24 hour cancellation notice based on the limited number of participants. [Click here](#) to register.