PRIMAL CSA NEWSLETTER

THE PENDULUM

January 14-17, 2026

"Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'"
– Alfred Lord Tennyson

What's in the Box?

- **Pork Carnitas**
- **Beef Stir Fry**
- **Chicken Philly Sausage**
- **Ground Beef**

Mexican Slow Cooker Pulled Pork

Ingredients:
1.5 lbs. carnitas
1.5 tsp. salt
½ tsp. black pepper
½ onion, chopped
½ jalapeno, deseeded and chopped
2 cloves garlic, minced
½ cup orange juice

For the Rub:
½ tbsp. dried oregano
1 tsp. ground cumin
1 tbsp. olive oil

Instructions:
Rub the pork carnitas with salt and pepper. Combine the rub ingredients and then rub over the pork. Place the pork in a slow cooker and top with onion, jalapeno, minced garlic, and orange juice. Slow cook on low for 10 hours or on high for 7 hours. Remove from slow cooker and let cook slightly. Shred as desired. Reduce the cooking liquid to 1 cup and set aside.

To Crisp:
Heat 1 tbsp. olive oil in a cast iron skillet over high heat. Spread the pork in the pan, drizzle with some juice. Wait until the juices evaporate and the bottom side is golden brown/ Turn and briefly sear the other side. Remove the pork from the skillet. Before serving, drizzle more juices over the pork and serve hot. Great in tacos or served with rice and beans.

Beef Stir Fry Sauce

From Fork in the Kitchen

Don't forget to velvet your beef for a more authentic stir fry.
https://thewoksoflife.com/prepare-beef-for-stir-fry/

Ingredients:
½ cup low-sodium soy sauce
½ cup beef stock
1 teaspoon sesame oil
½ Tablespoon rice vinegar
2 cloves garlic, minced
1 – 2 teaspoon grated ginger
1 Tablespoon honey
1 Tablespoon cornstarch
Pinch red pepper flakes, optional

Instructions:
In a bowl or mason jar with a lid, combine all of the ingredients and whisk or shake well until combined. Use immediately in a stir fry recipe, simmering it to thicken. Or store in an airtight container in the fridge for up to 1 week before using. This recipe yields approximately 1 ¼ cup of sauce; you may want to start using half in your recipe and add more as desired.

Chicken Philly Sausages

This chicken sausage is made with American cheese, salt, pepper, and onions. This one is perfect topped with grilled peppers and onions with a little mayo on a butter grilled bun.

BASIC KNIFE SKILLS AND CHICKEN BREAKDOWN CLASS JANUARY 20, 2026 AT 6:15PM (3 spots remain)

Buying a whole chicken not only makes more sense financially, but it also allows a more delicious way to buy chicken and the opportunity to make the most of the whole bird. We will discuss the parts of the chicken, as well as the farm and diet of our birds. This class will cover knife parts, sharpening, honing, and basic knife skills through cutting vegetables. Participants will have the hands on experience of how to break down a whole chicken and will take their bird home. Please bring a chef's knife and a 6" boning knife. If you need to use our knives, please mention that when registering. Class is limited to 10 participants. We require a 24 hour cancellation notice based on the limited number of participants. Click here to register.