PRIMAL CSA NEWSLETTER

THE PENDULUM

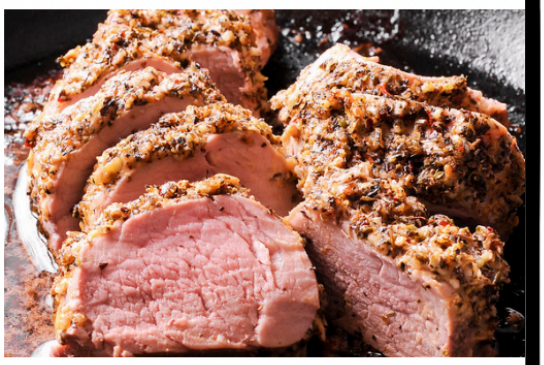
September 23-26, 2026

"Some of the rarest days of the year come in September, days when it is comfortably cool but pulsing with life." ~Hal Borland

What's in the Box?

- **Pork Tenderloin**
- **Chicken Banh Mi Sausage**
- **Ground Beef**
- **Ground Pork**

Mustard and Garlic Herb Crusted Pork Tenderloin



Ingredients:
1 pork tenderloin
Salt and Pepper
1 tbsp dijon mustard
1.5 tbsp olive oil
3 large cloves garlic chopped
1 tbsp Italian seasoning
1/2 tsp coarse sea salt

Instructions:
Preheat oven to 350 degrees. Place the tenderloin in the oven safe dish, such as cast iron or dutch oven. Season the surface of the tenderloin with salt and pepper. Cover the tenderloin with Dijon mustard, using a pastry brush. Prepare the herb mixture by mixing olive oil, chopped garlic, Italian seasoning and salt. Using a pastry brush cover the tenderloin with the herb mixture on top and all sides, except the bottom. Roast at 350 degrees for approximately 30 minutes, until internal cooking temperature reaches at least 145 degrees. Remove from the oven and rest for 5 minutes. Slice and serve.

Old World Italian Meatballs

Ingredients:
⅓ cup plain bread crumbs
⅓ cup milk
2 tablespoons olive oil
1 onion, diced
1 pound ground beef
1 pound ground pork
2 eggs
3 tablespoons grated Parmesan cheese
1/3 bunch fresh parsley, chopped
4 cloves garlic, crushed
2.5 teaspoons salt
1.5 teaspoon ground black pepper
1.5 teaspoon dried Italian herb seasoning
½ teaspoon red pepper flakes

Instructions:
Cover a baking sheet with foil and spray lightly with cooking spray. Soak bread crumbs in milk in a small bowl for 20 minutes. Meanwhile, heat olive oil in a skillet over medium heat. Add onion; cook and stir until onion has softened and turned translucent, about 5 minutes. Reduce heat to low and continue cooking and stirring until onion is very tender, about 15 minutes more. Gently stir beef and pork together in a large bowl. Add onions, bread crumb mixture, eggs, Parmesan cheese, parsley, garlic, salt, black pepper, Italian herb seasoning, and red pepper flakes; mix together using a rubber spatula until combined. Cover and refrigerate for about one hour. Preheat the oven to 425 degrees F. Form mixture into balls about 1.5 inches in diameter; arrange in a single layer on the prepared baking sheet. Bake in the preheated oven until browned and cooked through, 15 to 20 minutes.

Thanksgiving 2026
Turkey Reservations are live.
Click the link below to reserve.
They are going fast.

https://square.link/u/kAAOPZhp