PRIMAL CSA NEWSLETTER

THE PENDULUM

November 4-7, 2026



"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."
– William Arthur Ward

What's in the Box?

- **Whole Chicken**
- **Luganega Sausage**
- **Beef Stew Meat**

Easy Weeknight Dinners

Slow Cooker Stroganoff

Simmer the cubed beef with a diced onion, garlic, sliced mushrooms, beef broth, and Worcestershire sauce in your slow cooker on high for 4 hours or low for 8 hours. Stir in sour cream at the end. Serve over egg noodles or mashed potatoes.

Pasta with Vegetables and Luganega Sausage

Our Luganega sausage is made with pork, lemon, white wine, garlic, and Parmesan cheese. Remove the Luganega from the casing and cook in a skillet over medium high heat until cooked through. Add mushrooms, zucchini, halved cherry tomatoes and garlic. Deglaze the pan with 1/2 cup of white wine. Squeeze in half and lemon and mix with cooked pasta. Top with grated cheese if desired.

Practice Spatchcocking a Chicken Before Your Turkey



Spatchcocking means removing the turkey's backbone and flattening it before roasting.
It's worth considering because it:

- Cooks faster than roasting the bird whole.
- Cooks more evenly, helping the breast and legs finish closer together.
- Gives you more crisp, browned skin because more of the bird is exposed.
- Makes carving easier once it's cooked.

The tradeoff: it won't have the classic whole-turkey shape for serving, and you'll need sturdy kitchen shears–or a butcher–to remove the backbone. You can save that backbone for stock or gravy.

How to Spatchcock a Turkey

Tools Needed

- Heavy-duty kitchen shears or a sharp chef's knife
- A large, stable cutting board

Step-by-Step Instructions

1. Remove the backbone:
    - Place the turkey breast-side down on your cutting board with the tail (parson's nose) facing toward you.
    - Using your kitchen shears, cut down the left side of the backbone, starting from the tail all the way up to the neck.
    - Cut down the right side of the backbone in the same way, then lift and remove the spine.
    - *Tip:* Save the backbone and neck to make stock or gravy.
2. Crack the breastbone:
    - Flip the turkey over so it is breast-side up.
    - Open the turkey out flat. Place the heel of your hands firmly in the center of the breastbone.
    - Press down hard until you hear a crack and the bird flattens out completely. *(Optional: You can score or snap the wishbone or center breastplate with a knife to help it lie completely flat).*
3. Tuck and prep:
    - Rotate the wing tips backward and tuck them underneath the shoulders so they do not burn during cooking.
    - Spread the legs and thighs outward. Season the bird or dry brine it as desired.

Click here for an instructional video!



Thanksgiving 2026
15 turkeys remain!
Click the link below to reserve.

https://square.link/u/kAA0PZhp