PRIMAL CSA NEWSLETTER

# THE PENDULUM

October 21-24, 2026




*"Life starts all over again when it gets crisp in the fall."*
*- F. Scott Fitzgerald*

## What's in the Box?

- **Coulotte Steaks**
- **Pork Chops**
- **Chicken Thighs**
- **Mild Italian Sausage**

## Creamy Italian Sausage Soup

Ingredients:

1 lb. Mild Italian sausage
1/4 cup butter (1/2 stick)
1/2 medium onion, chopped
2 sticks celery chopped small
2 cloves garlic, minced
2 cups chopped kale
6 tablespoons flour
4 cups chicken stock
2 cups half-and-half
1 tsp. Worcestershire sauce
1/2 tsp. crushed red pepper flakes (optional)
1 pound Russet potatoes, peeled & diced
Salt & pepper



Instructions:

Add the sausage to a soup pot. Over medium-high heat, cook until browned (about 10 minutes), and break it up with your spoon as it cooks. Transfer to a paper towel lined plate. Leave the fat in the pot, but if it's more than about a tablespoon, drain some of it out. Add the butter to the pot and once it's melted, add the onions and celery and sauté for 4-5 minutes. Scrape up any browned bits from the bottom of the pot. Stir in the garlic and flour. Cook for about 2 minutes, breaking it up with your spoon, stirring it as you go along. Slowly whisk in the chicken stock until all the flour has dissolved and there's no lumps.

Stir in the half-and-half, Worcestershire sauce, red pepper flakes, potatoes, kale, and add the sausage back to the pot. Increase the heat to high and bring the soup to a boil, then reduce the heat to medium, so it's bubbling. Cover the pot with the lid slightly open. Let the soup simmer for about 15 minutes or until the potatoes and kale are tender, and the soup has thickened up to your liking. Season with salt & pepper if needed.

# *Maple-Dijon Sheet Pan Dinner*



Ingredients

1 lb. chicken thighs
2 cups butternut squash, peeled and cubed
1 lb Brussels sprouts, trimmed and halved
1 medium red onion, cut into wedges
1-2 apples (Fuji or Honeycrisp), cored and sliced
Maple-Dijon Sauce & Marinade:
2 tbsp pure maple syrup
1.5 tbsp Dijon mustard
3 tbsp extra virgin olive oil (divided)
1 tsp garlic powder
½ tsp ground cinnamon
½ tsp dried thyme or rosemary
Kosher salt and black pepper (to taste)

Instructions

Preheat the Oven: Set your oven to 425°F so it gets hot enough to caramelize the vegetables and crisp the chicken.
Prep the Veggies: On a large baking sheet, spread out the cubed butternut squash, halved Brussels sprouts, red onion wedges, and apple slices. Drizzle with 1.5 tablespoons of olive oil, salt, pepper, and a pinch of cinnamon, then toss to coat.
Season the Chicken: In a small bowl, whisk together the maple syrup, Dijon mustard, remaining olive oil, garlic powder, thyme, salt, and pepper. Rub or brush the mixture evenly over the chicken thighs.
Assemble the Pan: Nestle the chicken thighs right in among the bed of vegetables on the sheet pan in a single layer.
Roast: Bake in the oven for 30 to 35 minutes, or until the chicken reaches an internal temperature of 165°F and the squash and Brussels sprouts are tender and golden on the edges.
Broil : Switch the oven to broil for the last 2 to 3 minutes if you want extra-crispy chicken skin or caramelized edges. Serve warm.



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

**https://square.link/u/kAAOPZhp**