



THE PENDULUM

Primal News

DECEMBER 16-19, 2015



**WHAT'S IN THE BOX
FOR WEEK OF
DECEMBER 16-19**

THE CHRISTMAS MORNING BREAKFAST BOX

**BREAKFAST SAUSAGE
(1 LB)**

BACON (1 LB)

BREAKFAST STEAKS (1 LB)

1 DOZEN LOCAL EGGS

**HOT COCOA MIX FROM COCOA
NOUVEAU**

*Christmas... is not an external event at all, but a
piece of one's home that one carries in one's heart.
- Freya Stark*

Happy Holidays from all of us at Pendulum! Thank you for supporting the Primal Meat CSA program. We consider you all part of the Pendulum family. We hope you enjoy the Primal Meat CSA Christmas Morning Breakfast Box. Since all the items are pretty straight forward, I did not include any recipes. If you need some inspiration for any of the items, email me and I will be sure to share one of my recipes.

Dana and the Pendulum Team
dana@pendulummeats.com



Cocoa Nouveau Hot Cocoa Mix

Using pure seasonal flavors, no preservatives and the finest ingredients is only the beginning to my philosophy for exquisite chocolate. Take a moment and experience decadence. Pendulum is proud to sell Kristin's wonderful chocolates in our shop.

