

December 10 - 14!

It is definitely citrus season now. My trees are loaded with limes, Meyer lemons, oranges and grapefruit. I'll be using them as much as possible in the next two weeks. **The kitchen will be closed both Christmas and New Years weeks, so stock up if you need to.** The meals will keep for up to five days in the refrigerator and three months in the freezer.

You can reply to this email with your order, OR [Visit the Website](#) for ordering details and schedules. I will confirm either way.



Sausage Cassoulet

This one dish meal is made with chicken sausage and beans with lots of diced winter vegetables, tomatoes, and herbs and topped with Parmesan bread crumbs. This can be frozen.

African Beef Stew with Pumpkin Seed Sauce over Rice

This is one of last year's favorites made with cubes of organic beef, onions, sweet peppers, spices, kale and tomatoes. This spice combination is close to Moroccan but not spicy. Can be frozen.

Mustard Chicken and Pasta

This simple family favorite is made with boneless chicken breast, diced onion, garlic and butter, and flavored with Herbs de Provence and Dijon mustard. It's as good as chicken soup if you have a cold. This can be frozen.

Baked Rigatoni with Beef Ragù

Few meals are as comforting as a pan of baked pasta. This one uses large rigatoni, organic ground beef, tomatoes, garlic and herbs and is topped with Mozzarella and Parmesan for a lasagna-like meal. This freezes well.

Roast Pork Loin with Orange Sauce and Pasta

Boneless pork loin roast is marinated in citrus, and slow roasted and basted with soy orange sauce, then sliced and served, drizzled with the sauce, over pasta. This freezes well.



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