

# Emu Bar-B-Q

contributed by: Joylene Reavis  
Sugar Maple Emu Farm (Brodhead) • [www.sugarmapleemu.com](http://www.sugarmapleemu.com)

2 t. brown sugar  
2 t. lemon juice  
1 t. prepared mustard  
1 t. Worcestershire Sauce  
3/4 c. ketchup  
3 T. Canola Oil  
1 lb. ground emu  
1/3 c. medium onion (chopped)

In small mixing bowl combine brown sugar and lemon juice. Add mustard and Worcestershire sauce. When well blended, mix in ketchup. Brown ground meat and onions in canola oil. When browned, lower heat. Add mixed ingredients to browned meat. Heat thoroughly. Serve on buns.

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Soil Sisters South Central Women in Sustainable Agriculture

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Celebrate seasonal abundance and local agriculture with this farm-fresh recipe from a Wisconsin woman farmer championing organic and sustainable agriculture. Women farmers represent one of the fastest growing groups of new growers prioritizing small-scale, diversified, community-focused agriculture, a 30% increase according to the last USDA Ag Census.

The Rural Women's Project, a venture of the Midwest Organic & Sustainable Education Service (MOSES), provides training, resources and support for beginning women farmers and food-based entrepreneurs, including (italicize:) In Her Boots: Sustainable Agriculture For Women, By Women workshops. For more information, see: [www.mosesorganic.org/womensproject](http://www.mosesorganic.org/womensproject).



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