

# Lamb and Honey Meatballs

contributed by: Suellen Thomson-Link

Kinkoona Farm (Brodhead, WI) • [www.baabaashop.com](http://www.baabaashop.com)

1 onion, minced	c. walnuts, chopped (optional)
2 garlic cloves, minced	1 t. lemon juice
1 lb. ground lamb (16 ounces)	2 t. Worcestershire Sauce
1 granny smith apple, minced	sea salt (to taste)
1 1/4 c. breadcrumbs (dried)	black pepper (fresh ground to taste)
1 egg, lightly beaten	olive oil
1 t. thyme leaves	(panfrying rather than barbecuing)
1/2 t. rosemary	2 T. honey
1/2 t. sage	<i>Directions on back.</i>

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Soil Sisters South Central Women in Sustainable Agriculture

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In a large bowl, combine the onion, garlic, lamb mince/ground lamb, apple, breadcrumbs, thyme, rosemary, sage, lemon zest (not the juice), egg, Worcestershire sauce and salt and pepper to taste; mix thoroughly until all the ingredients are well-combined and shape into walnut-size balls. Heat a barbecue hotplate to medium and cook the meatballs for 10-12 minutes, turning occasionally or panfry in olive oil, preferably in a non-stick pan for about 10 minutes or until nicely browned and thoroughly cooked. Place the meatballs on a serving platter, pour the lemon juice over the meatballs and drizzle them with the honey; serve over rice or pasta or salad greens.

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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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