



Celebrate the Season
with your Independent Grocer



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Countdown to the Feast

Three weeks before:

- Confirm guest count and any specific dietary constraints.
- Do you need to rent more plates? Tables? Chairs?

Two weeks before:

- Confirm your final menu.
- Look at the timing of your dishes. Do you have enough space to cook everything you would like? Think about what others can bring and keep a list. Friends and family love to contribute on a holiday!
- Order a fresh and local turkey from your natural grocer, or buy a frozen turkey and put it in the freezer. Calculate defrost time and add any time for brining.
- Stock up on your necessary non-perishable items.

One week before:

- Beat the rush and purchase your non-perishables now.
- Begin to defrost a frozen turkey in your fridge. Refer to the thawing table on the next page.

Two days before:

- Make non-flakey pies, baked goods, soups, and cranberry sauce. Refrigerate.
- Place assembled, uncooked casseroles in your refrigerator. Less work for Thanksgiving day- just pop them in the oven!

One day before:

- Bake pies with flakey crusts.
- Buy vegetables, salad greens, and pick up your fresh turkey.
- If you're brining your turkey, begin now!

On Thanksgiving Day:

- Prepare stuffing or dressing. Stuff your turkey. Cook!
- Just before the turkey's done, begin cooking fresh vegetables, and prepare anything else that needs to go into the oven.

After removing the turkey from the oven:

- Cover turkey with foil and allow it to rest. This marks about 45 minutes before you should begin the meal!
- Run turkey drippings through a sieve to create a savory gravy.
- Bake your dressing.
- Heat up dishes that need it, including premade casseroles and baked goods.
- Welcome your guests to the table, and the beautiful feast!

Thanksgiving Planning Guide

General guidelines will help you plan the correct amount of food to make or purchase.

Item	per Person	Group of Ten
Entrees	½ to ¾ pound	5-7 pounds
Potatoes	⅓ to ½ pound	4 pounds
Vegetables	¼ to ⅓ pound	2 1/2 pounds
Stuffing	⅓ to ½ pound	4 pounds
Gravies and Sauces	¼ cup	2-3 cups
Turkey (whole)	1 to 1 ½ pounds	10-15 pounds
Cranberry Relish	2 ounces	2 cups
Snacks/Appetizers	2-4 ounces	2-3 pounds
Pie	1 slice	2 9-inch pies
Ice Cream	½ cup	1/2 gallon
Cookies/Bars	2	20 total

Thawing Your Turkey

Turkey Size	Refrigerator (24 hrs/4-5 pounds)	Cold Water (30 min/pound)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

Thawing in the refrigerator:

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

Thawing with cold water:

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

Olive and Feta Cheeseball

vegetarian, gluten-free; serves 6

16 ounces **Organic Valley**
cream cheese, softened

4 ounces crumbled feta cheese

8 **Alive and Well Olives**,
pitted and minced

1 green onion, thinly sliced

1 teaspoon garlic, minced

¼ cup toasted walnuts, chopped

¼ cup dried cranberries,
chopped

1. In a medium size mixing bowl, combine cream cheese, feta, olives, green onion, and garlic.
2. Shape mixture into two balls and chill for about an hour.
3. Mix walnuts and cranberries on a baking sheet or large plate. Roll chilled cheese balls in walnut mixture until well coated. Serve with crackers.



Fall Greens with Apple Cider Vinaigrette

vegan, gluten-free; serves 6

4 ounces mixed greens
(*baby kale, baby arugula, spinach, mesclun blend, etc.*)

2 endives or 1 small head of radicchio,
cored and torn into bite size pieces

1 large Gala apple, cored and sliced

¾ cup walnuts

¼ cup raw pumpkin seeds

1 Tablespoon sesame seeds

4 Tablespoons **Napa Valley
Naturals** olive oil

2 Tablespoons maple syrup

1 Tablespoon **Bragg** apple
cider vinegar

1 Tablespoon Dijon
mustard

1. Whisk together olive oil, maple syrup, vinegar, and mustard together until emulsified.
2. Place walnuts and pumpkin seeds on a baking sheet and toast for 5 minutes at 350° F. Allow to cool.
3. Layer greens, endive, and apple slices on a serving plate.
4. Drizzle with dressing and sprinkle with nuts and seeds.



Herbed Stuffing

vegetarian/vegan options; serves 6-8

4 ounces Organic Valley butter, unsalted	¾ teaspoon sea salt
1 medium yellow onion, diced	½ teaspoon ground black pepper
4-5 ribs of celery, chopped	2 cups Pacific chicken broth
2 large garlic cloves	12 ounces day old bread, cubed (about 7 cups)
1 teaspoon dried thyme	1 large egg, beaten
1 teaspoon rubbed sage	

1. Preheat oven to 350° F.
2. Melt butter over medium heat. Sauté onion and celery until tender. Add garlic, thyme, sage, salt, and pepper to the pan and cook another minute. Pour in stock and bring to a gentle simmer.
3. Place bread cubes in a large bowl and pour in stock mixture. Fold until liquid absorbs into the bread, adding additional stock if needed. Adjust seasoning to taste.
4. Add in beaten egg and place mixture in a buttered 9 x 13 oven safe pan.
5. Bake uncovered for 25 minutes or until top is golden and crisp.

Options

- *Vegetarian: substitute vegetarian broth.*
- *Vegan: substitute vegan butter and broth, omit egg.*
- *Add 4 bacon strips, chopped and cooked with onion mixture (in step 2).*



Turkey Brine

gluten-free; makes about 1 gallon

1 gallon water
2 pounds yellow onions, julienned
 $\frac{3}{4}$ cup sea salt
 $\frac{1}{2}$ cup **Wholesome!** brown sugar
1 bulb garlic, peeled and halved
4 **Frontier** bay leaves
1 teaspoon black peppercorns

1. Combine all ingredients in a large pot and bring to a simmer.
2. Remove from heat and allow mixture to cool.
3. Place fresh or thawed turkey in a large container and submerge in brine. Use more brine as needed and allow to rest overnight in a refrigerator.
4. Remove and pat turkey dry; discard brine.

Roasting Time at 325° F

	Unstuffed		Stuffed
8-12 pounds	2 $\frac{3}{4}$ - 3 hours	8-12 pounds	3 - 3 $\frac{1}{2}$ hours
12-14 pounds	3 - 3 $\frac{3}{4}$ hours	12-14 pounds	3 $\frac{1}{2}$ - 4 hours
14-18 pounds	3 $\frac{3}{4}$ - 4 $\frac{1}{4}$ hours	14-18 pounds	4 - 4 $\frac{1}{4}$ hours
18-24 pounds	4 $\frac{1}{4}$ - 5 hours	18-24 pounds	4 $\frac{1}{4}$ - 5 $\frac{1}{4}$ hours

Roasting times are estimates; ensure safety by cooking to a minimum internal temperature of 165° F.



A top-down view of a silver pan with brass handles, filled with pan-roasted Brussels sprouts, chopped bacon, diced shallots, and dried cranberries. The sprouts are halved and show a golden-brown sear on their edges. The pan sits on a dark wooden surface.

Pan Roasted Brussels Sprouts with Cranberries

gluten-free; serves 6

1 ½ pounds Brussels sprouts, trimmed and cut in half

4 slices of uncured bacon, chopped

1 large shallot, peeled and diced

2 Tablespoons unsalted butter

¼ cup **Bragg** apple cider vinegar

¼ cup dried cranberries

Sea salt and black pepper to taste

1. Cook bacon in a skillet over medium heat until crisp. Remove bacon and set aside.
2. In batches, cook Brussels sprouts until tender in bacon drippings, making sure edges are seared. Set aside with bacon.
3. Melt butter and sauté shallots until tender then add back bacon and Brussels sprouts.
4. Add vinegar and cranberries. Heat through and season to taste with salt and pepper.

Quinoa Stuffed Acorn Squash

vegetarian, gluten-free; serves 6-8

1 cup **Ancient Harvest** quinoa
1 ½ cups water
½ teaspoon sea salt
3 Tablespoons **California Olive Ranch** olive oil
1 Tablespoon lemon juice
1 Tablespoon honey
¼ teaspoon sea salt
¼ teaspoon black pepper, ground

1 ounce fresh spinach, cut into thin ribbons
1 small Gala apple, cored and diced
¼ cup crumbled feta cheese
¼ cup dried cranberries
2 acorn squashes
2 Tablespoons **California Olive Ranch** olive oil
4 Tablespoons butter, unsalted

1. Preheat oven to 350° F.
2. Bring quinoa, water, and sea salt to a simmer. Cover and reduce heat to low. Cook until water has been absorbed (about 10–15 minutes). Set aside to cool.
3. Whisk together olive oil, lemon juice, honey, salt, and pepper. Combine with cooled quinoa, spinach, cranberries, and feta.
4. Meanwhile, cut acorn squash in half and remove seeds. Brush cut sides with olive oil.
5. Place cut side down on a parchment lined baking sheet and bake until squash is knife tender.
6. Remove from oven and turn over. Place a tablespoon of butter into each squash while warm.
7. Fill squash with quinoa once butter has melted. Serve warm.

Vegan: substitute vegan buttery sticks for butter, maple syrup for honey, and remove feta.





Maple Glazed Sweet Potatoes

vegetarian, gluten-free; serves 6

2 pounds sweet potatoes,
peeled and cut into 1" pieces

¼ cup sunflower oil

¼ cup maple syrup

2 Tablespoons rice vinegar

1 Tablespoon low-sodium tamari

½ teaspoon sea salt

½ cup panko bread crumbs

1 Tablespoon unsalted **Organic Valley**
butter

Pinch of sea salt

2 Tablespoons minced parsley

1. Preheat oven to 350° F.
2. In a medium sized mixing bowl, whisk together maple syrup, oil, tamari, and sea salt. Add chopped sweet potatoes and toss to coat.
3. Place potatoes in a large enough baking dish to create a shallow layer. Cover with tin foil and bake for 30 minutes or until sweet potatoes are almost tender. Remove foil and gently stir. Continue baking until tender and liquid has reduced.
4. Meanwhile, heat butter in small skillet over medium heat. Add panko and sea salt. Stir until bread crumbs are golden. Transfer to a baking sheet to cool.
5. Once sweet potatoes are tender, sprinkle with panko and parsley. Serve immediately.

Cranberry-Apple Streusel Pie

vegetarian; serves 6-8

5 large Granny Smith apples
2/3 cup **Wholesome!** sugar
1 medium orange, zested and juiced
4 teaspoons cornstarch
1 1/2 Tablespoons lemon juice
1 cup frozen whole cranberries
1 **Wholly Wholesome** frozen pie shell, thawed

Streusel Topping:

2/3 cup **Bob's Red Mill** all-purpose flour
1/4 cup **Wholesome!** sugar
6 Tablespoons unsalted butter, cold

1. Preheat oven to 350° F.
2. Peel, core and chop apples into 1/2 inch pieces then place in a saucepan with sugar, orange zest, orange juice, starch, and lemon juice.
3. Heat apples over medium heat and cook until almost tender. Add cranberries.
4. Continue to cook until apples are soft. Spread mixture on a baking sheet to cool completely.
5. Meanwhile, in a bowl, combine flour and sugar for the streusel. Using a pastry blender, cut in the butter until fine crumbs form. Keep chilled until ready to bake pie.
6. Fill thawed pie shell with cooled filling, then crumble on streusel.
7. Place on a cookie sheet and bake for 40 minutes, or until fruit is bubbling and streusel is golden.



Cranberry Trivia!

How much do you really know about cranberries? For instance, did you know that cranberries do not grow in water? "Then why all the images of growers in hip-waders standing in a pool of little red fruit?" Answer: each cranberry holds a tiny pocket of air that causes it to float. In a process called "wet harvesting," the bog is flooded so the buoyant berries can be gathered with ease.

If you hunger for more cran-facts, read on!

- Native Americans were well-acquainted with the tart berry long before the Pilgrims arrived in 1620 and inspired a cranberry-filled Thanksgiving tradition. One of the few fruits indigenous to North America, cranberries were used by several tribes as food, fabric dye, poultices, and medicines.
- Various names for the cranberry can be found in different Native American languages, but German and Dutch settlers decided the vine blossom resembled the head of a marsh bird, so "crane berry" was adopted into the English language.
- Early American sailors took cranberries on long sea journeys to stave off scurvy, just as the English used limes. The generous supply of vitamin C made it a necessity to have on board.
- Cranberries are well-known throughout the U.S. for their health benefits and tangy, puckering flavor. According to the Agricultural Marketing Resource Center, Americans consume about 400 million pounds of cranberries every year, about 80 million pounds are gobbled up the week of Thanksgiving.
- Though wildly popular, cranberries have proven to be a difficult crop to farm organically. In fact, only 200-300 acres of the 40,000 commercially grown acres are organic. The damp, marshy conditions make fighting fungi, pests, and weeds a daunting task. Researchers and growers are developing organic methods and experimenting with fresh ideas, but the progress is slow. Growing cranberries organically remains a labor of love.
- Finally, a ripe cranberry will bounce. In fact, one way to tell if a cranberry is ripe is to drop it. If it bounces, it's good to eat (but please don't drop them in the aisles).

Your Local and Independent Grocery Store is Part of a Network

Independent Natural Food Retailers Association (INFRA) is a purchasing cooperative owned and governed by natural and organic food retailers of all sizes working together to forge a sustainable future. INFRA facilitates member collaboration with programs, tools, and in-person events to strengthen independents' position in the marketplace. As of print, INFRA has over 240 members and 360 stores, working together since 2005.

Celebrate the Season

Thank you for supporting us, your local, independent, organic grocery store. We believe in the power of food during times of celebration and value the trust you put in us to bring you and your loved ones the very best this holiday season.

We are grateful and thankful for our community.

To learn more about INFRA stores in your community and across the United States, connect with us online!



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