



Celebrate the Season
with your Independent Grocer



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Gather at the Table

The holiday season is upon us and there is no better time than now to start planning. Wondering about how much food to make or buy at the deli? Here are some general guidelines that will help you plan the ideal amount of food.

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



Thawing Your Turkey

We all know that thawing the turkey can be a very daunting task. We have included an easy guide to ensure your turkey is ready to go for the big day.

Turkey Size	Refrigerator	Cold Water
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 water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.



Artichoke Spinach Dip

gluten-free, vegetarian; 15 minutes; serves 6-8

5 ounces fresh spinach (about 10 cups loosely packed), stemmed and chopped roughly
16 ounces Neufchâtel, softened
½ cup **Organic Valley** sour cream

½ cup **Sir Kensington's** mayonnaise

2 large garlic cloves, minced
½ teaspoon sea salt
½ teaspoon black pepper, ground
14 ounce can artichokes, drained and chopped

1. Heat spinach in a medium size pan with ½ cup water and stir until wilted. Remove from pan and drain; squeezing out as much water as possible.
2. Combine Neufchâtel, sour cream, mayonnaise, garlic, salt, and pepper until smooth.
3. Fold in spinach and artichokes.
4. Serve with fresh cut vegetables and crackers.

Gratinéed Artichoke Dip: Fold in ½ cup shredded parmesan with the spinach and artichokes, and place in an oven proof dish. Top with 1 cup grated mozzarella cheese. Bake under your broiler set on high, about 3-8 minutes, until the top of the dip is golden.



Roasted Squash Soup

gluten-free; 40 min; serves 6

3 pounds winter squash, halved and seeded

1 large leek, cleaned, halved, and thinly sliced

¼ cup **Napa Valley Naturals** olive oil

2 large garlic cloves, minced

4 cups **Pacific** chicken stock

1 **Frontier** bay leaf

3 fresh thyme springs

¼ teaspoon freshly grated **Frontier** nutmeg

Sea salt and black pepper to taste

1. Place prepared squash on an oiled baking sheet and bake in a 350° F oven until knife tender. Remove and cool.
2. Meanwhile, sauté leeks in oil in a soup pot over medium-low heat until tender, about 2 minutes. Add garlic and cook for a minute. Add stock and herbs.
3. Bring to a gentle simmer and cook for 5 minutes. Discard bay leaf and thyme sprigs.
4. Scoop out squash and add to pot. Puree with a immersion blender until smooth.
5. Add salt and pepper to taste.



Making the Perfect Charcuterie Board

Mix and match your favorites by selecting items from the categories below. Vary the flavors and textures in each category for good balance.

Meats: Salami, soppressata, prosciutto, pâté, sausage, and vegan mushroom or walnut pâtés.

Cheese: Brie, bleu, gorgonzola, chèvre, havarti, Comté, MontAmoré, manchego, Parmasean, and vegan cheeses.

Fruit: Fresh apples, grapes, figs, mandarins, and pears. Dried figs and apricots. Fig preserves, cherry

jam, and honey.

Nuts: Marcona almonds, salted mixed nuts, spiced nuts, and caramelized nuts.

Bases: Crackers, sticks, baguettes, and crostini.

Additional Accompaniments: Cornichons, pickles, mustard, pickled vegetables, onion jam, and marinated artichokes.

Arrange your morsels on board so it looks full and visually appealing. Have vegetarian or vegan guests? Assemble a second arrangement to satisfy their taste buds.



Kale Mashed Potatoes

gluten-free, vegetarian; 40 min; serves 4-6

3 pounds russet potatoes, peeled and cubed

1 bunch kale, stemmed and chopped

6 Tablespoons **Organic Valley** unsalted butter, softened

4 ounces **Organic Valley** sour cream

$\frac{2}{3}$ cup **Organic Valley** heavy cream

1 Tablespoon garlic, minced

2 teaspoons sea salt

1 teaspoon black pepper, ground

1 bunch scallions, thinly sliced

A few sprigs Italian flat-leaf parsley

1. Place potatoes in a large pot and cover with water. Bring to a boil and cook until just tender.
2. Place chopped kale in a colander then drain potatoes over kale to wilt.
3. In a large bowl, mash potatoes completely with butter, then stir in remaining ingredients.
4. Garnish with parsley.



Caramel White Chocolate Pecan Cake

vegetarian; 45 min; serves 8

1 ½ cup all-purpose flour	3 Organic Valley eggs
1 teaspoon baking powder	1 teaspoon Frontier vanilla extract
½ teaspoon sea salt	1 ¼ cup pecans, chopped
½ cup Wholesome! cane sugar	⅔ cup whole milk
½ cup light brown sugar, packed	⅓ cup salted caramel sauce
½ sunflower oil	2 ounces Sunspire white chocolate chips, melted

1. Preheat oven to 350° F. Line an 8 x 8 square pan with parchment paper.
2. Whisk together flour, baking powder, and sea salt. Set aside.
3. Whisk together sugars, oil, eggs, and vanilla until smooth. Add pecans.
4. Incorporate dry mix into wet mixture until just combined. Stir in milk.
5. Pour batter into prepared pan and smooth out top.
6. Bake for 25-28 minutes or until a toothpick inserted comes out clean.
7. Cool cake in pan for 10 minutes, then transfer to a wire rack to cool completely.
8. Drizzle with caramel sauce and melted chocolate.



Chocolate Cranberry Nut Bark

gluten-free, vegetarian; 15 min cook, 30 min rest; serves 6-8

9 ounces semi-sweet **Theo** chocolate, chopped

¼ cup sweetened dried cranberries

2 ounces white chocolate, chopped

¼ teaspoon poppy seeds (optional)

1 cup mixed nuts, salted or unsalted

1. Line a 7 x 11 pan with parchment paper and set aside.
2. Heat chocolates separately in microwave safe bowls until mostly melted. Remove and stir each until smooth.
3. Pour semi-sweet chocolate onto the parchment lined pan and spread it to the edges. Drizzle white chocolate and tap pan to smooth out chocolate.
4. Sprinkle with nuts, cranberries, and poppy seeds. Chill for 30 minutes.
5. Remove from pan and break into pieces. Keep refrigerated until ready to serve.

Homemade for the holidays.

Show your gratitude by gifting delicious homemade Chocolate Bark. Break up the bark, wrap in cellophane or place in a reusable tin and you will be sure to bring just the right amount of holiday cheer to all your friends and family!



Celebrate the Season

To maintain the integrity, availability, and accessibility of our food, we are a part of a network of independent retailers, Independent Natural Food Retailers Association (INFRA). INFRA is a purchasing cooperative owned and governed by natural and organic food retailers of all sizes working together to forge a sustainable future. Together we continuously work to bring you the very best service and selection for your family.

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 appreciate your continuous support and are so 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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