

RISING TIDE
CO-OP

holiday guide

eat  *this holiday season*

hosting? we can help!

HOW MUCH FOOD WILL YOU NEED?

	PER PERSON	GROUP OF 10
ENTRÉES (COOKED)	1/2 - 3/4 LB	5 - 7 LBS
POTATOES	1/3 - 1/2 LB	4 LBS
VEGETABLES	1/4 - 1/3 LB	1.5 LBS
STUFFING	1/3 - 1/2 LB	4 LBS
GRAVIES & SAUCES	1/4 CUP	2 - 3 CUPS
SNACKS/APPETIZERS	2 - 4 OZ	2 - 3 LBS
PIE	1 SLICE	2 9-INCH PIES
ICE CREAM	1/2 CUP	1/2 GALLON
TURKEY (WHOLE)	1 - 1.5 LBS	10 - 15 LBS



LET US DO THE COOKING

HOUSE-MADE APPS, SIDES, AND DESSERTS

no need to pre-order!

SAMPLE SEASONAL TREATS

EVERY WEDNESDAY THROUGH DECEMBER 31

try before you buy!



eat local this holiday season

SPECIAL DIETS

VEGAN CHARCUTERIE!

- LOCAL PLANT-BASED ARTISAN MEAT AND CHEESE
- LOCAL PLANT-BASED SPREADS

ALCOHOL-FREE ENTERTAINING

- NON-ALCOHOLIC BEER, WINE, SPIRITS, AND MOCKTAILS

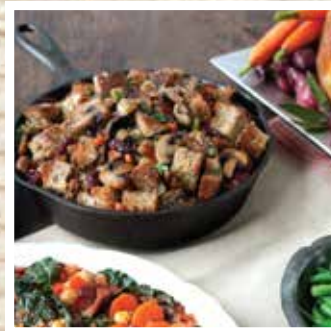
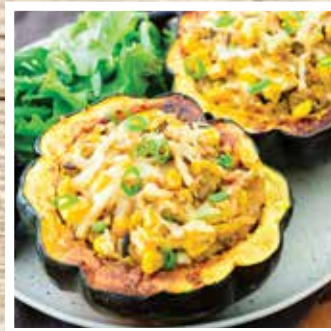
GLUTEN-FREE ALL DAY

- GLUTEN-FREE PIES, STUFFING MIX, PIE SHELLS, BREADS, CRACKERS, AND EVEN BEER!

VEGAN DESSERTS

- DAIRY-FREE WHIPPED TOPPINGS AND FROZEN DESSERTS
- HOUSE-MADE VEGAN PUMPKIN AND DUTCH APPLE PIES

PLANT-BASED ROASTS *and more!*



TURKEYS *no need to pre-order. we will have plenty!*

ORGANIC TURKEYS - KOCH'S TURKEY FARM, TAMAQUA, PA

At Koch's Turkey Farm, we raise Organic Turkeys certified by Pennsylvania Organic Certifiers. These turkeys are raised by the strictest standards in the industry and are fed a GMO free diet.

\$5.99/lb

LOCAL NATURAL TURKEYS - PINE TREE POULTRY, NEW SHARON, ME

At Pine Tree Poultry, we raise our animals in a healthy sustainable manner. They are all free range, they are not kept in cages, but are kept in large air barns and pastured. We are a conventional farm and do not use antibiotics or hormones and feed an all vegetarian grain.

\$5.99/lb

HOUSE-MADE PIE

PECAN PIE (8 INCH)

PUMPKIN PIE (9 INCH)

VEGAN PUMPKIN PIE (9 INCH)

DUTCH APPLE PIE (9 INCH)

VEGAN DUTCH APPLE PIE (9 INCH)



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cooking

TURKEY ROASTING TIPS

- Remove the giblets from turkey cavities after thawing. Cook separately.
- Set oven temperature no lower than 325°F.
- Place turkey or turkey breast on lower rack in a shallow roasting pan.
- For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165°F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165°F.
- Whole turkeys should be cooked to 165°F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.
- Turkey breasts should be cooked to 165°F. Insert a food thermometer in the thickest part of the breast to check for doneness.
- Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

TURKEY ROASTING TIMETABLE

Oven times are approximate and will vary. Always use a meat thermometer to ensure the correct internal temperature of 165°F has been reached.

325°F oven temperature

Unstuffed

4-8 lbs 1.5-2.75 hours
8-12 lbs 2.75-3 hours
12-14 lbs 3-3.75 hours
14-18 lbs 3.75-4.25 hours
18-20 lbs 4.25-4.5 hours
20-24 lbs 4.25-5 hours

Stuffed

6-8 lbs 2.5-3 hours
8-12 lbs 3-3.5 hours
12-14 lbs 3.5-4 hours
14-18 lbs 4-4.25 hours
18-20 lbs 4.25-4.75 hours
20-24 lbs 4.75-5.25 hours



INDIGENOUS RECIPE

THREE SISTERS SOUP

Total Time: 1 hour, 10 minutes - 2 hours, 10 minutes
Servings: 8 to 10

INGREDIENTS

2 pounds of your favorite winter squash (butternut, acorn, kabocha)
2 to 3 tablespoons olive oil
1 yellow onion, diced
1/4 cup garlic, chopped
2 quarts vegetable stock or water
1/2 cup white wine
2 teaspoons dried thyme
1 large bay leaf
1 pound fresh or frozen corn kernels
2 15.5-ounce cans cannellini beans, drained
1/2 bunch green onions, sliced
Salt and pepper to taste

PREPARATION

Preheat the oven to 350°F. Halve the squash and scoop out the seeds. Place the squash halves skin-side down on a lightly oiled baking sheet, and then roast until cooked through and soft, anywhere from 30 to 90 minutes (see tips below for cooking times depending on your squash). Remove from the oven and allow to cool. Scoop the flesh of the squash into a large bowl (save any liquid!). Puree the cooled squash with a blender or food processor, adding some of the reserved liquid if needed.

In a large stockpot, heat the oil over medium heat and saute the onions until they begin to brown. Add the garlic and cook, stirring often, until the garlic turns light brown in color.

Add the stock or water, wine, thyme, bay leaf and pureed squash and bring to a simmer. Stir in the remaining ingredients and simmer for 15 to 20 minutes. Taste and adjust seasoning as needed.

Tips & Notes

Squash cooking times will vary depending on the type and size of squash. At 350°F you can expect these approximate cooking times:

Acorn squash: 30-45 minutes

Kabocha squash: 40-50 minutes

Butternut squash: 60-90 minutes

- by Renee Russel. Courtesy of Grocery.coop



THREE SISTERS - SUSTAINERS OF LIFE

The three sisters, corn, beans and squash were once known to Wabanaki people as the sustainers of life. When paired together in a meal they provide the ideal nutrients for a healthy diet. When paired in a garden, the sisters, create an ideal growing system providing long term soil fertility for generations.

Corn, the eldest is planted in late spring after the last frost (after May's full moon). Sister corn takes some time to set her roots before she sprouts herself through the dirt. Her stalks provide support for sister beans to reach the sun. Sister beans is planted next and replenishes nitrogen into the soil to support the corn growth. The youngest, Sister squash prefers to grow wildy along the ground. Sister squash maintains the moisture in the soil and controls the weeds and pests from disturbing their home. When harvested and dried each sister provides seeds to plant for future generations.

The relationship between the three-sisters is a story of respect, reciprocity and sustainability. Although these three plants will grow alone, they thrive together. The three sisters are inseparable in both the garden and the kitchen.

- Courtesy of Wabanaki Public Health and Wellness



party essentials

GUIDE TO CHARCUTERIE

- 1 SOPPRESSATA - *make it vegan with plant-based "salami"*
- 2 MARCONA ALMONDS
- 3 BRIE - *make it vegan with a dairy-free version*
- 4 HOT PEPPER JELLY
- 5 RED GRAPES
- 6 MAINE CRISP CRACKERS - *dairy-free, grain-free, and gluten-free*
- 7 PEPPERONI
- 8 BLUEBERRIES
- 9 PEPPADEWS
- 10 LA PANZANELLA CRACKERS
- 11 SIMPLE MILLS SEED FLOUR ORIGINAL CRACKERS
- 12 CASHEWS
- 13 CAMEMBERT
- 14 TURKISH APRICOTS
- 15 CHEDDAR - *make it vegan with a dairy-free version*
- 16 BREAD & BUTTER PICKLES
- 17 ORGANIC PITTED KALAMATA OLIVES
- 18 BLUE CHEESE



*ALL SOLD SEPARATELY

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PAIRING SUGGESTIONS

FOR BOLD RED WINES (E.G., CABERNET SAUVIGNON, MERLOT, SYRAH)
TRY AGED CHEDDAR, GOUDA, MANCHEGO, BLUE CHEESE, OR HARD CHEESES SUCH AS ASIAGO, PARMESAN, PECORINO ROMANO

FOR LIGHTER-BODIED RED WINES (E.G., PINOT NOIR, BEAUJOLAIS)
TRY BRIE OR CAMEMBERT, GRUYERE, GOAT CHEESE (CHÈVRE), OR HAVARTI

FOR FULL-BODIED WHITE WINES (E.G., CHARDONNAY, RIESLING)
TRY GOUDA, GRUYÈRE, AGED CHEDDAR, AND HAVARTI OR WASHED RIND CHEESES SUCH AS TALEGGIO, LIMBURGER, AND WINNEMERE

FOR LIGHT-BODIED WHITE WINES (E.G., SAUVIGNON BLANC, PINOT GRIGIO)
TRY FRESH MOZZARELLA, CAMEMBERT, GOAT CHEESE AND FETA, OR HARD CHEESES SUCH AS ASIAGO, PARMESAN, PECORINO ROMANO



FOR MILD, SEMISWEET MEADS
TRY BRIE, CAMEMBERT, OR GOAT CHEESE

FOR TRADITIONAL OR MEDIUM-BODIED MEADS
TRY HARD CHEESES LIKE AGED GOUDA, PARMESAN, OR NUTTY ALPINE-STYLE CHEESES

FOR SWEET, DESSERT MEADS
TRY INTENSE, MATURE HARD CHEESES OR TANGY BLUE CHEESES LIKE STILTON

gifts for everyone!



shop this holiday season