RISING TIDE
CO-OP



holiday guide

SAMPLE SEASONAL TREATS
EVERY WEDNESDAY THROUGH DECEMBER 30 *try before you buy!*

IMPRESS YOUR GUESTS
WITH OUR THOUGHTFULLY CURATED STAFF PICKS *we know food!*

HOSTING

HOW MUCH FOOD WILL YOU NEED?

	TURKEY (WHOLE)	ENTRÉES (COOKED)	POTATOES	VEGGIES	STUFFING	GRAVIES/ SAUCES	APPS/ SNACKS	PIE	ICE CREAM
1 PERSON	1-1½ LBS	½-¾ LBS	⅓-½ LB	¼-⅓ LBS	⅓-½ LB	¼ CUP	2-4 OZ	1 SLICE	½ CUP
10 PEOPLE	10-15 LBS	5-7 LBS	4 LBS	1½ LBS	4 LBS	2-3 CUPS	2-3 LBS	2, 9" PIES	½ GALLON



HOUSE-MADE PIES AND SIDES

PECAN PIE (8 INCH)

PUMPKIN PIE (9 INCH)

VEGAN PUMPKIN PIE (9 INCH)

VEGAN APPLE PIE (9 INCH)

HOLIDAY STUFFING
FEATURING COLVARD & CO. SAUSAGE

ROASTED BRUSSELS SPROUTS

VEGAN MUSHROOM GRAVY

CRANBERRY ORANGE SAUCE

shop local *this holiday season*

TURKEYS

NO NEED TO PRE-ORDER. WE WILL HAVE PLENTY!

THIS YEAR'S TURKEYS HAVE BEEN THOUGHTFULLY CURATED TO PROVIDE THE HIGHEST-QUALITY, HUMANELY-RAISED BIRDS AT AN AFFORDABLE PRICE

LaBELLE PATRIMOINE

LaBelle Patrimoine is a farmer-owned brand from Central Pennsylvania producing heritage breed, pasture raised, slow grown, and air chilled poultry, certified under the Global Animal Partnership Step 4 standard. Turkeys are raised with no antibiotics, hormones, or preservatives.

Farm Practices and Standards

- Heritage Breed: Selected from genetics in France, this slow growing breed takes up to twice as long as conventional chickens to mature, developing richer flavor and texture
- Pasture Raised: Turkeys have daily access to pasture, foraging for insects and plants, and are raised on small family farms
- Slow Grown: The breed's natural growth rate supports healthier, happier birds and better taste
- Air Chilled: Processed with cold air instead of water immersion, avoiding added water weight and locking in flavor
- Local Feed: Supplemental cornmeal (corn and soy) sourced locally, sometimes grown on the same farms
- Global Animal Partnership Step 4: Highest industry certification, ensuring outdoor shelter, shade, dust bathing, and foraging freedom

Fresh Natural Heritage Turkeys - $4.99lb

KOCH'S TURKEY FARM

Koch's Turkey Farm is a third generation, family owned turkey operation in Tamaqua, Pennsylvania, known for antibiotic free, all vegetarian turkey production, humane certification, and a wide range of fresh and frozen products.

Farm Practices and Standards

- Antibiotic free: All turkeys are raised without antibiotics
- All vegetarian diet: Feed consists only of corn, soybeans, vitamins, and minerals; no animal by products or outdated bakery goods
- Humane certification: First turkey producer to be Certified Humane®; also GAP (Global Animal Partnership) approved
- Organic options: USDA certified organic turkeys under Pennsylvania Organic Certifiers
- Space & welfare: Twice the barn space required by standard commercial practices; free range access to outdoors and fresh air

Fresh Natural Turkeys - $3.99lb
Fresh Organic Turkeys - $5.99lb



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CREATING THE PERFECT CHEESE PLATTER

IT'S EASIER THAN YOU MIGHT THINK! HERE ARE A FEW TIPS

- SERVE CHEESE AT ROOM TEMPERATURE. THE COLD FROM THE REFRIGERATOR INHIBITS ITS FLAVOR, SO TAKE YOUR CHEESE OUT HALF AN HOUR BEFORE GUESTS ARRIVE TO ALLOW IT TO "BLOOM."
- PROVIDE A SERVING UTENSIL FOR EACH VARIETY OF CHEESE ON YOUR TRAY.
- SERVE A SELECTION OF THREE TO FIVE CONTRASTING CHEESES. THINK DIFFERENT TASTES, COLORS, AND TEXTURES, LIKE MILD WITH ROBUST (LIKE BRIE WITH BLUE CHEESE), FRESH WITH AGED (LIKE BOURSIN WITH AGED GRUYERE), OR SOFT WITH HARD CHEESES (LIKE CHEVRE WITH PARMESAN).
- CREATE A THEMED TRAY BY OFFERING CHEESES FROM ONE REGION OR SOURCE, OR SHOWCASE AN ARRAY OF CHEESES MADE FROM DIFFERENT MILKS (COW, GOAT, SHEEP).

ACCOMPANIMENTS

Whether you serve them individually or on the same platter, some foods are perfect complements to cheese. These include:

- Fresh and dried fruits
- Crostini, flatbread, and other crackers
- Hearty and crusty breads
- Olives
- Nuts
- Honey
- **To create an antipasto platter, include a mix of marinated vegetables, cured meats, and smoked fish**

WINE AND BEER CHEESE PAIRINGS

In general, a wine that comes from the same geographic area as the cheese will be a good match. Here are some other pairings:

- Goat cheeses and dry red wines
- Cheddars with sweet wines and pale and brown ales
- Fresh, medium, and hard cheeses with crisp, fruity red or white wine
- Cheeses with bloomy rinds (like Brie) and fruity red wines or light, dry champagnes
- Swiss cheeses with dark lagers, bocks, and Oktoberfest beers
- Feta and wheat beers
- Sweet cheeses with fruity beers

LOCAL STAFF PICKS	ROSEMARY FOCACCIA BY **DEMETRA BREAD**	PEAR BUCKWHEAT BREAD BY **PORTEUR BREADS**	BAGUETTES BY **ATLANTIC BAKING CO.**
LOCAL STAFF PICKS	HONEY PEEL SALAMI FROM **MISTY BROOK FARM**	SMOKED RAINBOW TROUT FROM **DUCKTRAP**	HARD CIDER DRY SALAMI FROM **SHORT CREEK FARM**
LOCAL STAFF PICKS	POLAR VORTEX BY **FUZZY UDDER CREAMERY**	FROLIC BY **HAYMAY CREAMERY**	ROCKWEED BY **LAKIN'S GORGES CHEESE**
LOCAL STAFF PICKS	THIRSTY BOTONIST BY **BOOTHBAY CRAFT BREWERY**	MORPHOS BY **OYSTER RIVER WINEGROWERS**	THE MAID MAYA BY **THE FAT FRIAR'S MEADERY**



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HOSTING

HOSTING A GUEST WITH A SPECIAL DIET AND DON'T KNOW WHERE TO START? WE CAN HELP!

VEGAN CHARCUTERIE

PLANT-BASED ARTISAN MEATS, CHEESES, SPREADS, AND DIPS

LOCAL STAFF PICKS

- HERBS DE PROVENCE VEGAN CHEESE BY **MIDCOAST VEGAN**
- CELERY ROOT & RED PEPPER SPREAD BY **HARVEST MAINE**
- SPICY HUMMUS BY **MIDDLE EAST COAST**

ALCOHOL-FREE ENTERTAINING

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

LOCAL STAFF PICKS

- NON-ALCOHOLIC DARK STOUT BY **WOODLAND FARMS BREWERY**
- NON-ALCOHOLIC IPA BY **BAXTER BREWING CO.**
- HONEYSUCKLE MOCKTAILS BY **WEEPING WILLOW CO.**

GLUTEN-FREE ALL DAY

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

LOCAL STAFF PICKS

- WILD BLUEBERRY CRISP BY **FIELDS FIELDS**
- GLUTEN-FREE BEERS BY **ORANGE BIKE BREWING CO.**
- MAPLE BARS BY **HOOTIN' GLUTEN-FREE BAKERY**

VEGAN SWEETS

DAIRY-FREE PIES, COOKIES, WHIPPED TOPPINGS, CANDIES, FROZEN TREATS, AND MORE!

LOCAL STAFF PICKS

- CHOCOLATE OR LEMON TRUFFLE CAKES BY **MOM'S MUNCHIES**
- VEGAN CHOCOLATE BY **BIXBY CHOCOLATE**
- HOUSE-MADE VEGAN PIES BY **RISING TIDE CO-OP**

AND OF COURSE, PLANT-BASED MAINS

LOCAL STAFF PICKS

- TOFU BY **HEIWA TOFU**
- TEMPEH BY **TOOTIE'S TEMPEH**
- FALAFEL BY **PAPOU'S KITCHEN**



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MAPLE SAGE SAUSAGE STUFFING

Prep Time: 30 minutes
Cook Time: 65–75 minutes (oven method)
Total Time: 1 hour 35 minutes to 1 hour 45 minutes



INGREDIENTS

- 1 (15 lb) turkey (if stuffing inside)
- 4 Tbsp butter
- 4–5 cloves garlic, minced
- 1 sweet onion diced
- 4 celery stalks, sliced lengthwise then diced
- 1 leek (white part only), sliced lengthwise then diced
- 2 lbs Colvard & Co. Maple Sage Sausage, uncased
- 6 cups bread, cubed and toasted
- 3 apples, peeled, cored, and diced
- 2½ cups chestnuts, roasted, shelled, and chopped (optional)
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh sage, chopped
- 4 Tbsp Bell's seasoning
- 2 cups turkey or chicken stock
- ¾ cup milk

INSTRUCTIONS

Cook the sausage: In a Dutch oven or large skillet over medium heat, brown the Maple Sage Sausage for 8-10 minutes, or until fully cooked. Remove the sausage from the pan and set aside, leaving the drippings in the pan

Sauté the aromatics: Add the butter to the same pan with the sausage drippings. Once melted, add the garlic, onion, celery, and leek. Stir to coat evenly and cook over low heat until fragrant and translucent. Remove from the pan and set aside.

Combine ingredients: In a large mixing bowl, combine the toasted bread cubes, onion mixture, and sausage. Add the apples and chestnuts, then fold in the parsley, sage, and Bell's seasoning. Pour in the stock and milk, mixing gently until evenly coated.

LOCAL STAFF PICK

RECIPE COURTESY OF OUR FRIENDS AT COLVARD & CO. (ELLSWORTH, ME)
TIP: TRY THIS RECIPE WITH CUBED BREAD BY PORTEUR BREAD

TOFU/TEMPEH "TURKY"

Tofu/tempeh "turky" has the same protein as a turkey bird and is so delish your family/friends will want the recipe! It has stuffing in the center and is topped off with mushroom gravy.



INGREDIENTS

- 1 (8 oz) Tootie's Tempeh
- 21 oz (1½ blocks) Heiwa tofu
- ¼ cup low sodium tamari or soy sauce
- 3-5 cloves of garlic, minced
- 2 Tbsp tomato paste
- 2 Tbsp avocado or olive oil
- 1 Tbsp + 1 tsp poultry seasoning
- 1 tsp vegetable broth or "chick'n" broth
- 1 cup flour (we used gluten-free)
- 1½-2 cups of your favorite prepared stuffing
- 1 Tbsp balsamic vinegar

INSTRUCTIONS

Prep: Preheat oven to 375F. Line a 8"x4" inch loaf pan with parchment paper or nonstick cooking spray.

Prepare the mixture: Break apart the tofu and tempeh and place in food processor, along with the tamari, garlic, tomato paste, oil, poultry seasoning, and bouillon. Blend for a full 60 seconds, pausing about halfway to scrape the sides of the food processor. Once the wet mixture has fully combined, add the flour to the mix and process for an additional 45-60 seconds, until a thick and uniform mixture forms.

Fill the Mold: Transfer 2/3 of the tofu/tempeh mixture to the pan. Spread it across the bottom of the pan first, then press/scoop the base up the sides to create a well – about ¾" thick – for the stuffing. Once you have your well, add the stuffing to the center of the mold.

Cover & Bake: Cover the stuffing with the remaining mixture in "dollops", so it covers more surface area. Then, carefully spread the mixture, sealing the top and the sides together, with no stuffing peeking through. Bake for 30 minutes.

Flip, Baste, & Bake: Remove the "turkey" from the oven and reduce to 350F. Flip onto a parchment-lined baking sheet. Use a pastry brush to baste with balsamic vinegar. Return to the oven and bake for an additional 30-35 min, until it has browned and feels firm to the touch.

LOCAL STAFF PICK

RECIPE COURTESY OF OUR FRIENDS AT TOOTIE'S TEMPEH (BIDDEFORD, ME), IN COLLABORATION WITH OUR FRIENDS AT HEIWA TOFU (ROCKPORT, ME)

GIFTS FOR EVERYONE

























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