

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 AND 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



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	REFFRIGERATOR	COLD WATER
4 to 2 pounds	1 to 3 days	2 to 6 hours
12 to 6 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.

GRAB A CATERING MENU AT THE REGISTER
TO HAVE RISING TIDE HELP WITH YOUR
THANKSGIVING!

ORDER YOUR TURKEY AT THE REGISTER WHILE SUPPLIES LAST.



1 BUNCH KALE, STEMMED AND CHOPPED

6 tbs UNSALTED BUTTER, SOFTENED

4 oz ORGANIC VALLEY SOUR CREAM SALE \$3.49

2/3 cup HEAVY CREAM

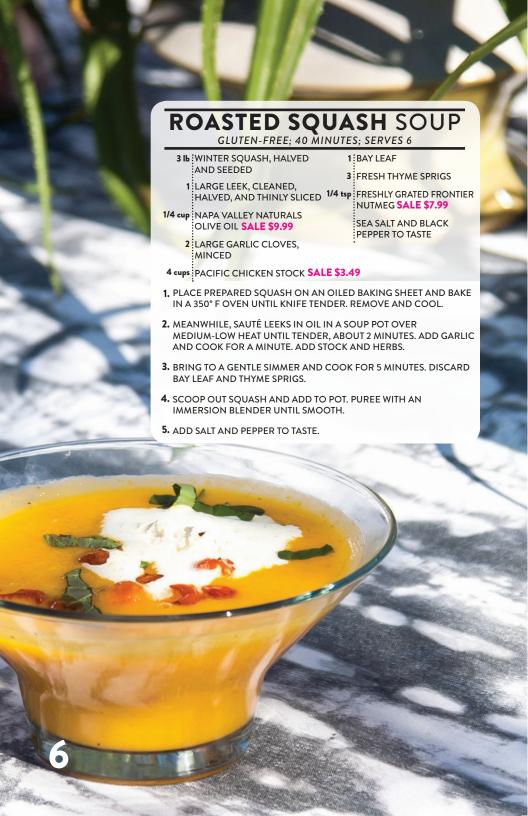
2 tsp SEA SALT

1 tsp BLACK PEPPER, GROUND

1 SCALLIONS, THINLY SLICED

A FEW SPRINGS 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.













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!

## YOUR LOCAL AND INDEPENDENT GROCERY STORE IS PART OF A NETWORK



**INFRA** 

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
226 MEMBERS AND 360 LOCATIONS,
WORKING TOGETHER SINCE 2005.





## **SINCE 1976**

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