



# the SCOOP

2010 Black Lake Blvd SW • (360) 943-5573  
Open Mon - Sat 9 am - 8 pm & Sun 10 am - 7 pm



## MEET THE PRODUCER: DIESTEL TURKEY

Diestel Turkey Ranch, founded in 1949, is one of the last small, family-owned turkey grower-processors in the United States, operated by 3rd & 4th generation ranchers Tim and Joan Diestel and two of their children. Nestled in the Sierra Nevada foothills in

Sonora, California, this ranch boasts range grown turkeys fed a natural, 100% vegetarian diet that is milled on site. At Farm Fresh, the

Diestel turkeys we carry receive non-GMO feed as well. All Diestel turkeys are humanely raised and harvested with great care and compassion. These delicious birds are consistently praised for looking and tasting better than your average grocery store bird, with a rich "old-fashioned flavor," incredible tenderness, and texture. How can you celebrate Thanksgiving without one?

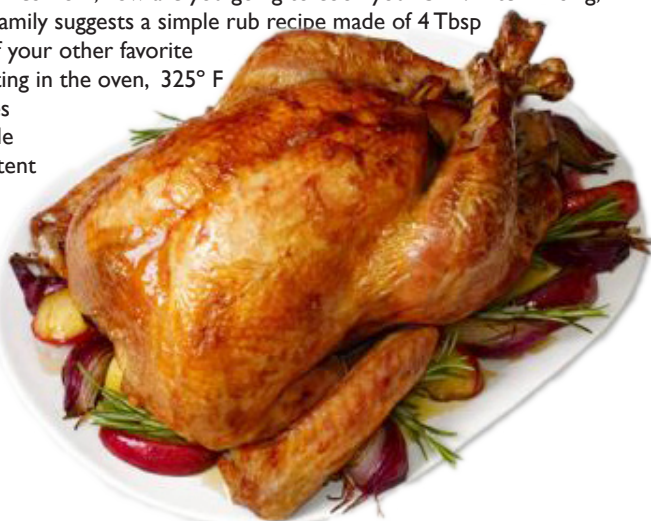
### WHY DO THEY TASTE SO GOOD?

One reason Diestel turkeys taste so much better than the competition is due to the long, active lifestyles their birds live. Many of us are familiar with the term "free range," meaning that the animals simply have access to the outdoors. At Diestel, they prefer to use the term "range-grown" as their adult turkeys actually live outdoors using the natural environment of trees and shrubs as shelter. They get plenty of exercise, moving freely throughout the range to forage, drinking clean mountain water, and breathing fresh air. Allowed to grow naturally, Diestel turkeys are raised twice as long as conventional ones, and with far more room to roam! These turkeys have time to be turkeys and enjoy life! When it comes to feeding the turkeys, Joan Diestel says, "No artificial anything!" Diestel's turkeys never contain any artificial ingredients such as nitrates, phosphates, MSG, artificial colors or flavors. The Diestel family sources the best corn and soy available and has been milling their own feed since 1965, spending extra time and attention to ensure their turkeys have a healthy, natural diet. Turkeys are fed a 100% vegetarian diet with no antibiotics, growth enhancers, hormones, gluten, animal by-products or dried distillers grains. With a Diestel turkey, you can be confident that you're feeding your family quality food this Thanksgiving, free of chemicals!

### COOKING YOUR TURKEY

Now that you know where your turkey comes from, how are you going to cook your bird? After rinsing, patting, and stuffing your bird, the Diestel family suggests a simple rub recipe made of 4 Tbsp oil, 4 tsp. salt, and 2 tsp. paprika (and any of your other favorite herbs and spices). When it comes to roasting in the oven, 325° F is just the right temperature (cooking times vary); there's no need to turn the bird while cooking or use a bag, though placing a foil tent loosely over the turkey for the last hour can prevent too much browning. Don't forget to cover the bottom of the pan with broth or water before you pop the bird in the oven! For a spectacular gravy, the Diestel family recommends pouring a heated cup of white wine over the turkey halfway through roasting time. Mm delicious!

The Farm Fresh Market and Diestel families are wishing you a most harmonious, delicious Thanksgiving!



CALL US TO RESERVE YOUR THANKSGIVING TURKEY FROM DIESTEL

(360) 943-5573

## THANKSGIVING CALCULATOR

### THE TURKEY

**GENERAL**  
1 LB OF MEAT PER GUEST  
5 PEOPLE : 8 LBS  
10 PEOPLE : 15 LBS  
12 PEOPLE : 18 LBS  
15 PEOPLE : 20 LBS



### THAWING TIME



24 HOURS PER 4 LBS OF TURKEY  
EXAMPLE:  
12 LBS TURKEY = 3 DAYS OF THAWING TIME

### ROASTING TIME



**UNSTUFFED**  
10-18 LBS : 3-3.5 HOURS  
18-22 LBS : 3.5-4 HOURS

**STUFFED**  
10-18 LBS : 3.5-4.5 HOURS  
18-22 LBS : 4.5-5 HOURS

### BASTING

ONCE EVERY 30 MINUTES

### THE COUNTERPARTS

**APPETIZERS**  
6-8 PIECES PER PERSON



**ROLLS**  
2 ROLLS PER PERSON



**PIES**  
ONE 9 INCH PIE FOR EVERY 4 PEOPLE



**THE WINE**  
1 BOTTLE WILL SERVE EVERY 4 PEOPLE (TELL 'EM TO BYOB!)



**STUFFING**  
8 CUPS OF STUFFING FOR EVERY 5 PEOPLE



# CLEAN GREEN BEAN CASSEROLE

Featuring fresh green beans and caramelized onions, this homemade green bean casserole is just about as clean as it gets. Rather than relying on a cream-based soup, it's held together by a creamy puree of parsnips and mushrooms! The caramelized onion topping still delivers the buttery onion flavor that we all love, without the deep-fried grease and flour to go along with it. All of our favorite flavors covered, without the heavy food-coma to follow!

## INGREDIENTS

- 1 yellow onion, sliced thinly
- 1 tablespoon coconut oil, or butter
- 2 cups parsnips, chopped
- 10 oz. mushrooms, chopped
- 3 cloves garlic, minced
- ¼ cup nutritional yeast
- 1½ cups water
- 1½ teaspoons fine sea salt
- 1 lb. fresh green beans

## INSTRUCTIONS

1. Melt a pat of coconut oil, or butter, in a large skillet and add the sliced onions. Sauté gently over medium-low heat for about 45 minutes, stirring occasionally until caramelized. Use a splash of water, as needed, to prevent sticking. Once the onions are tender and golden in color, remove from heat and set aside in a bowl for later.
2. While the onions are cooking, you'll have plenty of time to steam the parsnips. Fit a steamer basket into a saucepan, and fill with one inch of water. Add the 2 cups of chopped parsnips, and bring the water to boil over high heat. Cover and reduce the heat to low, steaming for about 8 minutes, or until the parsnips are easily pierced with a fork. Transfer the steamed parsnips to your blender container, and set it aside.
3. Using the same steamer basket and saucepan, break the pound of fresh green beans into one-inch pieces, and toss them into the steamer basket. Bring to a boil, then cover and steam for 6-8 minutes, until the green beans are bright green with a bit of crunch. Transfer the cooked green beans to an 8" x 8" glass baking dish. \*Note: At this point, cook the green beans to be as tender as you like-- if you prefer them softer, steam them longer. The baking process later will not make them any more tender, so this is your chance to achieve the texture you like.
4. Once the onions have finished caramelizing, you can use the same pan to sauté the mushrooms and garlic. Melt another pat of coconut oil or butter, and sauté the garlic for about 3 minutes, then add the mushrooms. Cook for about 6 minutes, until liquid is released from the mushrooms.
5. Spread half of the mushroom mixture into the baking dish of green beans, and pour the other half of the mixture, along with any liquid, into the blender container with the steamed parsnips.
6. Into that blender container, add 1½ cups water, 1½ teaspoons sea salt and ¼ cup of nutritional yeast to the cooked parsnips and mushrooms. Blend until smooth and creamy. (This mixture may be a bit salty to taste at this point, but keep in mind that it will be diluted when it's poured over a pound of green beans!)
7. Pour the creamy sauce over the green beans and mushrooms in the glass baking dish, and stir to coat well. (You may very well have more sauce than you need for this recipe-- I only used about 1½ cups to coat the vegetables well. Save the rest for a future dish!)
8. Smooth the creamy vegetable mixture with a spatula, and top with the caramelized onions to finish. At this point, you could cover the dish and store it in the fridge until you're ready to heat and serve.
9. When you're ready to bake, preheat your oven to 350F and bake uncovered for about 30 minutes, until bubbly. Serve warm and enjoy!



PHOTO, RECIPE, & DESCRIPTION VIA DETOXINISTA.COM

## HOLIDAY GOODIES

Save some of the hassle and get your Thanksgiving pies from Farm Fresh Market! We have the perfect option to suit every appetite and dietary requirement.



### Natural Decadence Pumpkin Pie

*gluten free, vegan*

Natural Decadence pumpkin pies have a melt-in-your-mouth gluten-free graham cracker crust and a 100% pumpkin filling that strikes the perfect balance between sweet and spice.

### Froovie Cherry & Apple Pie

*organic, gluten free, vegan*

Cherry pie or apple pie from a company that focuses on nutrient dense, gluten free food with no refined sugar. Feed your loved ones a healthy pie that you can feel good about!



### 8 Arms Bakery Pecan Pie

*gluten free or traditional*



Made from the high quality ingredients right here in Olympia. 8 Arms Bakery chooses local ingredients whenever possible and about 70% of their ingredients are organic. If you don't have the time or the pie-crust-making-skills, you can feel confident that a pie from 8 Arms will be as lovingly and conscientiously crafted as you would make yourself!

### Essential Baking Pumpkin Pie

You already know and love Essential Baking Breads, now you can enjoy their take on a classic fall favorite, the pumpkin pie. Flaky pie crust with a rich pumpkin pie filling flavored with ginger, cinnamon and nutmeg. Don't forget the dollop of homemade whipping cream!

