

Feast on Change

Meet the makers bringing Certified Regenified™ flavor to your holiday feast

holiday
**RECIPE
GUIDE**



Delicious holiday recipes featuring regenerative products

Regenerative Agriculture: A difference you can taste

Stories from the farmers and brands leading the charge

As the holidays approach,

our kitchens become more than simply a place to cook. They're the heart of our family gatherings, where traditions and recipes passed down through generations are renewed and reimaged. This season, we invite you to celebrate traditional flavors and the stories behind them: farmers and brands working together to build a regenerative future. Each dish, sip, and savored bite proves that better food can both heal the earth and serve as the centerpiece of a delicious meal.

By adopting regenerative practices, these pioneering farms and brands bring additional meaning to our holiday tables. Their decisions and actions work in greater harmony with nature. In return, the land provides food that is more nutritious, richer in flavor, and deeply satisfying.



- ◀ A gorgeous garden bounty starts with seed and soil. Certified Regenified foods are grown in healthier soil, resulting in higher nutritional value than the same produce grown by conventional methods.



A Taste of the Land

The secret to truly exceptional flavor doesn't only live on your spice rack or cookbook shelf, it starts in the soil. When the earth is healthy, flavors are brighter, deeper, and more complex. Think of that first bite of your aunt's pumpkin pie or the perfect post-meal bourbon cocktail. Starring your favorite Certified Regenerated ingredients, those holiday staples are grounded in nature and heightened in taste.

Regenerative farmers know what they grow is more than just a crop. It's a living reflection of their land's health. Every harvest

represents the care they've given to their fields—from restoring biodiversity and repairing water cycles, to rebuilding the life within their soil.

By following soil health principles that let nature lead the way, regenerative farmers can revitalize the most degraded soils. They're remembering what was well understood by indigenous peoples and early settlers living off the same lands centuries before: how plants and grazing animals raised together contribute to nutrient cycling and improve soil fertility; how

a vast diversity of beneficial microbial organisms and fungi interact with living roots in the soil to grow healthier plants; and how small changes have compounding effects over time.

As you plan to prepare meals for your loved ones, remember the ingredients you choose can help create a more regenerative future. From pasture-raised turkeys to pecans grown in nutrient-dense soil, let this be the season where your choices spark conversation around the table and support a better way of farming.

Meet *the Makers*

MOUTHWATERING
HOLIDAY RECIPES,
STRAIGHT FROM THE FARM

Burroughs Family Farms

Denair, California

Featured Recipe:
Perfect Charcuterie Companion (Pg 5)

Maker's Mark

Star Hill Farm, Kentucky

*Featured Recipe: Maker's Mark
Spiced Apple Cider Punch (Pg 5)*

The Chef's Garden

Huron, Ohio

*Featured Recipe: Roasted Root Vegetables
with Apple Cider Honey Glaze (Pg 6)*

Ralston Family Farms

Atkins, Arkansas

*Featured Recipe: Ralston Family Farm's
Wild Rice Pilaf (Pg 7)*

Diestel Family Ranch

Sonora, California

*Featured Recipe: Diestel Family Ranch
Roasted Turkey (Pg 8)*

Cedar Meadow Farm

Holtwood, Pennsylvania

Featured Recipe:
Regenerative Pumpkin Bread (Pg 10)

Axten Farms

Minton, Saskatchewan, Canada

Featured Recipe:
Regenerative Pumpkin Bread (Pg 10)

Vital Farms®

Springfield, MO (and beyond)

Featured Recipe: Coffee Flan (Pg 13)

Buena Vida Specialty Coffee

San Jose, Costa Rica

Featured Recipe: Coffee Flan (Pg 13)

Family Farmstead Dairy

Worcester, New York

Featured Recipe: Coffee Flan (Pg 13)

We're NUTS!

Loving, New Mexico

*Featured Recipe: Pecan Pie with a
Regenerative Twist (Pg 14)*

King Arthur Baking Company

White River Junction, Vermont

*Featured Recipe: Pecan Pie with a
Regenerative Twist (Pg 14)*

Almonds: The Perfect Charcuterie Companion

At **Burroughs Family Farms**, five generations have grown up caring for the land, and their commitment to regenerative farming runs deep. Their holistic farming approach restores biodiversity, improves water management, and builds resilience in their almond orchards, producing nutrient-dense, deeply flavored almonds. Add a touch of Burroughs Family Farms to your holiday charcuterie board with regeneratively-grown BFF almonds for a satisfying crunch that pairs beautifully with cheeses, fruits, and cured meats.

IDEAS FOR A HOLIDAY CHARCUTERIE BOARD

SWEET: dark chocolate, golden raisins, dates

SALTY: olives, pickles, cheese straws, crackers

CRUNCHY: **Burroughs Family Farms** almonds

PROTEIN: prosciutto, sausage, ham, turkey

CHEESE: aged cheddar, blue cheese, brie

FRUIT: berries, apples, muscadine grapes

VEGETABLES: carrots, broccoli, asparagus



▲ BFF's annual Regenerative Tree Nut Field Day helps farmers learn about improving soil health.



Spiced Apple Cider Punch

INGREDIENTS

- 1 part **Maker's Mark** Bourbon
- 1 part apple cider
- 1 part chai concentrate from carton
- ½ part lemon juice
- ¼ part honey

PREPARATION

Method: Heat all ingredients in a pan, soup warmer or crock pot. Ladle out into a tempered glass or mug to serve with a sliced round of lemon and cinnamon stick as garnish.

Maker's Mark knows that great bourbon starts with the best grains, which led them to become the first certified regenerative distillery. They source 86% of their grains from Certified Regenified farms within a 40 mile radius of the Maker's Mark Distillery at Star Hill Farm—an 1100 acre Certified Regenified working farm. Their stewardship of the land produces nutrient dense foods with unparalleled flavor for their culinary and cocktail offerings, helping visitors learn and taste the difference regenerative makes.



◀ Toasting the first Maker's Mark Bourbon barrel made with Certified Regenified corn and wheat.

Roasted Root Vegetables with Apple Cider Honey Glaze

Prep time: 25 minutes

Cook time: 45–60 minutes

Serves: 8

INGREDIENTS

4 pounds assorted root vegetables
(e.g., carrots, beets, parsnips, turnips,
sweet potatoes)
4 tbsp olive oil
Salt to taste

FOR THE HONEY GLAZE

½ cup apple cider
¼ cup honey
3 tbsp apple cider vinegar
Salt to taste

DIRECTIONS

Preheat the oven to 425°F. Wash and peel vegetables, then trim off tops. Reserve peels and tops in your fridge or freezer for future use in a stock.

Cut veggies into 1¼ inch thick-size pieces. Toss in a large bowl with the oil. Season to taste with salt. Transfer vegetables into two sheet pans.

Roast your vegetables until they are cooked to your liking, 45 minutes to an hour, stirring or shaking the pan every 15 minutes.

While the vegetables are roasting, prepare the honey-cider glaze. Combine cider, honey, vinegar, and salt in a wide saucepan and bring to a boil. Turn heat to low and stir mixture slowly until it is reduced to a syrupy texture.

In a large serving platter, pour glaze over roasted vegetables and stir gently. Enjoy immediately (hot) or at room temperature.

The Chef's Garden is renowned for providing ingredients to the world's top chefs. They know nutrient density only comes when the entire ecosystem is in tune with nature. Dedicated to growing outstanding vegetables, they prioritize caring for the land and each other, all while inspiring a vegetable-forward future.



▲ Brothers Bob and Lee Jones of The Chef's Garden are on a mission to not only grow incredible food for chefs and home cooks, but teach the world: "You are what your plants eat!"

Did you know...

Research shows a link between regenerative farming and enhanced dietary levels of phytochemicals known to reduce risk of various chronic diseases.



Ralston Family Farm's Wild Rice Pilaf

This nutrient-dense dish made with **Ralston Family Farm's** Certified Regenified rice is bursting with flavor and nutrients, perfect for your holiday table.

Prep time: 20 minutes

Cook Time: 1.5 hours

Serves: 6 to 8

INGREDIENTS

- 1 tablespoon extra virgin olive oil or avocado oil
- 1½ cup chicken bone broth
- 1½ cup apple juice
- 1 tablespoon dijon mustard
- 2 tablespoons butter, divided
- ⅓ teaspoon salt
- ½ teaspoon ground pepper
- ¼ teaspoon parsley
- ¼ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1 bay leaf
- 1 cup **Ralston Family Farm's** Nature's Blend Rice
- ¼ cup purple onion diced
- 1 HoneyCrisp apple
- 2 garlic cloves minced
- ½ cup dried cranberries
- ½ cup chopped toasted pecans
- 1 oz apple cider vinegar
- Garnish: fresh parsley



PREPARATION

Bring the chicken stock, apple juice, dijon mustard, 1 tablespoon butter, salt, pepper, dried thyme, oregano, parsley, and bay leaf to a boil in a large Dutch oven or pot.

Add rice, cover, and reduce heat to low and simmer 45-60 minutes or until rice is tender and almost all of the liquid has been absorbed, checking rice for doneness at 45 minutes.

Once cooked, drain rice and leave in fine hole strainer.

Melt 2 tablespoons butter in the now empty pot over medium heat.

Increase heat to medium high and add onions and apples and sauté for 5-7 minutes, or until onions and apples are tender.

Add garlic and sauté for 30 seconds more.

Add rice back to the pot along with cranberries, pecans, and apple cider vinegar.

Toss to evenly combine.

Season with additional salt and pepper to taste.

Garnish or top with parsley as desired.



Ralston Family Farms, a multi-generational family operation, is dedicated to producing high-quality rice in Atkins, Arkansas. By using regenerative agriculture practices, they work to preserve soil health, reduce environmental impact, and provide wholesome, American-grown rice to their customers.



Roasted to Perfection

Roasted Turkey

A Certified Regenified turkey from **Diessel Family Ranch**, infused with flavor and nutrients, ready to be the star of your holiday feast.

Prep time: 30 minutes

Cook Time: See roasting chart

Serves: 10-12 people for a
12-14 lb turkey (for example)

Note: if you plan to brine your turkey, start brining at least 18 hours before roasting time.

PREPARATION

Preheat your oven to 325°F.

While it warms, take your oven-ready turkey out of the bag. If it's not fully thawed, simply run it under cool water, bag and all.*

Remove the neck giblets from the body cavity and give the bird a quick shower with cold water and pat dry with a paper towel.

Slather your bird with your favorite herbs and spices or follow the Diessel family rub recipe: 4 tbsp oil, (melted butter, olive oil, etc.), 4 tsp salt, or to taste, 2 tsp paprika; make into a paste and rub bird all over before roasting.

If you're going to stuff your bird, do this now.

Set your turkey in an open roasting pan, breast side up, and cover the bottom of the pan with about 2 cups of broth or water.

**Diessel birds are deep chilled, never frozen. However, if your bird's been in the freezer, be sure it's fully thawed before cooking.*

ROASTING

Put bird in the preheated oven and check the chart below for its approximate roasting time. If your bird is unstuffed, take 30 minutes off the cook time listed below.

If you'll be making gravy from the drippings, heat (don't boil) 1 cup of white wine on the stovetop and pour it over your turkey halfway through roasting.

The longer it's in the oven, the more quickly the internal temperature of your bird will rise, so use a thermometer to avoid over-roasting. Don't worry about turning your bird as it roasts; it will brown to a rich, golden color. You can cover it loosely with a foil tent if it's too dark for your taste. Once your turkey is almost at 165 degrees, remove from the oven and let it rest for 30 minutes before carving.

CARVING

Carve turkey in the kitchen, on a sturdy countertop instead of the dinner table. Start by removing each leg at the joint. Then cut each breast as close as possible to the bone. Remove the wings. Slice breast at an angle and arrange on a platter with thighs, legs, and wings. Reserve bird for stock later in the day. *Enjoy!*

Diestel Family Ranch upholds its founding values to raise the best-tasting birds. This commitment to excellence guides everything they do, from raising turkeys and crafting products to building relationships and promoting independent farming. Known as the Diestel Difference—the Farm, the Food, the Family, and the Future—they always strive to make the right choice.

“People want poultry products they can feel good about. We're proud to meet this demand by prioritizing regenerative practices.”

—*Heidi Diestel*
Diestel Family Ranch

Weight	Approx. Roasting Time
6–10 lbs	2 hrs
10–12 lbs	2–2.75 hrs
12–14 lbs	2.75–3.75 hrs
14–16 lbs	3.5–3.75 hrs
16–18 lbs	3.75–4 hrs
18–20 lbs	4–4.5 hrs
20–22 lbs	4.5–5 hrs
22–24 lbs	5–5.25 hrs
24–26 lbs	5.25–5.75 hrs
28–30 lbs	5.5–5.75 hrs
32–34 lbs	5.75–6.25 hrs
34–36+ lbs	6.25–6.5 hrs



▲ The Diestel Family Ranch started over 75 years ago with Great Uncle Ernest. He taught Grandpa Jack everything he knew, who then passed the reins to son Tim and Tim's wife, Joan. Now a fourth Diestel generation, Jason and Heidi, run the ranch.

Regenerative Brown Butter Pumpkin Bread

Prep time: 1.5 hours to make purée, plus 25 minutes for batter assembly

Cook time: 50–60 minutes

Serves: 4–6 people

INGREDIENTS

- 5 tbsp unsalted butter
- 1 cup pureed pumpkin from **Cedar Meadow Farm**
- 2 **Vital Farms**® Restorative Eggs
- 1½ tsp vanilla extract
- 2 tbsp **Maker's Mark** Bourbon (optional)
- 1 pinch salt
- ¼ cup olive oil
- 1 cup 7 Variety Spring Wheat Flour from **Axten Farms**
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp cardamom
- ½ tsp salt
- 1 cup brown sugar

DIRECTIONS FOR THE PUMPKIN PURÉE

Preheat oven to 350°F. Cut pumpkin in half lengthwise and use a spoon to scrape out seeds and strings. Brush the pumpkin flesh with a teaspoon of oil and season with a pinch of salt. Put pumpkins flat-side down on a baking pan. Prick skin with a fork or knife a few times.

Bake for 45–50 minutes or until a fork easily pierces the skin. Allow pumpkin to cool for

20 minutes, then scoop out flesh and place it into a blender or food processor. Blend thoroughly, adding a little water if necessary to make a purée consistency. Transfer to the refrigerator until ready to use.

DIRECTIONS FOR THE PUMPKIN BREAD BATTER

Preheat oven to 350°F. Butter a 8.5 inch or 9 inch loaf pan.

In a small saucepan, melt 5 tbsp butter over medium-high heat. Reduce heat to medium and cook until the frothy white milk solids sink to the bottom of the pan and turn a fragrant, nutty brown, 5-7 minutes. Watch it closely, it can burn quickly. Remove it from the heat when the frantic sound of bubbling begins to die down.

In a medium bowl, combine the flour, baking powder, cinnamon, cardamom, and salt.

In a large bowl, combine and then whisk the oil, pumpkin purée, brown sugar, eggs, and vanilla. Then add brown butter and mix gently to combine. Fold the dry ingredients into the wet ingredients until fully combined. Transfer batter to the prepared loaf pan and smooth into an even layer.

Bake for 50–60 minutes until a toothpick inserted into the center comes out fairly clean. Cool on a cooling rack for 20 minutes.





The sun sets over a field of pumpkins in the sloping fields of southeastern Pennsylvania.



▲ Rolling cover crops build armor on the ground and help suppress weeds, retain moisture, provide habitat for wildlife, and accumulate soil organic matter.

Cedar Meadow Farm, owned by Steve Groff in Holtwood, PA, has long been known for doing things the right way. Using cover crops and no-till farming, Steve focuses on improving soil health and biodiversity. His dedication to caring for the land is evident in everything he grows, including pumpkins and winter squash. Cedar Meadow Farm has quietly become a leader in regenerative agriculture, showing that thoughtful, simple practices can make a big difference.



▲ A pioneering regenerative farming advocate, Steve Groff has tripled soil organic matter on Cedar Meadow Farm.

Axten Farms combines regenerative agriculture with a strong sense of community, bringing innovation and tradition together with a focus on producing nutrient-dense grains. Their regenerative methods, including intercropping and cover cropping, enhance the soil's health and boost the nutrients in every grain, reflecting their deep care for the land and a commitment to a thriving future for both the farm and the ecosystem.

“ We’re trying to grow the healthiest food we can with as little disturbance as possible—making our soil better, and in turn, making people healthier. We’ve really been able to make massive changes. Not only are we bringing more value back to our farm, but to our employees and our community.

—Derek Axten



▲ Regenerative practices have helped the Axtens increase water infiltration and retention, boosting microbial activity to cycle nutrients in a dry climate where moisture is essential.



Vital Farms® is on a mission to bring ethical food to your table. Raised with care on family farms, their Restorative Eggs are laid by hens who roam on rotated pastures tended with regenerative practices—leaving the land better than they found it. Whether it’s giving the girls outdoor access, supporting family farmers, or enabling you to trace your eggs back to the farm they came from, you can trust that Vital Farms is Keeping it BS-Free.

“Regenerative farming is a natural and crucial extension of Vital Farms’ purpose to improve the lives of people, animals, and the planet through food. I’ve seen firsthand the positive influence these practices have had on our farmers and their hens, and for building nutrient dense soil.

—*Nate King*
Farm Support Advisor, Vital Farms



Buena Vida has helped 10 Costa Rican coffee farmers become Certified Regenified—improving the farmers’ quality of life and revitalizing their ecosystem.

Buena Vida Specialty Coffee’s regenerative agriculture initiative in Costa Rica, led by a team of passionate women, aims to support local coffee producers, increase their environmental stewardship, and grow incredible beans. By employing regenerative farming methods and supporting local communities, Buena Vida Specialty Coffee ensures that each cup is not only delicious but also contributes positively to the environment and farmers’ livelihoods.

Food for thought...

Coffee production is declining rapidly under conventional ag practices—predicted to be 50% reduced by 2050. Love coffee? Support regenerative coffee farmers.

Coffee Flan

by chef Diego Mondragon

Prep time: 20 minutes

Cook time: 40 minutes, plus 4+ hours
to chill in the refrigerator

Serves: 4

INGREDIENTS

450ml **Buena Vida Specialty Coffee**

300ml **Family Farmstead Dairy** milk

370g sweetened condensed milk

4 **Vital Farms®** Restorative Eggs

100g sugar (for the caramel)

PREPARATION

To make the caramel, melt the sugar in a pan over medium-high heat, stirring frequently. Spread the caramel in a mold. Set aside. Preheat oven to 340°F.

Beat eggs in a bowl, add the sweetened condensed milk, and mix well. Pour in the milk while continuing to beat. Prepare 2 shots of espresso or make a coffee concentrate in a French Press by adding 84 grams of coarse grind coffee with 500 grams of hot water (wait 4 minutes before pressing). Add coffee to eggs and milk, and mix well.



Pour the mixture into a flan mold and cook it in a water bath in the preheated oven for 40 minutes, until set around edges with a slight jiggle in the middle. Carefully remove the mold from the water bath and let it cool to room temperature, then chill in the refrigerator for 4 hours or more.

When ready to serve, take flan out of the fridge and let it sit for 30 minutes. Run a knife along the sides of the mold to loosen flan. Use a plate on top of the mold to quickly flip and release flan onto the plate, tapping the bottom of the mold if needed to help the flan slip out.

Slice, serve, and enjoy!

Family Farmstead Dairy is a 100% grass-fed regenerative dairy in Worcester, NY that's decidedly different for all the right reasons. Seasonal grasses the cows graze on influence the milk's flavor profile through the year, producing a deliciously fresh product higher in Omega-3's, digestible proteins, and heart-healthy fats. And their commitment to regenerative farming practices allow time for grazed pastures to recover in balance with nature, building a legacy of soil health to pass on to the next generation—a special way of farming that nurtures the land, the animals, and their family.



▲ All Family Farmstead Dairy cows are genetically tested and lab-confirmed to produce only A2 proteins.



Pecan Pie with a Regenerative Twist

Prep time: 1.5 hours for the crust, refrigeration time, and pie assembly

Cook time: 45–50 minutes

Serves: 6 to 8

CRUST INGREDIENTS

- 1¼ cups (142g) **King Arthur** Climate Blend Flour
- 1 tbs (9g) buttermilk powder or nonfat dry milk, optional for tenderness
- 1 tbs confectioners' sugar
- ½ tsp table salt
- ¼ tsp baking powder
- ¼ cup (50g) vegetable shortening
- 4 tbs (57g) unsalted butter, cold
- 3 tbs (43g) orange juice
- 2 to 3 tbs (28g to 43g) ice water

FILLING INGREDIENTS

- 8 tbsp (113g) unsalted butter
- ¼ cup (30g) **King Arthur** Climate Blend Flour
- 2½ cups (454g) light brown sugar, packed
- ½ tsp table salt
- 6 tbsp (85g) milk
- 3 **Vital Farms**® Restorative Eggs, whisked briefly to combine
- 2 tsp cider vinegar or white vinegar
- 2 tsp vanilla extract
- ½ cup (57g) **We're NUTS!** pecans, diced
- 1 cup (113g) **We're NUTS!** pecan halves, for topping

DIRECTIONS FOR THE CRUST

Whisk together the flour, buttermilk powder, sugar, salt and baking powder in a medium bowl.

Add the shortening, working it in until the mixture is evenly crumbly. Add the butter to the flour mixture, and work it in roughly with your fingers, a pastry cutter, or a mixer. The mixture should be very uneven, with big chunks of butter in among the smaller ones.

Sprinkle the orange juice over the dough and toss to moisten. Add ice water a tablespoon at a time, mixing until the dough is nearly cohesive. If you grab a handful, some of it will hold together, but some will crumble away.

Scoop the mixture out onto a piece of parchment paper and flatten it out a bit. Use a spray bottle to spritz the dry parts with the water. Using the parchment paper, fold the dough over on itself — first from one side, then from the other. The dry crumbs will become incorporated with the cohesive dough. If there are still dry areas, spritz with additional water. Keep folding and gathering until just a few dry crumbs remain unincorporated; this should only take a few folds.

Shape the dough into a disk about 1" thick, and refrigerate it for 30 minutes or longer.



DIRECTIONS FOR THE PIE

When you're "ready to roll," remove the dough from the fridge. If it has been refrigerated longer than 30 minutes, let it rest at room temperature for 10 to 15 minutes before rolling.

Preheat the oven to 375°F. Roll out the pastry to about 12" to 13" and place it in a greased 9" pie pan. Crimp the edges as desired. Refrigerate it while you prepare your filling.

Melt the butter and set it aside to cool. In a large bowl, mix together the flour, sugar, and salt. Add the milk and eggs and beat well. Stir in the vinegar, vanilla, and flavoring, then the butter and diced pecans. Pour the mixture into the crust and scatter the pecan halves on top.

Bake the pie for 47 to 50 minutes. When done, the top will be puffed up and set, and the center should just barely wobble when you jiggle the pan. Remove the pie from the oven (the pie will finish setting up as it sits) and cool completely before slicing.

Store any leftover pie in the refrigerator for a day or so; freeze for longer storage.

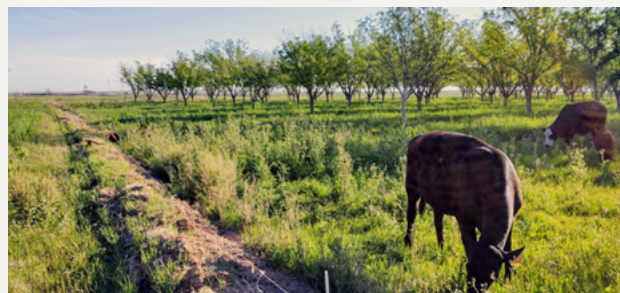
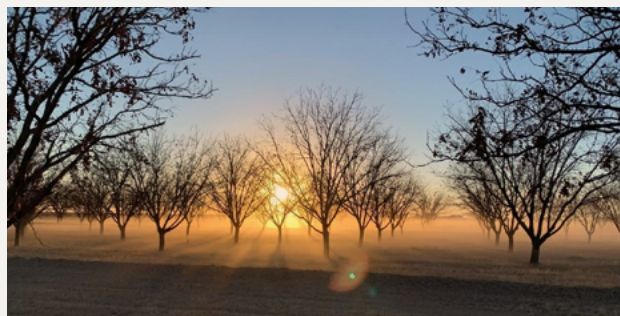
Food for thought...

Nutrition scientists are discovering how regenerative farming enhances food's phytonutrient density—and how root-associated microbes influence flavor.

Dr. Stephan van Vliet studies the linkages between soil health and nutrient density and diversity: "Can you taste the stuff? Yes, absolutely. You could argue that nutrient density and flavor density are two peas in a pod."



King Arthur Baking Company's Regeneratively-Grown Climate Blend Flour supports farmers who are committed to regenerative farming practices, ensuring that their products not only nourish people but also contribute positively to the environment. This commitment reflects their deep respect for the land and a desire to leave a lasting, positive impact for future generations.



We're NUTS! faced tough times during a drought, but by turning to regenerative practices like cover cropping and livestock grazing, Coley Burgess and family brought their New Mexico pecan orchard back to life. These practices didn't just revive their pecans—they made them better. Today, Coley's Certified Regenified nuts are more flavorful than ever, grown in healthy soil with care for the land. This holiday season, enjoy pecans that are as delicious as they are thoughtfully grown.

“Healthy soil is the foundation of healthy plants, healthy animals, healthy people, and a healthy planet. The richness of flavor and the nutrient density of the food we grow is directly tied to the care we give to the land. Together, through regenerative agriculture, we’re nurturing life in all its forms.



—*Allen Williams, Ph.D.*
Regenerative Agriculture Pioneer

