



**"Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all." -William Faulkner**



## NOVEMBER

November is in my opinion the most fall feeling month we get in the Bay Area. It is actually sweater weather and the outside feels colder, pushing us to spend our time inside with each other. This is one of the reasons the holidays are so magical, we are creating a feeling of warmth and closeness in the cold of the fall and winter months. Thanksgiving is a great example of this; every third Thursday in November (November 23 this year) we gather and eat a meal with our loved ones and give thanks for what we are grateful for in our lives. This is what makes Thanksgiving such a special holiday, its about putting yourself in a mindset of gratitude and helps you find the warmth in the chill of the coming winter.

### WHAT TO WATCH ON THANKSGIVING

- 2023 Macy's Thanksgiving Day Parade - 5:30 am PT on NBC and Peacock
- 2023 National Dog Show - Noon PT on NBC
- Green Bay Packers vs Detroit Lions - 9:30am PT on FOX.
- Washington Commanders vs Dallas Cowboys - 1:30pm PT on CBS.
- San Francisco 49ers vs Seattle Seahawks - 5:20pm PT on NBC and Peacock

## WISHBONE

A fun tradition many families hold for Thanksgiving is the breaking of a wishbone. The clavicle of the bird is separated on Thanksgiving and dried out for a couple weeks in a windowsill, then on Christmas two people hold a side each and break it in half. When you make a wish on a wishbone, the wisher who breaks the bone and has the larger piece is thought to have their wish granted. The wishbone symbolized hope for the future and good luck.







# Turkey Time!

It seems Thanksgiving Day revolves around the turkey; the President pardons one every year, kids make them out of hand prints, there is even a whole float about the this native bird! Most people center their whole meal around the classic turkey. There are many ways to prepare a turkey, but the most common is roasting. We have prepared a cheat sheet for thawing and cooking this deceptively complicated bird.

## Thawing

You want to make sure you give proper time to thaw your bird, it will take a few days in your fridge to do it correctly.

	
<b>20-24 lbs</b>	<b>16-20 lbs</b>
Move to fridge Friday before Thanksgiving	Move to fridge Saturday before Thanksgiving
	
<b>12-16 lbs</b>	<b>4-12 lbs</b>
Move to fridge Sunday before Thanksgiving	Move to fridge Monday before Thanksgiving



## Roasting

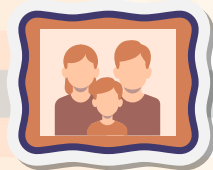
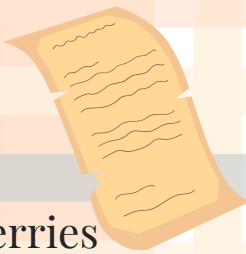
Roasting also takes time. We suggest roasting at 325°F for the below recommended time. Make sure you are checking the temperature, you want to stop cooking when the internal temperature is 165°F

TURKEY		UNSTUFFED	STUFFED
8 lbs	→	2 hrs 45 mins	3 hrs
10 lbs	→	2 hrs 55 mins	3 hrs 15 mins
12 lbs	→	3 hrs	3 hrs 30 mins
14 lbs	→	3 hrs 45 mins	3 hrs 45 mins
16 lbs	→	4 hrs	4 hrs
18 lbs	→	4 hrs 15 mins	4 hrs 15 mins
20 lbs	→	4 hrs 30 mins	4 hrs 45 mins
22 lbs	→	4 hrs 45 mins	5 hrs
24 lbs	→	5 hrs	5 hrs 15 mins



## Cornucopia Centerpiece

The most all encompassing symbol for Thanksgiving is the cornucopia. This horn shaped basket holds the bounty of the season, that is usually things like corn, squash, and apples. A fun way to celebrate the holiday and create a unique centerpiece for your Thanksgiving meal is to create your own! You can put anything that symbolizes the abundance you have in your life, things like pictures of loved ones or notes with what you are grateful for. Below is a list of ideas for inspiration, we hope your cornucopia is filled with love and bounty!



Nuts and berries

Family photos

The rolls for dinner

Favorite foods

Favorite toys

Flowers

Cozy fabric

Leaves from native trees



Twinkle lights



Small pumpkins



Notes of gratitude



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