TheEdenRoot

THE HOST'S PLANNER

A Heritage *Party*

One table. Every heritage.

Everything you need to host, for four guests or four hundred: a timeline, a guide for every size of table, the Heritage bar, a cook's plan and the evening itself.

THE TIMELINE EVERY SIZE OF TABLE THE HERITAGE BAR THE EVENING

Free profile assessment

Free cookbook

Heritage Assessment

PART ONE

The *timeline*

Three weeks is plenty for a dinner at home. For 25 guests or more, begin six to eight weeks ahead and book your caterer first. Check off each step as you go.

Three weeks before

- ☐ Choose your date, your guests and your invitation: The Heirloom, The Soirée or The Gathering.
- ☐ Choose your size of table, on the next page, and brief your chef or caterer if you have one.

Two weeks before

- ☐ Send the invitations, written in gold ink. Ask each guest to reply with their profile.
- ☐ Point anyone unsure of their blood type to the free profile assessment, or to a Heritage Assessment.

One week before

- ☐ Count the profiles at your table. They tell you exactly what to set on the Heritage bar.
- ☐ Note any allergies. Walnuts and pistachios go in small bowls on the side, never on top.
- ☐ Order your turkey and confirm the menu with your cook or chef.

Two days before

- ☐ Shop from the scaling guide. Make the drinks you can chill ahead.
- ☐ Write a place card for each guest, in gold ink, under their profile.

The day before

- ☐ Cut the vegetables and toast the walnuts.
- ☐ Set the table or buffet, with a small card naming each Heritage bar dish.

The day of

- ☐ Follow the cook's timeline. Light the candles, pour the drinks and welcome everyone by their profile.

The day after

- ☐ Send a short thank-you and share a photo with #HeritageParty.
- ☐ For guests who are curious, their Heritage Assessment is at theedenroot.com/book.

PART TWO

Every size of *table*

A Heritage Party works for four friends or a ballroom. The idea never changes: one table, every heritage, a plate finished for each guest.

Intimate

4 TO 8 GUESTS

A seated dinner. You cook the Sunday Table, or one profile's dinner card for a guest of honor, and set a small Heritage bar.

Gathering

9 TO 24 GUESTS

A buffet. Roast the turkey in batches, set the Heritage bar at the end of the line, labeled by profile, and ask a friend to pour.

Grand

25 GUESTS AND BEYOND

Hand this guide to your chef or caterer. Or make it a Heritage potluck: you host the roast and the bar, and each guest brings one dish for their own profile from The Private Table.

The scaling *guide*

Multiply by your guest count. Your cook or chef can take it from here.

THE SUNDAY TABLE	PER GUEST	10 GUESTS	25 GUESTS	50 GUESTS
Boneless turkey breast	**¾ lb**	7½ lb	19 lb	38 lb
Market vegetables, for roasting	**½ lb**	5 lb	12½ lb	25 lb
Carrots and green beans	**½ lb**	5 lb	12½ lb	25 lb
Brown or wild rice, uncooked	**⅜ cup**	3¾ cups	9⅜ cups	18¾ cups
Herb oil (parsley, basil, mint)	**2 tbsp**	1¼ cups	3⅛ cups	6¼ cups
Ripe figs	**2**	20	50	100
Firm pears	**½**	5	13	25
Walnuts, toasted	**1 tbsp**	⅝ cup	1⅝ cups	3⅛ cups
Honey	**1 tsp**	3 tbsp + 1 tsp	½ cup + 1 tsp	1 cup + 2 tsp
Dessert topping, by profile	**¼ cup**	2½ cups	6¼ cups	12½ cups
Heritage bar dish (lentils, wild rice or extra green beans), per guest of that profile	**½ cup**	5 cups	12½ cups	25 cups
Ginger infusion or cooler	**1½ cups**	15 cups	38 cups	75 cups

Vegetarian guests, or guests who keep halal or kosher? Choose a certified turkey breast, or set out the lentils and market vegetables as their main plate. Every recipe and swap is in The Private Table.

PART THREE

The Heritage *bar*

Set these beside the roast, each with a small card naming its profile. Guests finish their own plates.

PROFILE	THEIR DISH	THEIR DESSERT TOPPING
Voyager · O	Extra green beans in place of rice	Coconut yogurt
Sower · A	A pot of green lentils beside the rice	Soy yogurt
Shepherd · B	A spoon of yogurt with the turkey	Whole-milk Greek yogurt
Sage · AB	Fresh ginger in place of black pepper	Yogurt and a few pistachios
Steward · AB	Wild rice in place of brown	A spoon of kefir
Not sure yet	The Sunday Table as it is	Greek yogurt or a plant yogurt

The cook's *timeline*

That morning	Make the herb oil. Halve the figs and keep them chilled.
1¾ hours before	Heat the oven to 375°F. Roast the seasoned turkey breasts, 1¼ to 1½ hours, until the thickest part reads 165°F. Two 3 lb breasts fit one oven. Season one breast without black pepper for your Sowers and Sages.
1 hour before	Start the wild rice if a Steward is coming.
45 minutes before	Add the carrots, and the vegetables on the lower rack. Start the rice, and the lentils if a Sower is coming. Quarter the pears.
As guests sit down	Rest the turkey under foil and serve the vegetables with herb oil. Carve, steam the green beans and fill the Heritage bar.
With dessert	Raise the oven to 400°F and roast the figs and pears, 15 to 18 minutes. Brew the infusion.

For a larger *party*

- Roast the turkey in batches or in two ovens. Once it reaches 165°F, slice it and keep it covered in a 200°F oven, so it stays at 140°F or above.
- Serve as a buffet, with the Heritage bar at the end of the line and each dish labeled by profile.
- Use warming trays to keep hot dishes at 140°F or above. Set yogurts and kefir over ice, at 40°F or below. Throw away anything that has sat out for more than two hours, or one hour above 90°F, as at an outdoor summer party.
- Give your chef or caterer this guide and The Private Table. Every recipe and swap they need is inside.

PART FOUR

The *evening*

Welcome

Greet each guest by their profile as they arrive. It starts the conversation for you.

A toast

"To the people at this table, and to many more years of good health together."

Around the table

Invite each guest to share their profile and a dish from their own family's table. Then let the evening unfold.

Before they leave

Send them home with their place card. Its codes open the free cookbook and the Heritage Assessment.

HERITAGE PARTY CONCIERGE

Let us host it *for you*

For a milestone birthday, a launch, a client evening or a celebration of hundreds, The Eden Root will plan your Heritage Party from first invitation to final toast, with the care of a fine hotel concierge.

- Each guest's profile, gathered with their consent, kept private and never shared, and a menu composed for each guest
- Printed invitations, place cards and menus in the Heritage Party suite
- Your chef or caterer briefed, or trusted partners introduced
- An Eden Root practitioner to welcome guests and open the evening with The Heritage Way
- Styling and setup by our sister house, Holly & Home, arranged for you and billed separately

HERITAGE PARTY EXPERIENCES

Invite us to *your party*

We come to your home or venue with our full Eden Root station, whoever plans the evening. Book one experience or several. A favorite pairing is the Heritage Check with the calm station: ear seeds and seated acupressure.

The Heritage Talk

A warm, twenty-minute introduction to The Heritage Way for your guests, with time for questions.

The typing bar

Guests who wish can learn their blood type with a single-use home typing card, guided by your Eden Root practitioner. A wellness keepsake, not a medical test.

The Heritage Check

Strength and balance, the Heritage Way: grip, balance on one leg and a thirty-second chair stand, with a score card and one practice to try. Add an optional tongue and pulse reading with your licensed Eden Root acupuncturist: a traditional reading, not a diagnosis.

Profile readings

Ten private minutes with each guest: their profile, their table and one simple change to try.

The calm station

Ear seeds for any guest who wishes: tiny seeds on tape that rest on calming points of the ear, with a few minutes of seated acupressure for the hands, neck and shoulders, fully clothed. Ear acupuncture on request, by a Georgia-licensed acupuncturist with sterile single-use needles, after a brief health and consent form and before any wine is poured.

A qigong opening

Ten minutes of gentle movement, seated or standing, to bring the room together before dinner.

Heritage Party Experiences begin at $500 for one experience, for up to 12 guests, in metro Atlanta; larger groups, more experiences and travel are quoted. Heritage Party Concierge begins at $1,500. Call **(470) 835-3466** *or write to* **concierge@theedenroot.com** *for a private quote.*