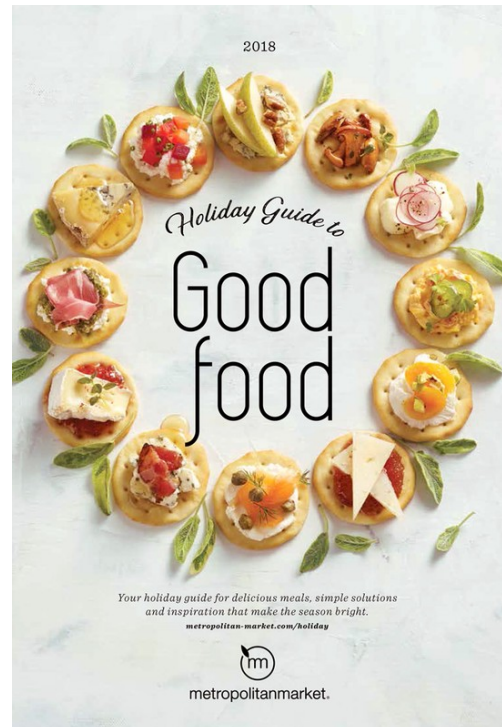


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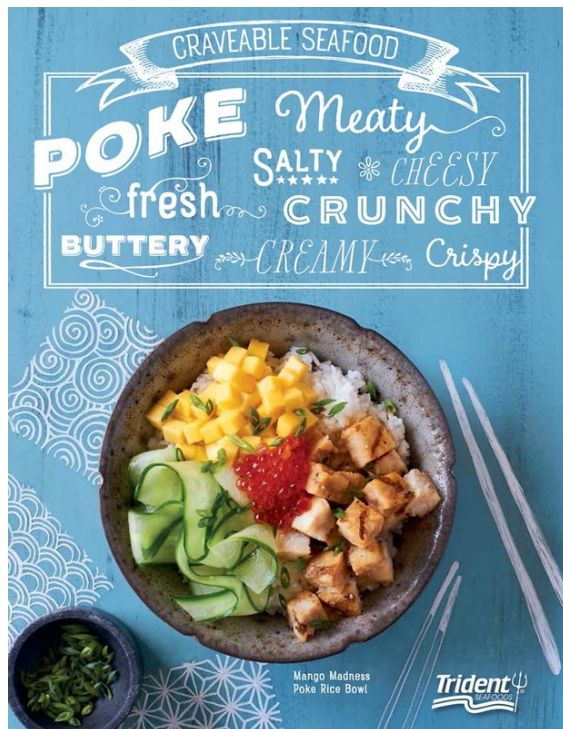
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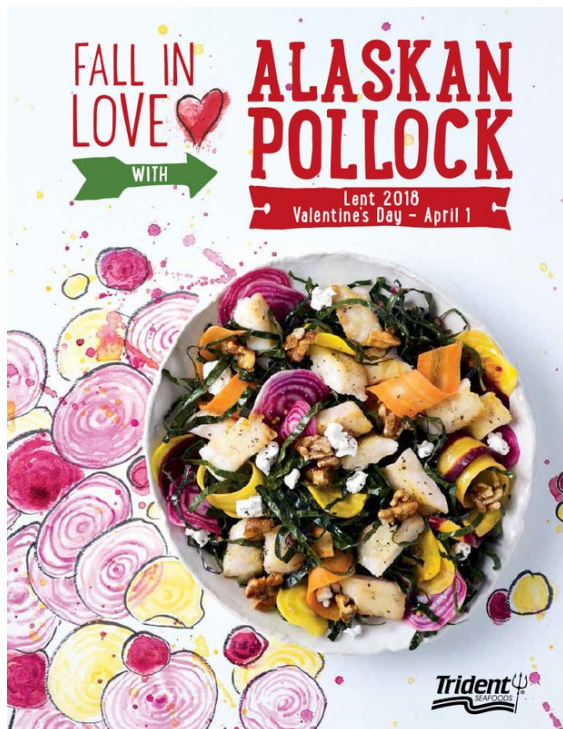
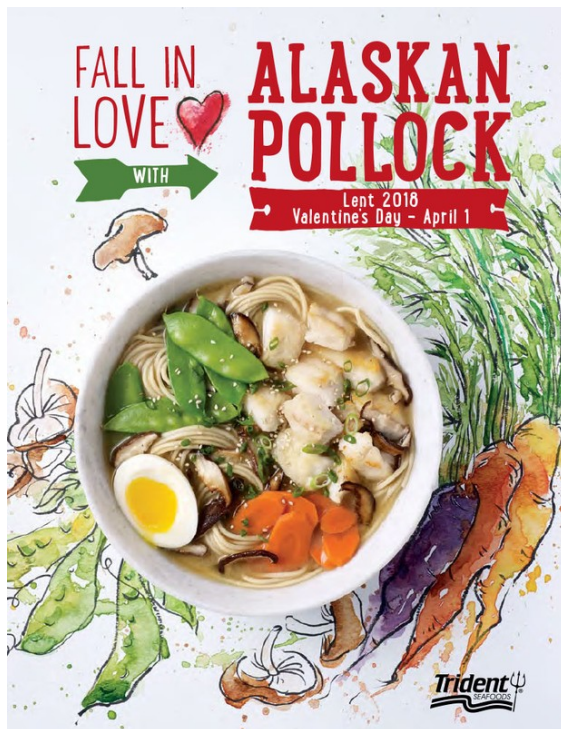
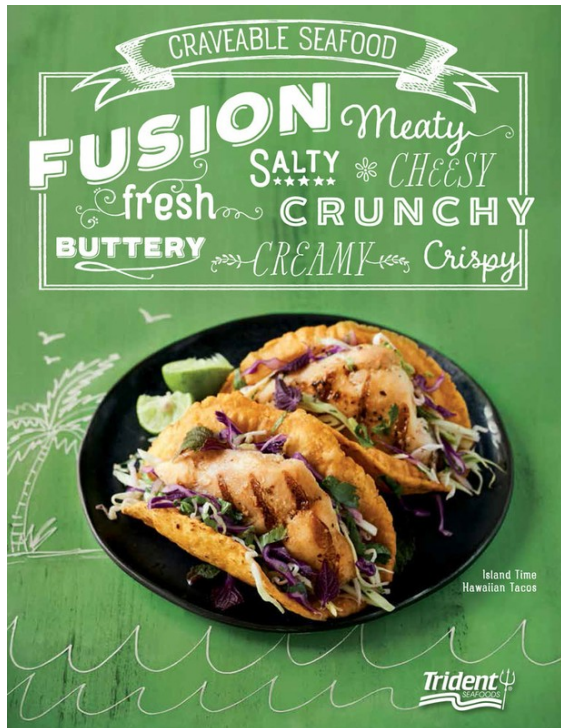
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Welcome

Holidays are supposed to be a joy. Which is why this year, Met Market is ready to help you spend exactly as much energy as you want — or to do it all for you. Start the season slowly, with coffee and a treat for yourself. Then use this year's guide to plan it all. Learn how to see gift exchanges with easy, last-minute gifts, which lovely bottle of wine will get you invited back, and what to serve on the in-between-holidays days. You do you. We'll do the rest, so you can be your best holiday self.

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From the Farm

ON THE COVER:
Make apps easy
and fun with
Crackers and
colorful toppers.

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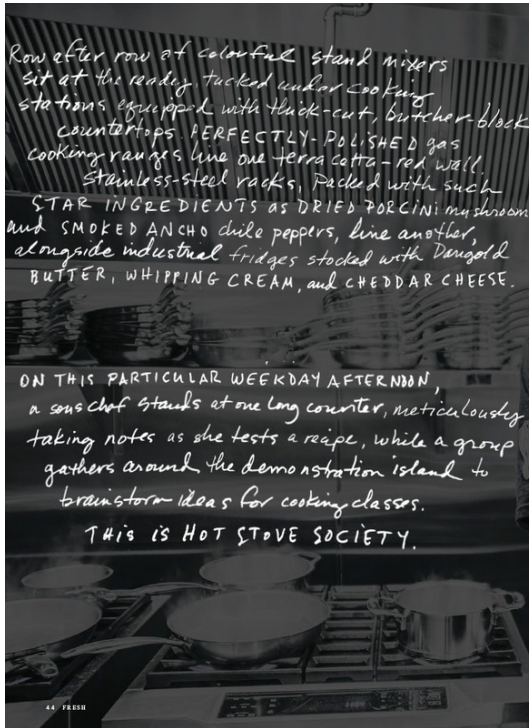
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HOLIDAY GUIDE

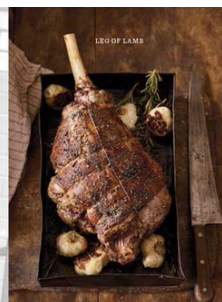
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From the Butcher

Butcher's Block

When special occasions roll around, Met Market customers depend on our expert butchers — like Brian from our West Seattle store — to make things easier. This year, take home beautifully trimmed meats that make a statement. Think Aged beef, a gorgeous ham, or a crown roast of pork. Advice is free.

THE MOMENT
Your New BFF
Don't wait until Christmas Eve to get to know your butcher. Say hello today (they're friendly, we promise), and you'll have a friend waiting when the holidays come.



Premium Cuts of Lamb
Our American lamb is USDA Choice grade and pasture raised with no added hormones or antibiotics.

LEG OF LAMB
It's the easiest cut to cook and serve. Butterflied or prepared whole. Try carving it at the table.

RACK OF LAMB
Our butchers French-cut each rib for a great look and easy prep. Each rack serves 2-4.

For recipes: metropolitan-market.com/recipes/holiday

Crown Roast of Pork

Few centerpieces are more spectacular to behold or easier to cook than this beauty. Better yet, it comes from hogs raised without added hormones or antibiotics.



Ham It Up

Our nitrate-free **KUROBUTA HAM** comes from purebred Berkshire hogs, known for melt-in-your-mouth tenderness, and is deeply marbled with a long flavor finish. You'll never go back to mail-order ham again.



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