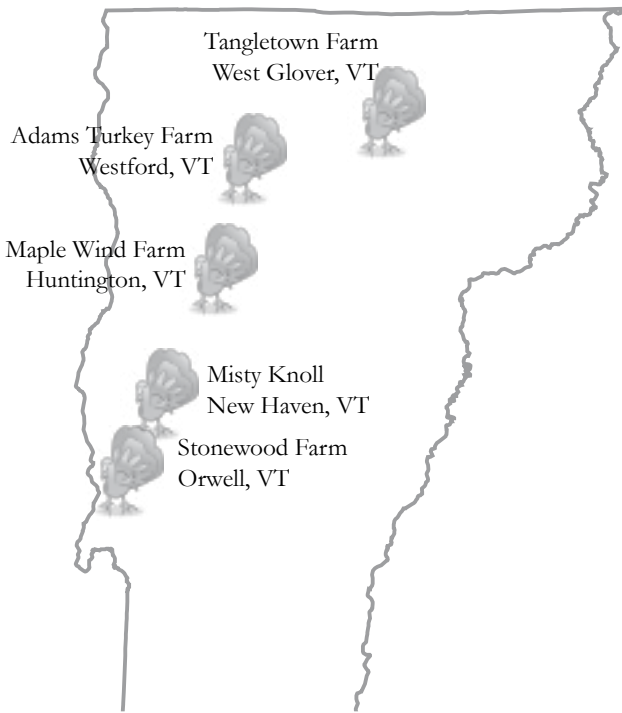


our Local turkey farms



Why is Local turkey more expensive?

Our local turkey farmers operate at a small scale, especially when compared with the agribusiness factory farms that raise the majority of the turkey sold in the United States. This means that our local farmers can't achieve the economies of scale for labor and infrastructure that allows conventional meat to be so cheap. Also, our local producers are often farming in ways that are more responsible both for the environment and for the farm workers. While agribusinesses maximize profits by keeping their production costs low, our local farmers often use farming methods that are more costly but more environmentally responsible, provide more humane conditions for the turkeys, and provide workers with both fairer wages and safer working conditions.

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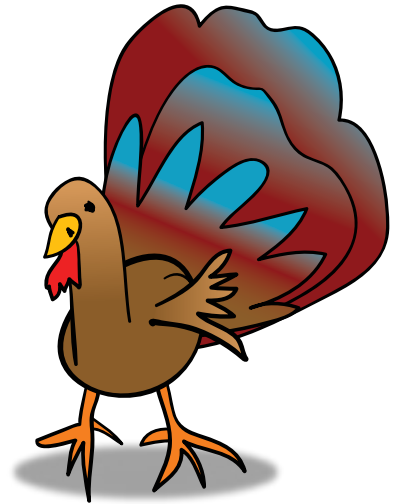
About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,000 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of organic and conventional foods, and thousands of local and Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Downtown Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

City Market's Turkeys



We know that choosing meat can be challenging if you care about animal welfare, the environment, and food safety.

Learning where the turkeys lived and what they were fed are two of the essential components in finding meat you feel good about eating.

As always, our Meat & Seafood staff is happy to answer any questions you have.

Where has my turkey been living?

If you are concerned about animal welfare issues, it's important to pay attention to the turkey's living conditions.

Conventional

Most conventional poultry farmers raise their birds indoors in big barns or warehouses. Living conditions in these barns range from healthy and humane to crowded and unsanitary, depending on the farmers' management practices. Stonewood Farm raises turkeys in barns without outdoor access due to concerns about turkey health but provides about 3 square feet per bird. Their open-sided barns allow sunlight and fresh air to pass through.

Free Range

Farmers sometimes raise turkeys indoors but allow them access to the outdoors. Outdoor access is required for organic producers if they are not already raising their turkeys outdoors. We don't currently have any local farmers that use this method but national organic brands, such as Organic Smart Chicken, use these practices.

Pastured

Many Vermont farmers raise their turkeys outdoors – sheltering the birds at night in coops or mobile turkey tractors while giving them ample space to run around on grassy pastures during the day. Farmers integrate their birds into strategies to improve the soil health of their farm: as the poultry moves from one pasture to the next, their manure fertilizes future crop land. Fresh pastured turkey is usually available only on a seasonal basis as the farmers raise the birds in the summer and fall when the weather is good enough for the birds to be outside. By winter, fresh pastured turkey is no longer available, though frozen meat may be.

What has my turkey been eating?

All turkeys eat grain, even if they've been raised on grassy pasture. Unlike pastured cows, which can be entirely grass fed, pastured poultry still eats grain to provide 80-90% of their calories. If you want to know more about the meat you eat, find out what kind of grain the turkey has been eating (organic or conventional). If the turkeys are fed antibiotics or arsenic to promote growth, those drugs will be mixed in with the feed as well.

Organic or Conventional Grain?

If you want to avoid genetically modified (GMO) crops, it's important to select certified organic chicken. Certified Organic birds must be fed organic grains which are grown without synthetic pesticides from non-genetically modified seeds. Conventionally raised turkeys are fed conventional grains, the vast majority of which are genetically modified (90% of the soy and 80% of the corn grown in the United States is now GMO.)

Antibiotics?

In many conventional farms, turkeys live in crowded and unhygienic barns alongside thousands of other birds. To keep the turkeys healthy in these cramped quarters, as well as to make them grow faster, birds are fed antibiotics on a daily basis. These antibiotics are the same ones we humans rely on when we get sick, leading to concerns that antibiotics are losing effectiveness due to their overuse. In addition, studies

are increasingly finding antibiotic-resistant bacteria contaminating meat in grocery stores. Want more info? Visit <http://s.coop/antimicrobialsinmeat>

None of our local poultry farmers use antibiotics on a day-to-day basis in their operations. Misty Knoll Farm uses antibiotics infrequently when there are health issues in the flock (they have not needed to administer antibiotics within the last decade). All Certified Organic farms are prohibited from using any antibiotics.

Arsenic?

It may be hard to believe but, over the last 60 years, arsenic has become a regular component of conventional turkey feed – added to make the turkeys grow faster and treat a common intestinal disease. Poultry industry groups argue that arsenic is safe. New scientific research, however, raises concerns that the arsenic poses significant risks for human health and the environment. Want more info? Visit <http://s.coop/foodwaterwatcharsenic>

None of our local chicken farmers use arsenic in their operations. Also, all Certified Organic farms are prohibited from using arsenic.

Hormones?

Luckily, artificial grown hormones are never a concern when selecting turkey. Federal regulations prohibit the use of artificial hormones when raising poultry.

	Location	Certified Organic?	Flock Size*	Are the turkeys living on pasture?	Can the turkeys go outside?	Is the turkey feed antibiotic free?	Is the turkey feed GMO free?
Stonewood Farm	Orwell	no	30,000	no	no	yes	no
Misty Knoll	New Haven	no	30,000	no	no	yes	no
Tangletown Farm	West Glover	no	250	yes	yes	yes	no**
Maple Wind Farm	Huntington	yes	500	yes	yes	yes	yes
Adams Turkey Farm	Westford	no	2000	no	no	yes	no

* **Flock Size** = number of birds raised annually

** **Tangletown Feed:** Tangletown sources non-GMO grain whenever possible from local farms.