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Curried Chicken Salad

Ingredients:

- ¼ cup mayonnaise
- ½ cup plain Greek yogurt
- 1½ Tbsp curry powder
- 1 tsp sea salt
- 4 cups chicken breast, cooked and shredded
- 1 cup dates, medjool, pitted and chopped
- 1 cup green onion, sliced
- 2 cups grapes, quartered
- ½ cup almonds, sliced
- Leaf lettuce for serving

Instructions:

Mix together the mayonnaise, yogurt, curry powder and sea salt. Toss with the chicken, dates, onions and grapes. Place a scoop of salad on a bed of greens on each serving plate, and top with sliced almonds. Serves 6.



Photo: Maple Wind Farm - Huntington/Richmond, VT

Chicken

in Vermont & Beyond



Your Community-Owned Grocery Stores

City Market, Onion River Co-op, is a community-owned food cooperative with two locations in beautiful Burlington, Vermont. We offer a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

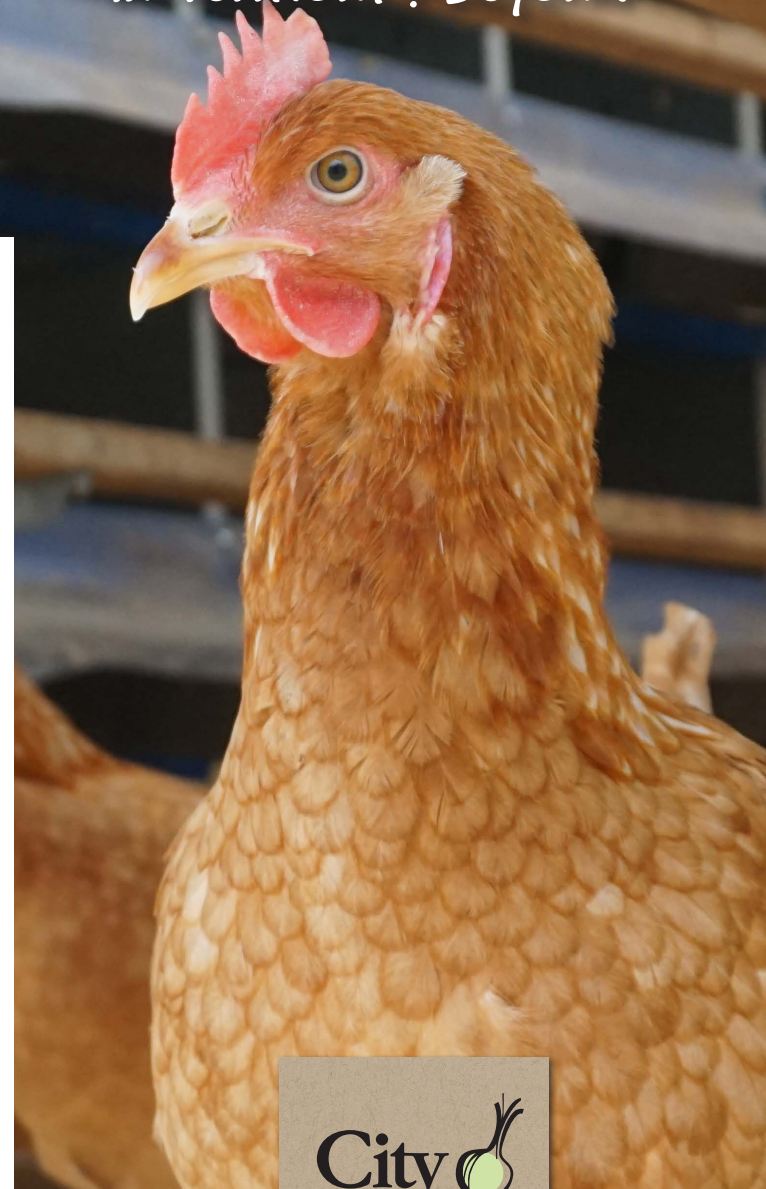
Downtown

82 S. Winooski Ave
Open 7am - 11pm every day
(802) 861-9700

South End

207 Flynn Ave
Open 7am - 9pm every day
(802) 540-6400

www.citymarket.coop



About our Chicken

We offer a variety of chicken options including organic, conventional, and local varieties. Check out the information below to learn more about the feed, living conditions, and farm practices of these farms as well as how to navigate some common product claims.

Living Conditions

Conventional/Industrial - 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. In large-scale industrial farms, there is an estimated 0.75 square feet per chicken. Local conventional farms offer much more room per bird. For example, **Misty Knoll** raises chickens in barns due to concerns about health associated with providing outdoor access, but each bird is given roughly 1.75 square feet.

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

Pastured - Many Vermont farmers raise their livestock outdoors, sheltering the birds at night in coops or mobile chicken tractors while giving them

ample space to run around on grassy pasture during the day. Farmers integrate their birds into strategies to improve the soil health of the farm. As the chickens move from one pasture to the next, their manure fertilizes future crop land. Fresh pastured chicken is usually available only on a seasonal basis as the farmers raise their birds in the summer and fall when weather permits. By winter, frozen pastured chicken is a great alternative. For a local option, **Maple Wind Farm** offers pastured chicken. **Maple Wind Farm** states, "Our chickens get a significant portion of their diet from pasture, making for a more delicious meat that is low in saturated fat and high in Omega-3s and CLAs. The rest of their diet consists of specially formulated grains, natural trace minerals and probiotics. We only produce broilers during the grazing season."

Feed

Most chickens eat grain, even if they've been raised on grassy pasture. Unlike pastured cows, which can be entirely grass-fed, pastured poultry still eat grain to provide a significant portion of their calories.

Organic v. Conventional Feed - Looking to avoid GMOs? You may want to opt for a certified organic chicken (unless the package specifies that it is GMO free). For chicken to be certified organic, the chicken must be fed certified organic grain free of GMOs and grown without synthetic pesticides or fertilizer. Much of the conventional grain that is fed to chickens is comprised of common GMO products like corn and soybeans, so be sure to review packaging for more information. **Maple Wind Farm** feeds their chicken a GMO free grain, though they are not certified organic.

Antibiotics - On many conventional farms, chickens live in crowded barns alongside thousands of other birds which can lead to a variety of health issues. In order to combat these concerns and keep the birds healthy, chickens on industrial farms are often fed antibiotics on a frequent basis. The Union of Concerned Scientists now estimates that 70% of all of the antibiotics used in the U.S. are fed to chickens, cattle, and hogs. These antibiotics are the same ones that humans rely on, leading to concern about overuse and antibiotic resistance. Looking to avoid antibiotics in your food? Antibiotics are not allowed in certified organic production. All of our local chicken farms use feed that is free of antibiotics.

Hormones - Federal regulations prohibit the use of artificial hormones in poultry production.



Maple Wind Farm Chickens

Chicken Farmers

Farm Location	Flock Size*	Certified Organic	Living on Pasture	GMO-Free Feed	Antibiotic-Free Feed	Free Range
Misty Knoll Farm New Haven, VT	225,000	No	No	No	Yes	No
Adams Family Farm Westford, VT	2,000	No	No	No	Yes	No
Maple Wind Farm Huntington/Richmond, VT	16,000	No	Yes	Yes	Yes	Yes

*Flock Size = number of birds raised annually.