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Turkey Banh Mi with Quick-Pickled Cranberries

Banh mi is a Vietnamese sandwich that melds French bread with the fresh, herbal flavors of Vietnam. This combination of savory turkey with tangy, fresh quick-pickled cranberries and carrot and a smear of creamy mayo makes for an exciting way to use up leftover turkey.

Ingredients:

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| ¼ cup sugar | 1 Tbsp fresh ginger, peeled and chopped |
| ¼ cup rice vinegar | 2 cups turkey, shredded |
| ¼ tsp salt | 2 Tbsp fish sauce (or more if needed) |
| ½ cup cranberries, chopped | 1 tsp five spice blend |
| 1 cup carrot, shredded | 1 Tbsp sugar |
| 1-2 baguettes (cut into four 6-inch lengths) | 12 slices cucumber |
| 4 Tbsp mayonnaise | 1 jalapeño pepper, sliced |
| 1 tsp onion, chopped | ¼ cup cilantro |
| 4 cloves garlic, peeled and chopped | fresh sriracha (optional) |

Instructions:

In a medium bowl, combine the sugar, rice vinegar and salt, then stir to combine. Add the cranberries and carrots and toss to coat. Let stand at room temperature while you make the rest of the sandwich.

Preheat the broiler. Slice the baguette pieces almost all the way through lengthwise and open each like a book. Spread a tablespoon of mayo on the cut sides of each piece. Place on a sheet pan and reserve.

In a large sauté pan over medium heat, drizzle the oil and add the onion. Stir for 5 minutes, until softened. Add the garlic and ginger and stir for a minute, then add the turkey and sprinkle with fish sauce, five-spice powder and sugar. Stir until the turkey is heated through. Remove from heat and keep warm.

Place the prepared baguette slices under the broiler and broil until the mayonnaise is bubbly. Fill each baguette with the turkey mixture, then top it with cucumber slices, cranberry mixture, jalapeño and cilantro. If desired, drizzle with Sriracha sauce. Serve immediately.

Photo: Tangletown Farm - Glover, VT

Turkey

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 Turkey

We offer a variety of turkey options including organic, conventional, and local varieties. Check out this brochure 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 - 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 farmer's management practices. **Stonewood Farm**, one of our local turkey producers, raises turkeys in barns due to concerns about health associated with providing outdoor access, but each bird is given roughly 3 square feet of space.

Free Range - Farmers sometimes raise turkeys indoors but allow them access to the outdoors. Outdoor access is only required for organic producers if they are not already raising their turkeys outdoors.

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 pasture 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, frozen pastured turkey is a great option.

Maple Wind Farm offers organic pastured turkeys. Their certified organic turkeys average about 15-17 lbs. and are available whole, fresh and frozen for Thanksgiving or frozen for Christmas.

Feed

The majority of turkeys eat grain, even if they have been raised on grassy pasture. Unlike pastured cows, which can be entirely grass fed, pastured poultry still eat grain to provide 80-90% of their calories.

Organic v. Conventional - Looking to avoid GMOs? You may want to opt for a certified organic turkey (unless the package specifies that it is GMO free). For turkey to be certified organic, the turkey must be fed certified organic grain that is free of GMOs and grown without synthetic pesticides or fertilizer. Much of the conventional grain that is fed to turkeys is comprised of common GMO products like corn and soybeans, so be sure to review packaging for more information. **Maple Wind Farm** feeds their turkeys a GMO-free grain that is certified organic.

Antibiotics & Hormones

Antibiotics - On many conventional farms, turkeys 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, turkeys on industrial farms are often fed antibiotics on a frequent basis. These antibiotics are the same ones that humans rely on, leading to concerns about overuse and antibiotic resistance. Looking to avoid antibiotics in your food? Antibiotics are not allowed in certified organic production. None of our local turkey farms use antibiotics on a regular basis and all of their feed is free of antibiotics.

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

Turkey Farmers

Farm Location	Certified Organic	Flock Size*	Pastured	Free Range	Antibiotic-Free Feed	GMO-Free Feed
Stonewood Farm Orwell, VT	No	30,000	No	No	Yes	No
Misty Knoll New Haven, VT	No	30,000	No	No	Yes	No
Maple Wind Farm Huntington/Richmond, VT	Yes	500	Yes	Yes	Yes	Yes
Adams Turkey Farm Westford, VT	No	2,500	No	No	Yes	No

*Flock Size = number of birds raised annually.



Maple Wind Farm Turkeys