



# SEPTEMBER SHINES WITH LOCAL PRODUCE



**TURKEY-BOURBON RED** — originated in the late 1800's and was named for Bourbon County in Kentucky's Bluegrass region. A heritage or organic turkey is best. Heritage turkeys are naturally bred with no hormones or antibiotics. They are raised outdoors, roam freely on pasture and eat the varied diet nature intended them to eat, unlike most turkeys today. Turkey meat should be refrigerated until ready to use. It should smell fresh, not foul. Raw turkey can have salmonella or other food-borne diseases, don't prepare other food items where raw turkey has been to avoid contaminating your meal. Thaw turkey in the refrigerator and cook it to an internal temperature of 165 degrees. Consider eating turkey more often, as it is a very lean and nutritious alternative to chicken, pork, and beef, and can be used in almost any recipe any other protein is used in.



**TURKEY-STANDARD BRONZE** — originated from a cross made with the domestic turkeys transported by European colonists to the Americas and the wild turkeys they found when they arrived. (See above for same details and information as the Turkey-Bourbon Red.)



(NOTE: Local produce that remains in season through September is: Apples, Cabbage, Carrots, Cauliflower, Cucumbers, Eggplant, Grapes, Lettuce, Nectarines, Okra, Onions, Peas, Potatoes, Pumpkin, Radishes, Rhubarb, Snap Peas, Squash, Sweet Potatoes, Tomatoes, Turnips.)

Information provided in this flyer is presented to you by the DGFUMC

Environmental Stewardship Committee

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