

# NUTRITION NEWS

## Bird is the Word

When you are talking turkeys, it's all in the name. But what exactly do those names mean?

### Heritage Turkeys

While all domesticated turkeys originally descended from the wild turkey, heritage birds are not to be confused with the popular broad-breasted white turkey from a grocery store. All heritage birds must breed naturally and grow slowly over 5-7 years for hens and 3-5 for toms. These birds are not easily available but thanks to the Slow Food USA and the American Breeds Conservancy they are making a comeback.

### Free-Range Turkey

According to the USDA "free-range" means the birds have "access" to the outdoors. Beyond that, it's up to the farmer to determine how often and far the birds actually roam. It's best to do your research and find out what farm they come from.

### Organic Turkey

Luckiest of the flock, these birds are fed grains free of antibiotics, pesticides and chemical fertilizers. Most organic turkeys are also free-range.

### Kosher Turkey

Similar to organic turkeys, these birds are fed antibiotic free grains and roam freely. They are processed under rabbinical supervision and soaked with a salt brine that helps retain that moisture during cooking.

### Fresh Turkey

These have never been chilled below 26° F – that's good because some experts argue that frozen turkeys are drier.

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