

# What's Simmering ... With Chef Jack!

Greetings to All!

Don't forget about Thanksgiving. For the past 5 years we have been ordering our Thanksgiving turkeys from Dominion Valley Farm. I believe they are some of the best turkeys around. I have included a little information about the farm below. It talks about how they are raised and the difference between their regular broad-breasted bird and the Heritage. I hope you enjoy the reading and their pastured raised turkey. Don't forget to order your turkey for Thanksgiving.

## **Dominion Valley Farm Allenton, WI**

We raise chickens, turkeys, ducks, pigs and beef cattle **naturally**, on pasture, where they eat what is good for them: Grass, clover, bugs and other favorites. **Fresh pasture** every day provides vitamin-rich greens in addition to the high-quality natural feed they receive. Our animals do not receive growth hormones or antibiotics, but they do get natural sunlight, clean bedding and fresh air every day.

### **The Pasture**

The pasture is a prime example of something that sounds to be and actually is so simple, but the pasture turns out to be quite complex and very much to our advantage! The pastures here at Dominion Valley Farm have been prepared with different types of grasses, alfalfa, red and white clover, and YES, we even welcome the dandelions. Also, this "salad bar," so to speak, provides the natural vitamins and minerals the birds need and in turn provides what you need. The pasture also acts as bedding for the poultry. The chicken pens are moved once a day to provide fresh greens and bedding. Moving the pens daily provides an unbelievable amount of fertilizer for the pasture. Within 7-10 days the pasture rejuvenates to a lush green sward. In three weeks we have to cut it before it gets out of hand. This pen moving process also eliminates the terrible odor associated with poultry farms. The ground and plants are able to take up and assimilate droppings efficiently without burning. All this keeps us happy and our birds happy! This pasture provides the birds with bugs and grubs that add to their already protein-diverse feed ration.

### **Broad-Breasted White versus Heritage Breed Turkeys**

There are a few main differences between the Broad-Breasted White turkeys and the Heritage Breed turkeys, of which we are currently raising the Bourbon Reds. The Whites have a double breast, so you are getting twice as much white meat. They have been bred to have this double breast and are a delicious, tender and juicy meat. The Heritage turkeys have had no special breeding; in other words, science has not altered anything in the breed - they are the same now as they were when the Pilgrims had them on their Thanksgiving tables. The Reds have a more intense "turkey" flavor. We've had customers tell us that once they've tasted a Heritage turkey with such robust flavor, the Whites now taste bland to them. It is an excellent turkey

<http://www.dominionvalleyfarm.com/index.html>

I have also included a great fall salad that you can add to your holiday feast. The salad may be made a day ahead and re-warmed just before serving. You may substitute other favorite fall vegetables such as red or yellow beets.

Chef Jack