



TURKEY BUYER'S GUIDE AT FIRST ALTERNATIVE CO-OP



LOCAL TURKEYS | DOMINION FARMS

Dominion Farms in Sweet Home, Oregon proudly offers pasture raised turkeys, fed 100% non-GMO and soy- and corn-free feed. Local turkeys may be reserved in advance in-store or by phone through Nov. 23. Quantities are limited.

MARY'S TURKEY

Mary's Turkey free-range turkeys grow naturally with plenty of open space on ranches in Utah and California. They are fed 100% vegetarian, non-GMO feed free from hormones or antibiotics. A humane, stress-free environment leads to a healthier, more flavorful meat. Mary's Turkeys are not available to reserve.

Owner sale day discounts may be applied to these prices!

- Non-GMO Whole Turkey.....\$3.79/lb
- Organic Whole Turkey.....\$4.79/lb
- Local Whole Turkey.....\$6.99/lb
- Non-GMO Turkey Breast.....\$7.99/lb
- Organic Turkey Breast.....\$9.99/lb
- Non-GMO Whole Duck.....\$4.99/lb
- Non-GMO Game Hens.....\$6.99/lb
- Organic Game Hens.....\$7.99/lb



Learn more about
our turkeys & explore
holiday resources!

TURKEY TIMER

weight	cook time
8 - 12 lbs.	3 - 5 hrs.
12 - 14 lbs.	4 - 6 hrs.
14 - 16 lbs.	5 - 7 hrs.
16 - 18 lbs.	6 - 8 hrs.
18 - 20 lbs.	7 - 8 hrs.

Cook turkey in a preheated 325° oven. Add 30 minutes to the cooking time for stuffed birds. The cook times for pasture-raised birds may vary. Begin checking your bird an hour before the end of the recommended roasting time. The thickest part of the turkey thigh must reach 165°-170.°

TURKEY TIPS

How do I store my fresh turkey?

In the refrigerator at a temperature of 36-40°. It will stay fresh until Thanksgiving. After that date it will need to be frozen.

May I special order a turkey?

Sorry, no special orders or holds. Our turkeys arrive in mid-November. They are sold on a first come/first served basis.

What size turkey do I need?

Figure on at least one pound of turkey per person. If you want plenty of leftovers, plan 1.5 - 2 pounds per person.

Are Mary's Turkeys fresh or frozen?

Mary's Turkeys are not frozen. They may have an ice crust on the outside due to the blasting of cold air done at the plant for safe shipping and freshness.

First Alternative

NATURAL FOODS CO-OP

North: (541) 452-3115 & South: (541) 753-3115
www.firstalt.coop