



# TURKEY

**YEAR-ROUND**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# PRODUCE

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Turkeys arrive at the farm at one day old and live in a small turkey house. After four weeks, they move to a larger house that is temperature controlled and ventilated. Turkeys are given water and a nutritious diet. Market ready turkeys are taken to a plant to be processed, packaged, and distributed.



# PREP

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Store frozen turkey in the freezer. Thaw it in the refrigerator and allow 24 hours for thawing for each 4 to 5 lbs. of turkey. Store fresh turkey in the refrigerator for 1 to 2 days. Prepare turkey whole or use cuts such as drumsticks, breasts, and wings. Turkey can be roasted, smoked, grilled, and fried.



# EAT

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Turkey is an iconic American food! Share turkey with loved ones during holiday meals. Enjoy leftover turkey in chili, soup, and pot pie. Munch on a smoked turkey leg at the fair! Bite into a sandwich piled high with oven roasted turkey breast, lettuce, and tomato.



# LEARN

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Turkey is a **protein**. It is high in vitamins and minerals that support the immune system, improve bone health, and aid energy production. Turkey was first hunted in Arkansas by the Quapaw tribe. Arkansas has grown to be the second highest producer of turkeys in the United States!

