



**You may know the Indiana State Poultry Association (ISPA) as the office where you send the 4-H Poultry Superintendent Reports, but please examine the materials that the ISPA has included in this packet!**



### **TURKEY LOVERS' MONTH**

Have you fired up the outdoor grill yet? We sure have, and the first thing we made were classic turkey burgers with all the fixings. Turkey has been and will always be our go-to protein choice on the grill. Because of the variety and availability of turkey cuts, we can adapt all of our favorite grilling recipes to use turkey. Turkey meat plays well with any flavor profile that you match with it. Eating turkey keeps those of us in new fitness programs going strong. We are benefiting from the high protein count and vitamins/minerals that turkey provides in a single serving. For more inspiration on all things turkey here are two great websites:

[www.INpoultry.com/turkey-recipes-nutrition](http://www.INpoultry.com/turkey-recipes-nutrition) - A collection of our favorite turkey based recipes, nutritional information, and how-to videos.

[www.serveturkey.org/turkey-lovers-month](http://www.serveturkey.org/turkey-lovers-month) - A complete resource on all things turkey. On this site you'll find information on how turkey is raised, lots of nutrition information, and great turkey based recipes for any occasion and meal time.

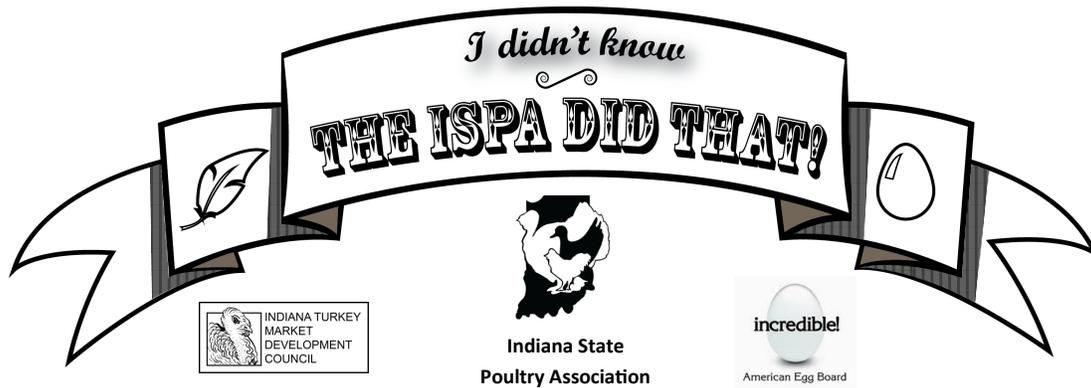
### **POULTRY AT YOUR COUNTY FAIR**

As an ongoing feature we are highlighting requirements for showing poultry in Indiana, whether at the County Fair, Exhibition or show. This month let's discuss Pullorum Antigen. Pullorum Antigen is used when testing poultry for Pullorum Typhoid. It is mixed with a drop of poultry blood and if a clumping reaction occurs, then the poultry being tested may be positive for PT. Pullorum Antigen is sold through online retailers in 100ml bottles, which can test about 1,000 birds.

Pullorum Antigen has an expiration date on it which has caused some concern this year as all of the antigen currently on the market is set to expire on June 22, 2017. However the company that produces the antigen has received approval to extend the expiration date on a specific batch of antigen which should be available soon through various retailers.

Another issue that comes up with Antigen is the cost of a single bottle, which can be quite expensive (about \$150). To save cost, you may want to contact other Extension Offices and buy a bottle to share. Some Extension Offices, which have already purchased a bottle, may be willing to share based on the amount of antigen (i.e. tests) you will need. If you have any other questions or concerns about Pullorum Antigen, feel free to call our office.

We have also included a brief document on the Bloodtester Recertification School and how Purdue Extension Office's fit into the process. We couldn't recertify Bloodtesters without your help.



## GRILLED TURKEY & SUMMER FRUIT KEBABS



This simple recipe is both visually stunning and mouth-wateringly delicious.

**INGREDIENTS:** Watermelon (1.5" x 1.5" cubed); Pineapple (1.5" x 1.5" cubed); Fresh Turkey Breast (1.5" x 1.5" cubed); 1/4 Cup Dry Couscous (prepared according to package directions); 3/4 Cup Blood Orange Juice; Zest of 1 Blood Orange; 1 TBSP White Balsamic Vinegar; 2 TBSP Lemon Juice; 1 Shallot (minced); 1 TBSP Mint (chopped); 1 TBSP Basil (chopped); 2 TBSP Honey; 1/4 TSP Black Pepper; 3/4 Cup Olive Oil

**DIRECTIONS:** 1.) Assemble fruit skewer by alternating watermelon and pineapple. Lightly season with salt and pepper and set aside. 2.) Assemble

turkey on skewer, lightly season with salt and pepper and set aside. 3.) To make Blood Orange Vinaigrette combine all the remaining ingredients and whisk to combine. 4.) Preheat the grill to medium high heat. 5.) Flash grill the watermelon skewer over a clean, lightly oiled, hot grill. Remove and set aside. 6.) Grill turkey skewer, rotate to heat each side. Cook to 165 degrees F, approximately 15-20 minutes. 7.) Arrange prepared couscous on serving plate. Top with a fruit skewer and turkey skewer, drizzle with Blood Orange Vinaigrette.

**TIP:** To see a video on this recipe visit [www.serveturkey.org/fw-recipe-slug/grilled-turkey-summer-fruit-kebabs/](http://www.serveturkey.org/fw-recipe-slug/grilled-turkey-summer-fruit-kebabs/)

## GRILLED TURKEY BREAST WITH DIJON SAUCE



This recipe is a great way to introduce grilled turkey to the family.

**INGREDIENTS:** 1/4 Cup Vegetable Oil; 1/4 Cup Honey; 2 TBSP Dijon Mustard; 1 TSP Lemon Zest; 2 TBSP Fresh Lemon Juice; 1 Clove Garlic (minced); 1/4 TSP Dried Thyme; Salt/Pepper to taste; 1 Pound Turkey Breast; 4 Wedges Lemon

**DIRECTIONS:** 1) Prep the Turkey Breast by slicing it in thirds horizontally. 2.) In a small bowl, combine all ingredients except turkey and lemon wedges. Brush the sauce on the turkey breast slices. 3.) Preheat grill. Place turkey, 4-6 inches from the heat source. Grill over medium heat 2 to 4 minutes on each side or until no longer pink in the center. 4.) Serve

immediately and garnish with lemon wedges.

**TIP:** Make extra sauce and toss a tablespoon or two with summer lettuce greens. Serve the grilled turkey over the summer greens for a easy summer night meal.

## FREE ISPA RESOURCES

In just a couple of months, 4-H members will be attending their local county fair. Are you still searching for materials to educate the public on poultry? No worries, we are here to help. In fact, we have a number of new small posters that are available for FREE. Check out our website for images of the many poultry themed items available.

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Materials provided by the ISPA are always **FREE OF CHARGE** for your Extension Office!  
Visit our web site: [www.INPoultry.com](http://www.INPoultry.com) for more information. Contact us by Email: [ispa@purdue.edu](mailto:ispa@purdue.edu) or at (765) 494-8517