



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!

SEPTEMBER 2017 - BACK TO SCHOOL

BACK TO SCHOOL RESOURCES

Each month we happily provide you a peak into our office, through this newsletter. We try to entertain and educate on the latest poultry issues effecting our humble state. Along with a couple of recipes, we like to provide you each month with a sample of some of available materials.

This month, we wanted to give you a peak at one of the newsletters ISPA will mail to Hoosier Ag Teachers. Every year, around this time, we like to share with them all of the valuable education materials ISPA offers from biosecurity to egg & turkey nutrition.

We also send a newsletter to all the Veterinarian offices in Indiana, providing them with poultry disease information and biosecurity materials. The ISPA Office also regularly communicates with our T-12 Participants, Certified Blood Testers, Poultry Superintendents and NPIP Exhibition Members through scheduled mailings and e-mail newsletters. We like to keep them up-to-date on poultry disease issues happening in the state, as well as providing them with samples of the latest materials available through our office.

SALMONELLA PREVENTION

You may have seen Salmonella pop up in the news lately. By August 11th, there were more Salmonella cases reported this year, than all of last year. This year, so far, ten separate Salmonella outbreaks can be traced to exposure with backyard poultry pens. Live poultry can carry Salmonella bacteria but appear healthy and clean, with no sign of illness, according to the CDC. Illness from Salmonella usually lasts four to seven days. In some people the symptoms (diarrhea, fever and abdominal cramps) can become so severe that they must be hospitalized. Luckily the likelihood of a Salmonella infection from backyard poultry can be significantly reduced if you follow these four easy rules: 1-Always wash hands with soap and running water for a minimum of 20 seconds after handling live poultry. 2-Do not allow live chickens, ducks, or geese in the house. 3-Do not allow children younger than 5 years to handle or touch live poultry and eggs without supervision. 4-Never snuggle, kiss the birds or have them touch your face or mouth. 5-Do not eat or drink while around live poultry. For more information or materials on Salmonella, contact our office at ispa@purdue.edu.

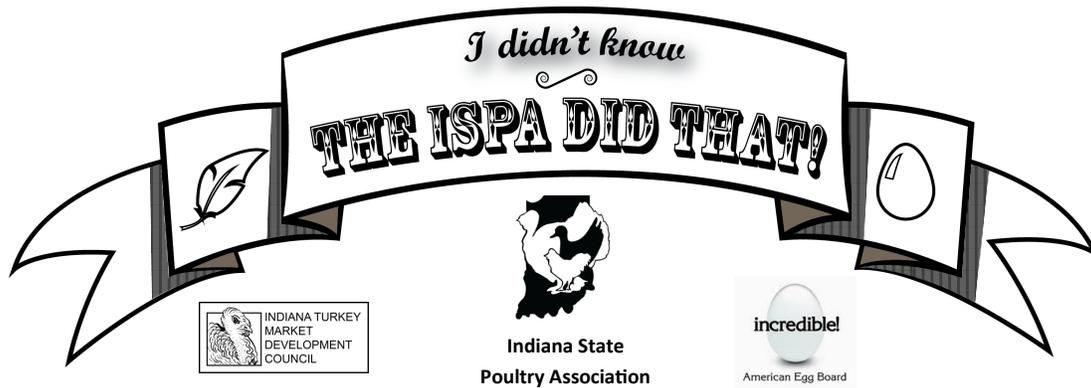


2018 FREE BIOSECURITY CALENDARS -

www.inpoultry.com/2018biosecuritycalendar

The 2018 Biosecurity For the Birds Calendars are here and they are better than ever! With twelve months of vibrant poultry portraits, the poultry enthusiast in your life is sure to be pleased. Each month features a different biosecurity tip including several pages of biosecurity information and a section on recognizing the symptoms of Avian Influenza.

To order the FREE 2018 calendar for yourself or your group, go to www.inpoultry.com/2018biosecuritycalendar.



BREAKFAST PIZZA POCKETS



Pizza for Breakfast? Of course!

INGREDIENTS: 2 Sheets Frozen Pie Dough (thawed); 3 EGGS (divided); Salt & Pepper to taste; 1 TBSP Butter; 1/4 Cup Pizza Sauce; 16 Pepperoni Slices; 1/4 Cup Shredded Mozzarella Cheese

DIRECTIONS: 1.) Preheat oven to 350°F. 2.) Unroll pie crusts. Cut four 4-inch squares from each round of pastry to make a total of 8 squares. 3.) Whisk together 2 eggs, salt and pepper. Heat butter in a large nonstick skillet set over medium heat, cook eggs for 3 to 5 minutes or until set and soft curds form. Let cool slightly. 4.) Spread pizza sauce over half of the pastry squares; top with pepperoni, mozzarella

and scrambled egg. Whisk remaining egg with 1 tsp cold water; brush edges or rectangles with some of the beaten egg. Top with remaining pastry squares and press edges to seal with the tines of a fork. Brush tops with beaten egg. 5.) Place pockets on parchment paper-lined baking sheet. Bake for 25-30 minutes or until golden brown and crisp.

TIPS: Substitute Turkey Bacon for the pepperoni for a healthier option. Serve with a side of ranch dressing, because if there is a better condiment for pizza, we have not eaten it yet.

Veggie and Cheddar Crustless Quiche

All fluff-no crust, these quiche cups are eggsactly what your morning rush needs.

INGREDIENTS: 8 EGGS; 3/4 Cup Milk; 1/4 TSP each Salt & Pepper; 1 1/2 Cups Shredded Aged Cheddar Cheese; 1 Cup Broccoli Florets (Chopped); 1/2 Cup Red Onion (finely chopped); 1/2 Cup Red Bell Pepper (chopped)

DIRECTIONS: 1.) Preheat oven to 350°F. 2.) Whisk together eggs, milk, salt and pepper. Stir in cheese, broccoli, onion and red bell pepper. 3.) Spoon mixture evenly into greased 6-cup jumbo muffin pan. 4.) Bake for 35 to 40 minutes or until tops are puffed and knife inserted in center of quiche comes out clean. 5.) Run knife around edges of muffin cups; carefully remove quiches.



TIP: Make a turkey lovers version with 1 cup crumbled turkey bacon, turkey breakfast sausage or cooked ground turkey meat. Try a triple pepper version with roasted red pepper, green bell pepper and jalapeno pepper.

Meal-prep for the week ahead by portioning out a variety of lunch options. The bento box is an incredible time-saver and well-balanced lunch no kid or adult will get bored of. Here are two different options to get you started.



FRESH FRUIT BENTO BOX

INGREDIENTS: 3 Whole Hard-Boiled Eggs; 1/2 Cup Blueberries; 1/4 Cup Raspberries; 1 Small Apple (sliced).

DIRECTIONS: 1.) Assemble ingredients in lunch box and go!

PROTEIN BISTRO BOX

INGREDIENTS: 1 Whole Hard-Boiled Egg; 1 Carrot (cut into 1/2 inch sticks); 2 Celery Stalks (halved); 1 TBSP Peanut Butter; 1 Ounce Cheddar Cheese (cubed)

DIRECTIONS: 1.) Assemble ingredients in lunch box and go!

Materials provided by the ISPA are always FREE OF CHARGE for your Extension Office!

Visit our web site: www.INPoultry.com for more information. Contact us by Email: ispa@purdue.edu or at (765) 494-8517