

Vegetarian In Progress

This Month's Recommendations

Wonderful plant based dishes for your table:

[Autumn Wheat Berry Salad](#)

[Sweet Potato Bisque](#)

[Mixed Winter Vegetables](#)

[Spicy Poppy Seed Sauce](#)

[Shepherd's Pie](#)

[Pumpkin Bread Pudding](#)

Turkeys are family oriented and stay together. Wild turkeys forage in groups and roost in trees together. Turkey mothers diligently teach their young survival skills, and turkey brothers stay together for life. Unfortunately, life is quite different for turkeys raised for food on factory farms,



where these birds' natural instincts are routinely denied.

Compassionate Carnivores

VIP Monthly Newsletter

NOVEMBER 2015

Where's the "bird"?

**Wishing you a Compassionate Thanksgiving celebration
Try a Cruelty-Free Thanksgiving This Year & Lose the Turkey.
You won't miss it!**

Make your plate this year without turkey and see if you miss it.

*But, If you eat turkey on Thanksgiving, purchase a turkey with a label from "Certified Humane" or "Animal Welfare Approved",
not one from a factory farm.*

Remember that Even humanely raised turkeys meet a painful and terrifying end. Here are a few links to help you find humanely raised turkeys. Be aware that "free range" does not equal "humane". Birds raised for meat may be sold as "free-range" if they have government certified access to the outdoors. The door may be open for only five minutes and the farm still qualifies as "free-range". Apart from the "open door," no other criteria such as environmental quality, number of birds, or space per bird are included in the term "free-range".

Certified Humane: It is best to buy with certified humane labeling. At the "Certified Humane" links, you can find a location to purchase animals raised with care and sensitivity. The animals must be kept in conditions that allow for exercise and freedom of movement. As such, crates, cages and tethers are prohibited. All animals must be provided with bedding materials. Hormone and non-therapeutic antibiotic use is prohibited, while surgical mutilations are permitted with pain control. Compliance is verified through third-party auditing. "Certified Humane" is a Humane Farm Animal Care program.

Please do not purchase a turkey without knowing that it was raised humanely.



Please remember to buy only cage-free eggs & to pass this email to your mailing list. *Thank you! Lois*

www.compassionate-carnivores.org



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