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# Poultry Press

*Promoting the compassionate and respectful treatment of domestic fowl*

*Celebrating 36 years of dedicated activism for domestic fowl*



## United Poultry Concerns

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*The Rooster Pack: Frank, Sammy, Dean and Joey (inset photo) are four roosters who live in harmony with ten hens at UPC. Photo by Liqin Cao, April 26, 2026.*

# Vegan Nation with Marlene Narrow Highlights UPC!

**W**e are grateful to Marlene Narrow for highlighting United Poultry Concerns on two recent Vegan Nation shows.

Vegan Nation is a half-hour radio show hosted by Marlene Narrow in Worcester, Massachusetts. It features vegan music, news, events, and interviews. It has been on air since 2015 and broadcasts every Tuesday.

In loving memory of Dr. Karen Davis (Feb 4, 1944 – Nov 4, 2023), Vegan Nation featured an interview with Liqin Cao, President of United Poultry Concerns, and Franklin Wade, VP of United Poultry Concerns on February 10, 2026.

On April 29, 2026, Vegan Nation celebrated the upcoming International Respect for Chickens Day May 4th and featured UPC's truck campaign in Washington, D.C. and Boston, and UPC's 100 bus shelters campaign in Miami, FL. The show included snippets of previous speeches and talks by the late Dr. Karen Davis, president and founder of United Poultry Concerns.

Vegan Nation with Marlene Narrow can be heard every Tuesday at 4 PM EST on WCUW 91.3 FM Worcester Community Radio. Listen worldwide online at [wcuw.org/listen](http://wcuw.org/listen). To listen to archived shows, visit [vegansradio.com](http://vegansradio.com) or [WCUW.org/Community/VeganNation](http://WCUW.org/Community/VeganNation).

**VEGAN NATION**  
Interview w/ Liqin Cao & Franklin Wade

**United Poultry Concerns**  
Promoting the Compassionate and Respectful Treatment of Domestic Fowl

It's Heart Beats in Its the Same as in You.

Life Can Be Beautiful Go Vegan!

**WCUW 91.3 FM**  
Feb 10, 2026  
Host: Marlene Narrow

[wcuw.org/listen](http://wcuw.org/listen)  
4 PM EST

[VEGANSRADIO.COM](http://VEGANSRADIO.COM)

**VEGAN NATION**  
features  
Int'l Respect for Chickens Day

**What Wings Are For!**  
Life Can Be Beautiful Go Vegan!  
[www.UPCOnline.org](http://www.UPCOnline.org)

UPC in Washington, D.C.

**Tune in**  
April 28, 2026  
4 PM EDT  
Host - Marlene Narrow

[WCUW 91.3 FM](http://WCUW 91.3 FM)  
[wcuw.org/listen](http://wcuw.org/listen)

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## A LEGACY OF COMPASSION FOR THE BIRDS

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Please consider an enduring gift of behalf of the birds.

A legal bequest may be worded as follows:

I give, devise and bequeath to United Poultry Concerns, Inc., a not-for-profit corporation incorporated in the state of Maryland and located in the state of Virginia, the sum of \$\_\_\_\_\_ and/or (specifically designated property and/or stock contribution).

We welcome inquiries.

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Karen & Mr. Frizzle ©2008 Davida G. Breier

## Cage-Free Commitment: A False Promise for Hens



Photo of Big Dutchman “cage-free” facility

In Maine, shoppers are being told that progress is on the way. Hannaford, a major grocery chain, has announced it will sell only cage-free eggs by 2032 (“Cage-free commitment is a win for birds and Hannaford shoppers alike,” *Portland Press Herald*, April 8, 2026). That sounds like a victory, and it is being celebrated as one. But for the hens, it is a sentence.

This latest pledge comes after an earlier promise—to go cage-free by 2025—was quietly pushed back by seven years. The parent company, Ahold Delhaize, has now extended its timeline while offering partial targets and reassurances. This is not an isolated case. Across the United States, corporations have learned that “commitments” can be made loudly and broken softly. In the meantime, billions of birds continue to suffer.

Cage-free campaigns have been sold to the public as a moral breakthrough. No more cages, we are told. No more cruelty. But, as Karen Davis has written, “cage-free” means that, while the hens are not squeezed into small wire cages, they never go outside. ‘Cage-free’ hens are typically confined in dark, crowded buildings filled with toxic gases and disease microbes... and, like their battery-caged sisters, are painfully debeaked at the hatchery.” In this system, “they can be abused and killed at will based on economic ‘necessity,’” including “the routine culling... of birds who are not gaining weight fast enough or laying enough eggs,” as “the business mentality takes over.” This is not reform—this is simply rebranding.

The deeper issue is not only what cage-free is, but also how we are being asked to accept it. Corporate pledges are voluntary. There is no law requiring a

company to meet its deadline and no penalty when it fails. When timelines slip—as they so often do—companies simply revise them, reannounce them, and move on. A 2025 promise becomes a 2032 goal. Meanwhile, hens continue to be bred, confined, and killed on an industrial scale.

Why are these promises so easily broken? Because they were never anchored in ethics. They are anchored in economics. Converting facilities is expensive. Supply fluctuates. Disease outbreaks—such as avian influenza—disrupt production. When costs rise, commitments weaken. When margins tighten, animals lose. The result is predictable: companies promise faster change than they can deliver, then retreat when reality intervenes. The birds pay for that gap.

Even if every company met its cage-free pledge tomorrow, the fundamental system would remain intact: billions of sentient birds treated as units of production. Cage-free is not liberation. It is a modest adjustment within the same industrial framework. It sets a ceiling on what we are willing to imagine for animals—just enough space to turn around, not enough to live.

Real progress does not come from marketing terms or deferred promises. It comes from confronting the system itself—from recognizing that chickens are not commodities, not egg machines, not inventory. They are individuals. Until we begin to question the use of animals for food—not only the conditions in which they are used—these cycles of promise and postponement will continue. The industry will keep announcing improvements, advocates will keep negotiating timelines, and the birds will keep suffering, out of sight, behind new labels.

— Liqin Cao & Franklin Wade, *United Poultry Concerns*

### What Can I Do?

Please go egg-free. All facets of the egg industry are inhumane. Hens are gassed or electrified once they are no longer wanted. Order our informative brochure “Free-Range Poultry and Eggs: Not All They’re Cracked Up To Be.”



# International Respect for Chickens Month Gallery



White House Leafleting



“What Wings Are For!” truck driving around downtown Washington, DC May 2-4 for 8 hours each day.



DC Bike Kiosk near the White House up for two years!



Washington, DC



Greenbelt Green Man Fest



“What Wings Are For!” ads running on 100 bus shelters in Miami, FL. throughout the month of May.



Boston “What Wings Are For!” Truck, May 2-4



Visit our International Respect for Chickens Day webpage for more: [www.upc-online.org/respect/](http://www.upc-online.org/respect/)



“I got together a chicken outfit, a poster, and flyers and made my appearance at Safeway at Northgate One in San Rafael, CA, on the evening of May 4. It was gratifying.” – Esther Wanning

## Poultry Press

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## UNITED POULTRY CONCERNS, INC.

In Memory of  
KAREN DAVIS, PhD,  
President and Founder

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## *Freddaflower Memorial & Appreciation Fund*

*The pain of losing them is the price we pay for the privilege of knowing them and sharing their lives . . .*

We thank those people who have contributed to our work with recent donations *In Loving Memory and in Honor and Appreciation* of the following beloved family members and friends, both those who have passed away and those who are with us.

In memory of my beloved hen, Valentine, who was a complex, beautiful being who showed me what it was like to live in her world. – *Melanie Bazzell*



**Valentine**

In support of UPC's Precious Bubba and in honor of Ronnie Steinau aka Grandma Ronnie. – *David, Emily, Lilly and Zoey Steinau*



**Bubba**



**Kahlua**

In memory of our beautiful, sweet rooster Kahlua. – *Franklin Wade & Liqin Cao*

Blessings for Karen Davis. – *Kay Linder*

In Memory of Karen Davis. – *Joel Freedman*

Always in memory of Karen. – *Carol Sutton*

In Memory of Miffi Bedrick. – *Jane Bedrick*

In memory of Alan D. Farnham. Alan loved all animals from a young age (including farm animals) and was a long term vegan. He passed away from cancer in 2024. – *Kristina Cahill*

In memory of Goldie, a wild rooster who escaped from his buyer at the local poultry auction, and he lived in freedom for a year and a half, surviving all seasons and all predators. On auction days, he came to fly up onto the cages to visit those trapped inside. We put out feed and water for him, but no one could get near him. Then last November we found clumps of his golden feathers inside the goat barn where he roosted and we knew he was gone. Goldie was a true survivor, who outlasted many other chickens who escaped to run free at the auction for short times and disappeared one by one. We miss them all, but Goldie was one-of-a-kind! – *Barbara Moffit*



**Goldie, November 2025**

## Gertie, a Blind, Jazz-Loving, 15-Year-Old Hen



(Shawn Patrick Ouellette/Staff Photographer)

**Frank Turek of Portland holds Gertie, the world's oldest chicken according to Guinness World Records.**

The story of Gertie, the 15-year-old Golden Sebright hen (“The world’s oldest chicken lives in Portland. Her name is Gertie,” *Portland Press Herald*, April 14, 2026), offers a rare and beautiful glimpse into what a chicken can be when she is allowed to simply be. While the Guinness recognition focuses on her age, there is something more meaningful here: a blind hen who has lived a long life as an individual—forming habits, preferences, and relationships along the way, including her fondness for jazz.

Chickens are so often known only as “chicken,” as if they were interchangeable objects rather than living

beings with distinct personalities. Yet anyone who has spent time with them quickly learns otherwise. One commenter wrote: “When one gets to know chickens, it becomes hard to eat them. Neither of us does now.” That shift in perception is not trivial—it is the beginning of moral awareness.

At the same time, Gertie’s story sits alongside a far less visible reality. Every hen like her is born into an industry that treats chickens as inventory. For every female chick raised, her brother is typically killed shortly after hatching because he cannot lay eggs. These are standard practices in hatcheries, where life is sorted, discarded, or shipped like merchandise.

Even in “backyard” settings, chickens are too often valued primarily for what they produce rather than for who they are. A hen may be cherished, yet still bound to a system that regards her body as a resource.

We encourage readers moved by Gertie’s life to look beyond the hatchery system altogether. Do not purchase chickens: there are already countless birds in need of homes and protection. Sanctuaries and rescues exist because these animals are not rare—they are simply rarely seen as individuals.

If Gertie’s story means anything, it is not that she is unusual but that she is visible. And millions like her are not.

– *Liqin Cao & Franklin Wade, United Poultry Concerns*

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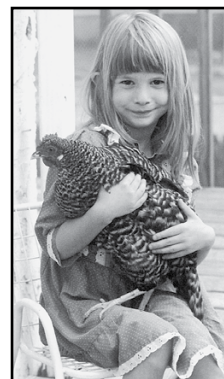
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Do you want to be removed from our mailing list? Please tell us now. The U.S. Postal Service charges UPC for every returned mailing. Remailing the magazine costs UPC an additional sum. Due to the enormous cost of remailing, we can no longer provide this service. Thank you for your consideration. Please keep up your membership. We need your continuing financial support.



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# Urge Tractor Supply Company to Stop Selling Chicks & Ducklings



Baby chicks for sale at a Tractor Supply Company store, 2021.

In early 2026, the Tractor Supply Company displayed an ominous countdown timer on their website to announce their upcoming dangerous, dreary “Chick Days.” Since 2021, United Poultry Concerns has been calling upon the Tractor Supply Company to stop carrying live chicks and ducklings in its stores—a practice that contributes to the spread of disease.

Poultry factory farms and transport methods, added to traditional farming practices, live bird markets, cockfighting, and the wild-caught bird trade, have created the conditions responsible for the spread of avian influenza (bird flu) viruses capable of infecting birds and humans alike. Backyard-poultry keepers and their birds are not immune to this contagion, as shown in *How Infected Backyard Poultry Could Spread Bird Flu to People* ([cdc.gov/bird-flu](https://www.cdc.gov/bird-flu)).

Salmonella infection of backyard birds, children, and adults is also a significant risk. More and more children have egg allergies and complications of seasonal flu. The risk of infection, said Dr. Pascal James Imperato of the State University of New York’s Health Sciences University, in 2009, is “especially high for young children who come into contact with baby chicks and ducklings.”

Despite these risks, parents regularly bring their children to Tractor Supply stores to handle and buy the birds as if they were toys, responding to the company’s “Chick Days” promotions.

In the past few years, UPC has received increased complaints and photos from customers and employees documenting, at TSC stores across the country, sick baby birds, vents impacted with encrusted feces, and filth in the tanks and trays including unwashed, often empty, fecal-filled food and water dishes.

Read more in Summer-Fall 2021 Poultry Press, *Tractor Supply Employee Exposes the Company’s Cruelty to Chicks and Ducklings as a Matter of Policy and Practice*.



## What Can I Do?

Contact your local government administrators where there are TSC stores. Talking points can be from a human health perspective—the spread of Avian Flu. The fragile birds arrive at the stores typically from out of state. They are often dumped in parks and ponds where they could be exposed to avian influenza through the droppings of infected wild birds, or they could spread the virus if they themselves were already infected. *Avian influenza is known to jump species including humans, so this is a health concern as well as a humane issue.*

Write a letter to the editor of your local newspaper(s). Express your concern to store managers and to the head of Tractor Supply Company:

(Read previous letters from 2021 and 2022 at [www.upc-online.org/backyard/](http://www.upc-online.org/backyard/))

♥ Hal Lawton, CEO  
 Tractor Supply Company  
 5401 Virginia Way  
 Brentwood, TN 37027  
 Phone: 615-440-4600 extension 4601  
 Website: [www.tractorsupply.com](http://www.tractorsupply.com)

♥ Customer Solutions:  
 1-877-718-6750  
[customersolutions@tractorsupply.com](mailto:customersolutions@tractorsupply.com)

♥ Please post a comment on **Tractor Supply's Facebook page**. Each Tractor Supply store appears to have its own local Facebook page as well.

## Oklahoma Highway Patrol: We Shot the Chickens

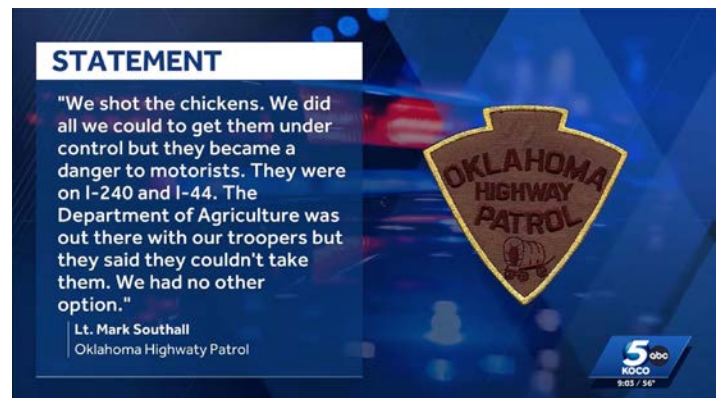
UPC received the following letter, dated Dec. 30, 2025, from our friend and longtime animal advocate Barbara Moffit.

Dear Friends at UPC,

I would like to report a crime against chickens in Oklahoma. On December 23 of this year, some sort of transport truck carrying 50 chickens overturned on an off-ramp of I-240 in Oklahoma City. Many of the chickens escaped, and people tried to catch them but couldn't. The Department of Agriculture was called, but they didn't want to deal with the chickens. OHP officers shot and killed them all!

The story was reported several times. No one seemed outraged, except us! I took this photo of their statement from the TV news. I know nothing can be done for the victims, but I wanted their story to be told.

Outraged in Oklahoma,  
 Barbara Moffit  
 Tiny Wings Compassion Outreach  
 Perkins, Oklahoma

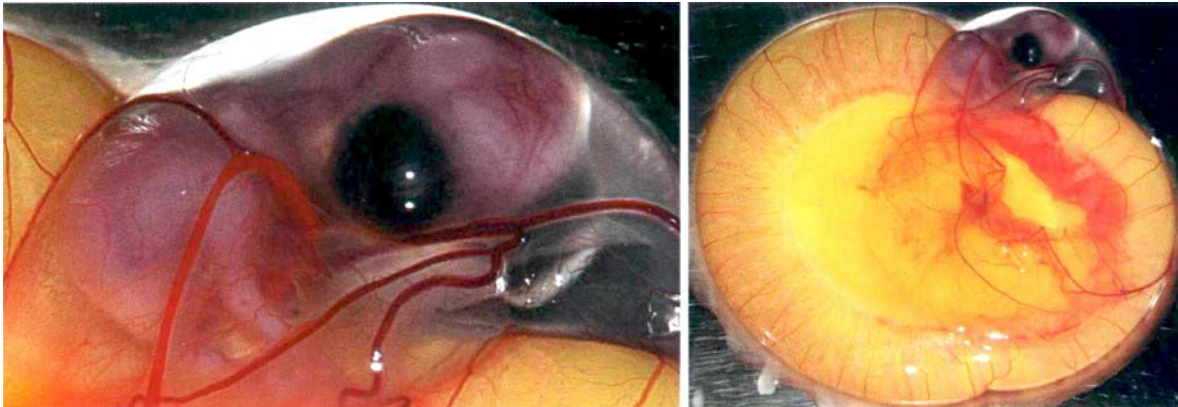


Images from KOCO News 5 ABC Coverage

Contrast this with one year earlier, where **Oklahoma troopers help chickens cross the road after getting loose on I-44 near Tulsa.**

## Birth of a Baby Chicken: An Easter Story

By Karen Davis, PhD, President of United Poultry Concerns, 2020



Chick embryo on the 9th day of incubation.

the chick turns its head, placing its beak under its right wing toward the lower part of the enlarged air cell to prepare for hatching and breathing outside the shell.

### INSIDE THE EGG

If the egg has been fertilized, a tiny being is growing inside, whether nestled beneath the mother hen or crammed in an incubator among thousands of other embryos. During the first 24 hours after the egg is laid, the tiny heart starts beating and blood vessels begin to form, joining the embryo and the yolk sac that will nourish the embryo as it grows.

The nervous system originates during the 21st hour of incubation, followed by origination of the head and eyes. Other body parts begin to develop during this time, including the alimentary tract and the spinal column. On the third day, the embryo begins to rotate to lie on its left side. By the fourth day, all body organs are present, with the nose, legs, wings, and tongue taking shape and the vascular system in place.

On the fifth day, the reproductive organs differentiate and the face begins to assume a lifelike appearance. On the sixth day, the beak and the egg tooth (a kind of rough edge that disappears after hatching, which protects the beak and also helps crack the shell) can be seen, along with some voluntary movements of the embryo.

During the next seven days, the body develops rapidly, including the formation of the abdomen and intestines. Feather germs, the origin of feather tracts, appear, the beak begins to harden, toes and leg scales start to show, the skeleton begins to calcify, and chick down appears.

On the fourteenth day, the embryo, now covered with down, rotates to arrange itself parallel to the long axis of the egg, normally with its head toward the large end of the egg near the air cell. On the seventeenth day,

### HATCHING

On the nineteenth day, the yolk sac begins to enter the chick's body through the umbilicus, and the chick positions itself for pipping the shell, that is, for making a hole in the shell to breathe through while struggling to get out. On the twentieth day, the yolk sac completes its absorption into the body cavity and the umbilicus begins to close. By now, the chick occupies the entire area within the shell except the air cell, which it now begins to penetrate with its beak, inhaling outside air through its lungs for the first time.

After pipping the shell to reach the air cell, the chick rests for several hours. It then cuts a circular line counterclockwise around the shell by striking the shell with its egg tooth near the large end of the egg, aided by a special pipping muscle in its neck which helps it to force its beak through the membranes lining the shell.

With the egg tooth, the chick saws its way out of the shell, aided by the mother hen if she is there and help is



A newborn chick is exhausted following hours of hatching from its egg.

needed. Between 10 and 20 hours after the shell is first broken, the chick emerges, wet and exhausted, to face the life ahead.

Nearly two days may pass between the hatching of the first chick and the appearance of the last member of the brood. Thus, some chicks may be almost two days old by the time all of their sisters and brothers have struggled from their shells, as many as 16 others. However, hatching is not a haphazard process.

About 24 hours before the chick is ready to hatch, it starts peeping in its shell to notify its mother and siblings that it is ready to emerge. A communication network is established among the chicks, and between the chicks and their mother, who must stay composed while all the peeping, sawing, and egg-breaking goes on underneath her. Since some eggs may be infertile or aborted, the peeps tell the hen how long she needs to continue sitting on the nest.

**MOTHER HEN AND HER CHICKS**



Photo by Davida G. Breier

As soon as all the eggs are hatched, the hungry mother and her brood go forth eagerly to eat, drink, scratch the soil, and explore. Baby chicks are precocial, meaning they are genetically equipped to find food and follow their own kind, or whoever is in charge, in the process known as imprinting. By imprinting, chicks learn the features of their mother hen and siblings, to ensure their survival. They practice hygiene by preening their feathers and dustbathing almost immediately.

The chicks venture fairly far away from their mother, communicating back and forth all the while with clucks and peeps. The hen keeps track of her little ones on the basis of color, possibly also by smell, and by counting the

peeps of each chick and noting the emotional tones of their voices. Periodically she squats down, and the chicks dash under her outspread feathers where they stay until they are thoroughly warmed before dashing out again.



Photo by Davida G. Breier

**Mother hen warms and protects her chicks.**

Should a peep be missing or sound frightened, she runs to find the chick and deliver it—not always successfully—from the hole in the ground, tangled foliage, or threatening predator.

During the first four to eight weeks or so, the chicks stay close to their mother, gathering beneath her wings every night at dusk. Eventually, she flies up to her perch, indicating her sense that they, and she, are ready for independence.

Young chicks without their mother huddle together at night for the first month or two. Then one evening, you see them practicing sitting in a row, before huddling. Then comes an evening when they are lined up on their perch, arranging and rearranging themselves as before, only this time they stay lined up all night, henceforth roosting like the adults.



**Chicks without their mother learn to perch in a row like the grown-ups.**

# Glens Falls Wing Fest Protest Report, April 2026

by Matthew Collins, Coalition of Animal Rights Enthusiasts



For several years, the upstate New York grassroots organization Coalition of Animal Rights Enthusiasts (CARE) has been urging the Glens Falls Collaborative to cancel its annual chicken wing festival, “Wing Fest,” and replace it with a Vegan Spring Festival. We are saddened that each April the Collaborative and the city of Glens Falls celebrate the suffering and killing of sweet, sensitive, sentient beings through a degrading wing-eating contest and an offensive event logo depicting a live, bodiless chicken with wings floating in space.

If we want to achieve social transformation, we must convince the public of the immorality of animal farming and make it common knowledge that killing animals for gustatory pleasure is not acceptable.



CARE worked to do that during this year’s protest by writing letters to the editor, mailing participating restaurants informational letters and pamphlets about chickens, and creating and circulating a petition with the help of United Poultry Concerns. My Letter to the Editor was published in *The Post-Star* on April 21, 2026, and read in part:

Wing Fest is a festival dedicated to the celebration of chicken suffering and the destruction of the planet. What the Collaborative is doing is called greenwashing, which is “essentially when a company or organization spends more time and money on marketing themselves as being sustainable than on actually minimizing their environmental impact (earth.org).” ... Don’t let the Collaborative gaslight you into thinking they care about the environment. If they did, they wouldn’t host the annual Wing Fest.

The night before the event, we chalked the sidewalks around the festival site with the message: “Chickens suffer.” This simple and truthful statement must have struck a nerve, because when we arrived at the protest the next day, someone had scrawled over our words with mocking phrases such as “Chickens Suffer (from deliciousness)” and “Chickens Taste Super.” Whoever did this would not have gone to the trouble of covering all our messages with cruel humor if what we wrote were not true.

We want this kind of counterprogramming to grow wherever Wing Fests are held. Nothing will change unless we change the narrative. We need to put these messages into the public sphere and force people to confront the issue: are you for the abuse of animals, or against it?

Chickens are the most abused land animals exploited on factory farms. Because of this, we are working to build a movement of activists willing to educate the public, leaflet, and protest at local chicken wing festivals. If you see one of these events scheduled in your area, please add your voice and help grow the movement.

# Court Clears Way for NYC Foie Gras Ban, But Obstacles Remain



Photo by Animal Equality

The 2019 ban on the sale of foie gras in New York City was overturned by the New York State Supreme Court on June 21, 2024, as UPC reported in *Fall 2024 Poultry Press*. On March 12, 2026, the **New York State Court of Appeals ruled that New York City’s foie gras ban can take effect**, rejecting arguments from foie gras producers and restaurants who claimed the city did not have authority to prohibit the sale of products made through force-feeding birds. The court found that the city is allowed to regulate products connected to animal cruelty, clearing a major legal obstacle to the ban.

This is encouraging news, but obstacles remain before the ban can take effect. The March 12, 2026, *Gothamist* article, “*New York court clears way for NYC foie gras ban to take effect*,” reports:

But the ban may not take effect immediately. A spokesperson for the New York City Law Department said the state could still seek permission to appeal the ruling to the Court of Appeals. The spokesperson also said the city is currently subject to an injunction in a separate lawsuit brought by foie gras producers that prevents enforcement of the law until there is a “final, nonappealable” order in the case against the state.

Thursday’s court ruling is a “historic victory for animals,” said Allie Taylor, who heads Voters For Animal Rights, which helped lobby for the ban’s original passage seven years ago.

“Today’s ruling not only upholds the city’s ability to make decisions in the best interest of its residents, human and nonhuman alike, but also shows the power of citizens coming together for justice and compassion,” she said. “This is a momentous step forward in creating a kinder, more humane world and it proves that meaningful change is possible when people refuse to accept cruelty as the status quo.”

## What Can I Do?

Help restaurants in NYC (*and everywhere!*) reduce their dependence on animal cruelty. Order and distribute copies of our new handout, “Ask Restaurants to Switch to Vegan Faux Gras,” which exposes the cruelty behind foie gras and offers a vegan faux gras recipe as a solution. This handout is great to use for leafleting in front of restaurants that serve foie gras or just sharing with your local chef. To find foie gras restaurants in your area, just type “foie gras restaurant near me” in your favorite internet search engine.

### Ask Restaurants to Switch to Vegan Faux Gras




**To produce foie gras, ducks and geese are force-fed two to three times a day until their livers grow up to 10 times their normal size.**

In 2014, *Newsweek* published a report that included a disturbing video showing “workers at a foie gras factory in southern France separating out day-old female ducklings from a mixed group and tossing them down a chute into an industrial mincer.”

Only male ducks are used to make foie gras because they gain weight faster than their female counterparts. Millions of female ducks are thrown alive into industrial grinders every year.

Foie gras production is turning more and more people away from the “gourmet” cruelty of force-feeding ducks and geese with steel pipes to manufacture diseased livers for human consumption.

Restaurants all over the country have stopped serving foie gras thanks to activist pressure. If you notice a restaurant that is still serving foie gras, please ask them to switch to this vegan alternative by French chef Alexis Gauthier.

#### Alexis Gauthier’s Vegan Faux Gras Recipe

**Ingredients**

- 1 shallot, peeled and diced
- 4 tbsp. olive oil
- 4 cloves garlic, peeled and thinly sliced
- 2 tsp. chopped rosemary
- 2 tsp. chopped thyme
- 2 tsp. chopped sage
- 24 button mushrooms, roughly sliced
- 2 tbsp. cognac
- 2 tbsp. soy sauce
- 2 cups cooked lentils
- 1¼ cups toasted walnuts
- 2 tbsp. beetroot puree
- Black pepper, to taste

## Vegan Recipe Corner

### Cabbage Steaks

Recipe by *WellPlated.com* (slightly modified)

#### Ingredients

- 1 medium head of green cabbage
- 1/8 cup extra virgin olive oil
- 5 cloves garlic minced
- 1/2 to 1 teaspoon kosher salt
- 1/8 teaspoon turmeric
- 1/4 teaspoon ground black pepper
- 1/3 cup raw walnut pieces (optional)
- 1/8 teaspoon smoked paprika (optional)
- For serving (optional): nutritional yeast and chopped fresh herbs, such as thyme or parsley

#### Instructions

1. Preheat oven to 400 degrees F. Generously coat a rimmed baking sheet with nonstick spray and set aside.
2. Cut off the bottom (root) end of the cabbage and place it on a cutting board sitting up so that

the flat end is on the cutting board. Cut top to bottom into 1-inch thick slices. Place on the prepared baking sheet.

3. In a small bowl, whisk together the olive oil, garlic, turmeric, salt, and pepper. Brush over one side of the cabbage, then flip the cabbage over and brush the other side. Roast the cabbage for 26 to 28 minutes, or until crispy at the edges and tender in the center.
4. Halfway through the baking time, sprinkle the smoked paprika and walnut pieces over the cabbage and rotate the pan 180 degrees. No need to flip the cabbage over.
5. Optional: Sprinkle nutritional yeast and fresh herbs. Serve hot.

For more great recipes, go to  
[www.upc-online.org/recipes/](http://www.upc-online.org/recipes/)



Photo by Liqin Cao

# POSTCARDS

20 for \$4.00, 40 for \$7.50



"Love is Best"

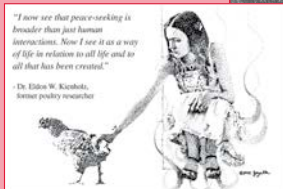


"Peaceable Kingdom"

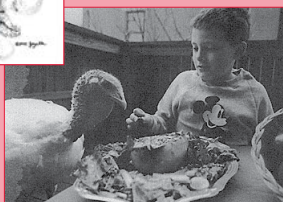
"Chickens - To Know Them is to Love Them"



"Friends"



"Researching the Heart"



## FACT SHEETS

20 for \$3.00

- "Viva, the Chicken Hen / Chickens Raised for Meat"
- "Jane-one tiny chicken foot"
- "Poultry Slaughter: The Need for Legislation"
- "The Rougher They Look, The Better They Lay" (free-range egg production)
- "Intensive Poultry Production: Fouling the Environment"
- "Philosophic Vegetarianism: Acting Affirmatively for Peace"
- "The Rhetoric of Apology in Animal Rights"
- "Providing a Good Home for Chickens"
- "Chicken Talk: The Language of Chickens"
- "Celebrate Easter Without Eggs"
- "Chicken for Dinner: It's Enough To Make You Sick"
- "Damn Dairy"
- "Henny's New Friends"
- "Avoiding Burnout"
- "The Life of One Battery Hen"
- "Bird Flu - What You Need to Know"
- "Peeper the Turkey, a Story of Unending Love"

"How I Learned the Truth About Eggs"  
 "Factory Farming vs. Alternative Farming: The Humane Hoax"

## BROCHURES

20 for \$3.00

- "A Wing & A Prayer" (Kapparot ritual)
- "Don't Plants Have Feelings Too?"
- "Chickens"
- "The Battery Hen"
- "Turkeys"
- "Ostriches & Emus: Nowhere To Hide"
- "Japanese Quail"
- "The Use of Birds In Agricultural and Biomedical Research"
- "Free-Range' Poultry and Eggs: Not All They're Cracked Up to Be" - New & Revised!
- "Live Bird (Poultry) Markets"
- "Chicken-Flying Contests"

## LEAFLETS (FLYERS)

10 for \$1.00, 25 for \$2.50

- "Ask Restaurants to Switch to Vegan Faux Gras"
- "Chicken for Dinner?"
- "The 'Human' Nature of Pigeons"
- "The Truth about Feather Hair Extensions"
- "Birds Suffer Horribly for Pillows & Coats"

## Bumper Stickers \$2 each

Don't Just Switch from Beef to Chicken: Get the Slaughterhouse out of your Kitchen.  
 Don't Just Switch from Beef to Chicken: Go Vegan.

## Beautiful Chicken and Turkey Buttons

\$3.50 each. 3 for \$8. 10 for \$15. Any mixture.

Stick Up For Chickens • Chickens are Friends, Not Food  
 Turkeys are Friends, Not Food • End Chickens as Kaporos  
 Be Kind to Turkeys - Don't Gobble Me



## Life Can Be Beautiful - Go Vegan! Brochure



24 full-color  
 5.5" x 8.5" pages.

\$1.00 each.  
 20 for \$5.00.  
 50 for \$10.00.  
 100 for \$15.00.  
 200 for \$25.00.

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All Prices Include Postage

To order indicated items send check or money order to:

**United Poultry Concerns**  
 P.O. Box 150  
 Machipongo, VA 23405-0150

Or order online at [upc-online.org](http://upc-online.org)

## T-shirts Too Neat to Eat (Hen & Egg or Rooster) •

Give a Cluck. Go Vegan! • What Wings Are For • Available in Unisex (S, M, L, XL) or Ladies (S, M, L, XL) \$30

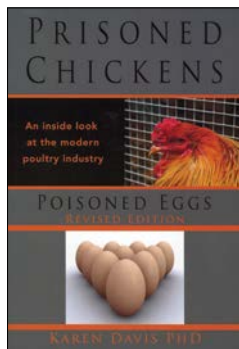


BOOKS

**Prisoned Chickens, Poisoned Eggs: An Inside Look at the Modern Poultry Industry**

By Karen Davis

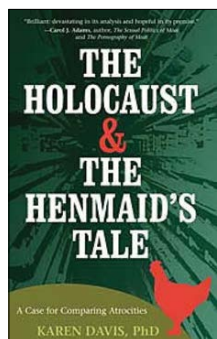
This newly revised edition of *Prisoned Chickens, Poisoned Eggs* looks at avian influenza, food poisoning, chicken suffering, genetic engineering, and the growth of chicken rights activism since the 1990s. Presents a compelling argument for a compassionate plant-based cuisine. "Riveting . . . Brilliant." – *Choice magazine, American Library Association* \$14.95.



**The Holocaust and the Henmaid's Tale: A Case for Comparing Atrocities**

By Karen Davis

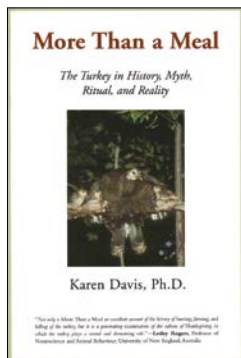
In this thoughtful and thought-provoking contribution to the study of animals and the Holocaust, Karen Davis makes the case that significant parallels can – and must – be drawn between the Holocaust and the institutionalized abuse of billions of animals on factory farms. "Compelling and convincing . . . this bold, brave book." – Charles Patterson, author of *Eternal Treblinka* \$14.95



**More Than a Meal: The Turkey in History, Myth, Ritual, and Reality**

By Karen Davis

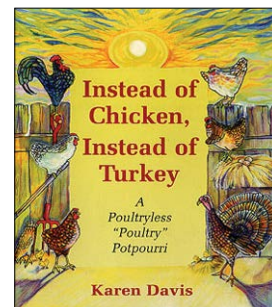
Karen Davis shows how turkeys in the wild have complex lives and family units, and how they were an integral part of Native American and continental cultures and landscape before the Europeans arrived, while drawing larger conclusions about our paradoxical relationship with turkeys, all birds and other animals including other human beings. "The turkey's historical disfigurement is starkly depicted by Karen Davis in 'More Than a Meal.'" – *The New Yorker* \$14.95



**Instead of Chicken, Instead of Turkey: A Poultryless "Poultry" Potpourri**

By Karen Davis

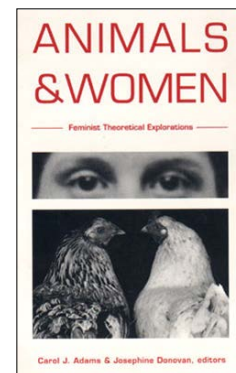
This delightful vegan cookbook by United Poultry Concerns features homestyle, ethnic, and exotic recipes that duplicate and convert a variety of poultry and egg dishes. Includes artwork, poems, and illuminating passages showing chickens and turkeys in an appreciative light. \$14.95



**Animals and Women: Feminist Theoretical Explorations**

Edited by Carol J. Adams & Josephine Donovan

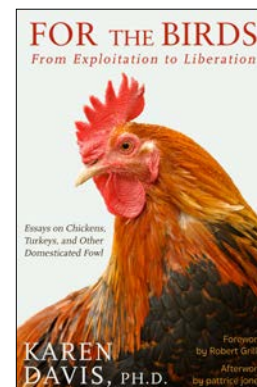
"Karen Davis's brilliant essay [Thinking Like a Chicken: Farm Animals and The Feminine Connection] brings together the book's central concepts, leading to conclusions that rightly should disturb feminists and animal advocates alike." – Review by Deborah Tanzer, Ph.D. in *The Animals' Agenda*. \$16.95



**For the Birds: From Exploitation to Liberation**

Essays by Karen Davis

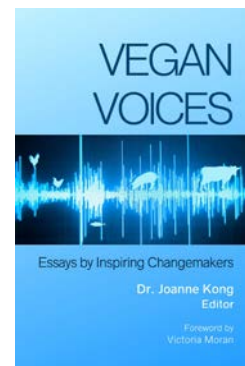
FOR THE BIRDS "Can Only Be Described with Superlatives" – *Animal Culture Magazine*. \$20



**Vegan Voices: Essays by Inspiring Changemakers**

Edited by Dr. Joanne Kong

This inspiring book includes the essay "With Heart and Voice: Will Birds Sing Or Will They Be Silent?" by Karen Davis. \$20



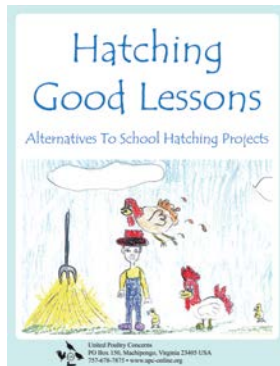
## CHILDREN'S BOOKS & EDUCATIONAL MATERIALS

### Hatching Good Lessons: Alternatives To School Hatching Projects

By *United Poultry Concerns*

A guide booklet for elementary school teachers and other educators including parents. 16 pages of information, storytelling, classroom activities & color photos. Grades K-6 (some activities are designed for K-12). \$2.50 per booklet. 5 for \$5. It can be viewed and printed out at

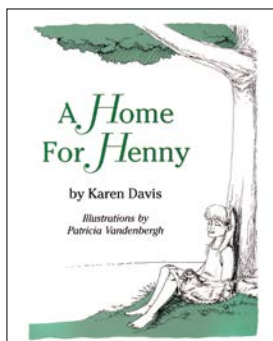
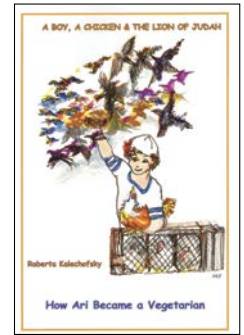
[www.upc-online.org/hatching](http://www.upc-online.org/hatching).



### A Boy, A Chicken and The Lion of Judah – How Ari Became a Vegetarian

By *Roberta Kalechofsky*

This wonderfully gifted children's story, set in modern Israel, is about a young boy's quest for moral independence. An intelligent book for all ages. Winner of the Fund for Animals "Kind Writers Make Kind Readers Award." \$10



### A Home for Henny

By *Karen Davis*

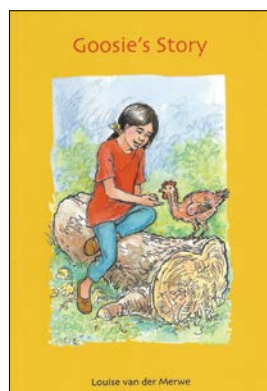
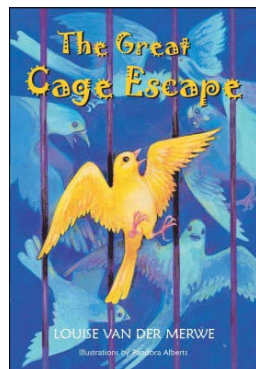
Melanie is a 3rd grader who is excited about a chick hatching project in her class at school. The project seemed like a good idea at first, but unexpected problems arise and the whole class learns a lesson in compassion. When the project is over, Melanie adopts one of the chicks she names Henny. *A Home for Henny*

explores the challenges and concerns with school hatching projects while evoking the lively personality of Henny and her loving relationship with Melanie. \$6.99

### The Great Cage Escape

Grades 4-7. By *Louise Van Der Merwe*

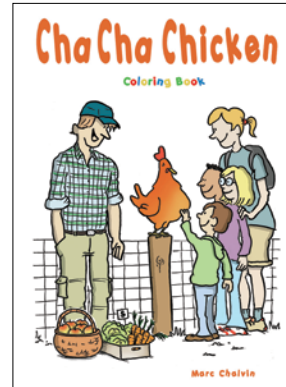
The birds in a pet shop think they are happy until a brown box punched full of air holes is left overnight on their front door step. The creature inside looks very weird at first. But as his feathers begin to grow, his true identity becomes apparent, and the stories he tells inspire the pet shop birds to pull off a Great Cage Escape. This is a story that encourages respect for all forms of life and helps learners realize that heaven can be right here on earth if we choose to make it so. \$4.95



### Goosie's Story

By *Louise Van Der Merwe*

A touching story about a "battery" hen who is given a chance to lead a normal life – a happy life. This moving book will be warmly welcomed and shared by children, parents and teachers, highlighting as it does the concern and compassion we ought to feel for all our feathered friends on this earth. \$4.95



### Cha Cha Chicken Coloring Book

By *Marc Chalvin*

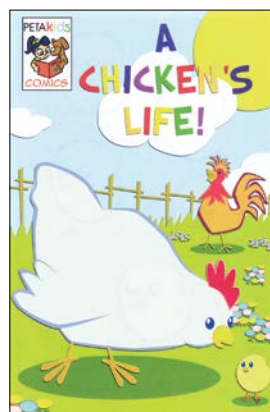
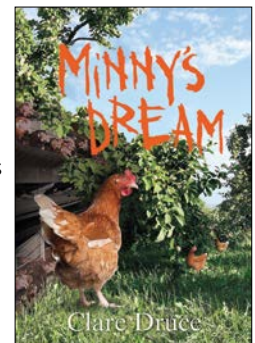
Narrated by Cha Cha the hen, this book invites children to visit Green Farm sanctuary and learn about the happy animals who live there. Written by Marian Hailey-Moss and illustrated by Marc Chalvin, Cha Cha shows children that chickens are people too and invites them to

color their world beautiful! *Cha Cha Chicken Coloring Book* is a delightful gift for children K-3. \$10

### Minnie's Dream

By *Clare Druce*

What happens when a young girl from the city discovers a battery-hen operation in the country? What happens when a "battery hen" named Minny speaks to her? What must she do when her friend Minny is going to be killed? This book is a must for the young person(s) in your life, age 8-14. \$10



### A Chicken's Life!

Grades 4-6. *PETAkids Comics*

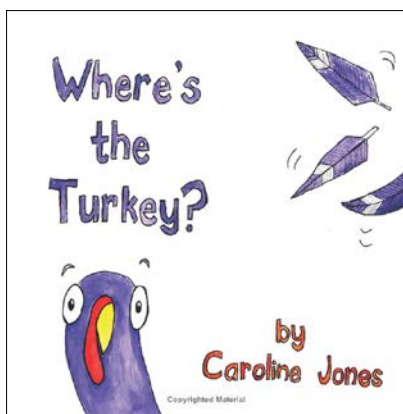
This cute comic book illustrates a group of children visiting an animal sanctuary where they meet a flock of chickens and learn all about them including the differences between Nature's Way and The Factory Farm Way. "Are these chickens really your friends?" they ask. "I've never met a chicken before." *A Chicken's Life* includes a puzzle for elementary school students to unscramble words

including barn, beak, cluck, feathers, grass, hatch, peck, peep, wings, and lots more. \$1.50 each. 10 for \$10.

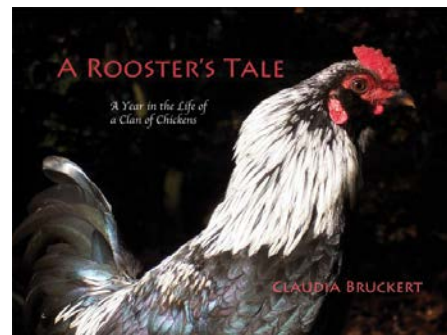
**More Books, plus Videos available at [upc-online.org/merchandise](http://upc-online.org/merchandise)**

**(continued) CHILDREN'S BOOKS & EDUCATIONAL MATERIALS**

**Where's the Turkey?**, by Caroline Jones, is a charming and adorable book for young children. The child is engaged in a journey, with visual clues in the illustrations, toward discovering where the turkey is, which is not on the table. Young children love the "look-and-find" challenge page by page. I recommend this book most highly. It illustrates a Happy Thanksgiving with the whole family and a delicious Thanksgiving feast for which the turkeys themselves can give thanks for enjoying the day in their own happy "turkey" way. \$10



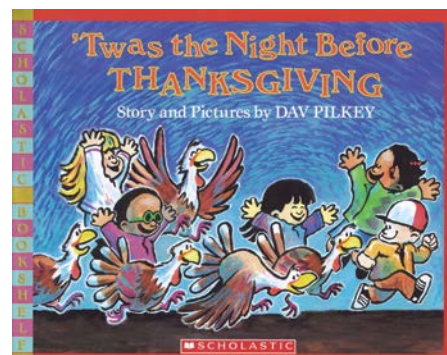
**A Rooster's Tale: A Year in the Life of a Clan of Chickens** by Claudia Bruckert, transports readers to the fascinating world of Change, who tells the real life story of his chicken family during his first year of life. Enchanting experiences and intriguing facts, chronicled and photographed beautifully over the course of one year, convey deep insights into the daily life of chickens. Grades 3-12 and a reading joy for all ages. \$20



**'Twas the Night Before THANKSGIVING**

Story and Pictures by Dav Pilkey, Scholastic Book Shelf

Turkeys don't usually celebrate Thanksgiving. And they wish we wouldn't either! Here is a tale of eight children who meet eight turkeys who are in big trouble. Only the kids can keep the turkeys from meeting their Thanksgiving fate. But how will they save the turkeys? \$10



**Plus These Great Gifts from UPC!**

**Cruel: Bearing Witness To Animal Exploitation** By Sue Coe, OR Books, 2012

Renowned visual artist Sue Coe, pioneer champion of animal rights and author of *Dead Meat*, has produced this mesmerizing new book documenting the experiences of animals raised and slaughtered for human consumption. Through its written account and haunting visual images, *Cruel* is a surpassingly passionate testimony to the waste, sorrow and violence perpetrated by our species against others. \$20



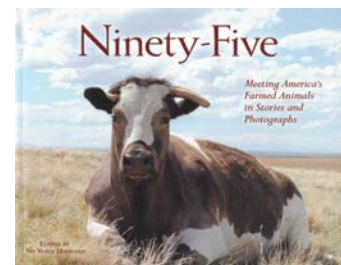
**Sanctuary: Portraits of Rescued Farm Animals** By Sharon Lee Hart, Charta Books, 2012

Sharon Lee Hart's photography project SANCTUARY takes you on an intimate journey to meet wonderful animals and the courageous rescuers who become their companions. Sanctuary caregivers evoke individual animals in short, handwritten stories accompanying Hart's starkly beautiful black & white photography. \$20



**Ninety-Five: Meeting America's Farmed Animals in Stories and Photographs**

An anthology of photos and stories by No Voice Unheard Editors: Marilee Geyer, Diane Leigh and Windi Wojdak. \$20



**More books and videos available at [upc-online.org/merchandise](http://upc-online.org/merchandise)**

**Stickers** Send a message with your mail! Order our eye-catching color stickers! 2" x 2 3/4", 100 stickers for \$10.



**"Dying for Dinner" Cards**  
Place in stores, mail, etc.!  
3" x 4", 25 for \$2.50



**POSTERS**



**International Respect for Chickens Day**

Celebrate 12.5" x 17" Wings 12" x 16"



**A Heart Beats in Us the Same as in You**

Photo by PeTA  
Full-color poster vividly captures the truth about factory chickens for the public. Vegetarian message. 18"x22".



Today's chickens are forced to grow too big too fast. They're forced to live in filth. They go to slaughter with yellow pus, harmful bacteria, heart and lung disease, tumors, crippled legs, sick immune systems, and more. Millions of dollars are spent hiding these facts.

**Friends, Not Food**

Photo by Franklin Wade  
Liqin Cao & FreddaFlower.  
Full color 19"x27" poster.



**WHAT WINGS ARE FOR**



**CHICKS NEED THEIR MOTHERS**

Photos by Jim Robertson & Karen Davis  
Great educational tool. Full color 11-1/2"x16" poster.

**Walking to Freedom After a Year in Cages**

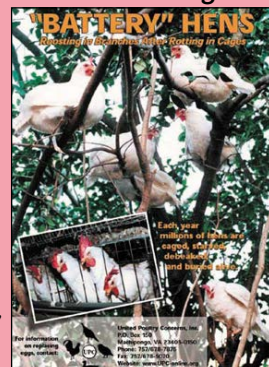
Photo by Dave Clegg. Full color, 18"x22" poster.



**"Battery" Hens**

Roosting in Branches After Rotting in Cages

Photo by Susan Rayfield  
This beautiful color poster shows the rescued Cypress hens at UPC. Perfect for your office, your home, your school. 11.5"x16".



**Great Turkeys Poster!**

Photos by Barbara Davidson & Susan Rayfield  
The posters are in color, and come in two sizes: 11.5" x 16", and 18" x 27".

**UPC posters in any mix:  
One for \$4. Two for \$5.  
Three for \$7.**

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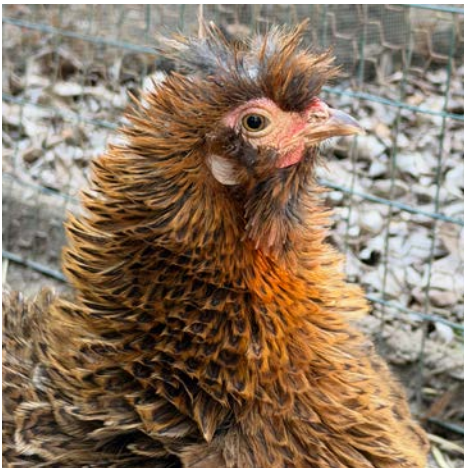
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Cage-Free Commitment Fails Hens  
International Respect for Chickens Month Gallery  
Gertie the Jazz-Loving Hen  
Tractor Supply Company Action Alert  
Chickens Shot by Oklahoma Patrol  
Birth of a Baby Chicken: An Easter Story  
NYC Foie Gras Ban Update  
Glens Falls Wing Fest Protest Report  
Freddaflower Fund, Vegan Recipe Corner & More!

*Wishing You a Happy Spring & Summer!  
Please renew your membership for 2026*



Photos by Liqin Cao

*Portraits in Poultry Paradise*