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## June is National Dairy Month

As featured by The International Dairy Foods Association (IDFA)

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world after the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month."

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to

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## Backyard Birds

By State Vet's Office

Raising poultry at home can be more than a hobby. Birds, like other pets, teach responsibility; they also teach about agriculture and provide food. The trend for backyard birds, especially in cities, is growing. A recent survey found 70% of backyard bird owners have less than 10 birds, and most of the birds are kept for food (eggs and meat), natural pest eaters, and pets. It's also possible to compost the birds' manure as fertilizer for plants.

Raising backyard birds requires a financial investment up front and ongoing investments of time and money. Birds require access to a veterinarian to make sure they are healthy. Disease can spread easily between birds and people; [Salmonella](#) is the

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## Spillman Training

By Captain Richard Shore

The Arizona Department of Agriculture (AZDA) is currently training all of their Livestock Inspectors and Officers on a new system called Spillman. This system will help AZDA keep digital records of calls for service and digitalizes the report writing system. We currently have a hand written system and it can be somewhat hard to search for a report that may have been written. The new system will be able to search the database for numerous fields to identify a particular report. The system will also have access to most of our current forms so that staff will no longer have to handwrite the forms. These forms will be fillable and much easier for the staff to use.

AZDA is hopeful that this system will lean many processes we currently use on a day to day basis. With the partnership that we have built with the Arizona Department of Transportation Enforcement Compliance Division, the job will become easier for our staff. After numerous training days, we are hoping to go live with Spillman on June 3rd. This will take some getting used to as would any new system, but will allow our customers to call their own brand inspectors. Inspectors can then create a call for the customer. We will continue to have dispatch available to take calls whenever an inspector is on

annual leave or other time off. This new system will make the process easier for ranchers and customers to get an inspection to move livestock.

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## FSIS-USDA Inspection Methods Training

By Alyssa Stolins, MPI Inspector

I was selected to attend a four week long training course April 29th through May 23rd called FSIS-USDA Inspection Methods training in Dallas, TX. I was the first Arizona Department of Agriculture Meat and Poultry Inspector to be able to attend this class. Our first day, we were given our first 1000-page binder that we would be covering the first two weeks and told the second 1000-page binder would be covered the last two weeks. The exam for the course would be split in half, consisting of two pretests and two post-tests. The class started with more of the basic concepts of meat inspection such as Sanitation Performance Standards (SPS) which is overall sanitation of a plant that does not affect food contact surfaces and potentially lead to adulteration. Once a food contact surface becomes involved it falls into the Sanitation Standard Operating Procedures (SSOP). Every establishment is required to develop their SSOP's and implement the specific procedures listed to prevent direct contamination or



product adulteration. If direct product contamination or adulteration does occur it then becomes a food safety hazard which falls into the category of the Hazard Analysis and Critical Control Points, HACCP Plan. The first two weeks were spent going through each of these steps in depth and learning the proper way to gather information, assess the information that was obtained, and determine if the establishment was in regulatory compliance or not. The course also went into great detail about the exact Regulatory Control Actions (RCA) that need to be taken both to bring the establishment under compliance while giving them due process. We did a lot of hands on activities and workshops as groups giving us the opportunity to learn together and help our peers. Part of the hands-on activities included getting onto computers and learning the Public Health Inspection

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## Farmer's Market Omelets

Featured by the [Incredible Egg](#)

Yields 4 servings

### Ingredients

- 4 eggs
- 1/4 cup water
- 2 tsp grated reduced-fat Parmesan cheese
- 1/2 tsp dried basil leaves
- 1/4 tsp garlic powder
- 2 tsp canola oil

### FILLING:

- 1/2 cup sliced mushrooms
- 1/2 cup thinly sliced yellow summer squash
- 1/2 cup thinly sliced zucchini
- 1/4 cup chopped red bell pepper
- 2 tbsp water

### Directions

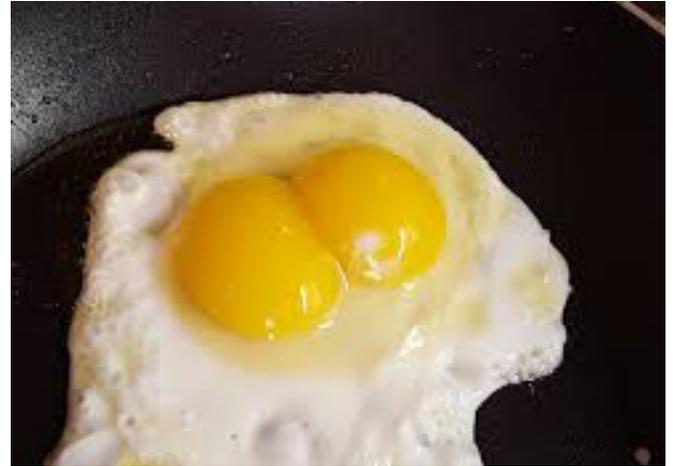
1. COMBINE filling ingredients in 7 to 10-inch nonstick omelet pan or skillet. COOK and stir over medium heat until water has evaporated and vegetables are crisp-tender, 3 to 4 minutes. REMOVE from pan; keep warm. CLEAN pan.
2. BEAT eggs, 1/4 cup water, cheese, basil and garlic powder in medium bowl until blended. HEAT oil in same pan over medium-high heat until hot. TILT pan to coat bottom. POUR IN 1/2 of the egg mixture. Mixture should set immediately at edges.
3. GENTLY PUSH cooked portions from edges toward the center with inverted turner so that uncooked eggs can reach the hot pan surface. CONTINUE cooking, tilting pan and gently moving cooked portions as needed.
4. When top surface of eggs is thickened and no visible liquid egg remains, PLACE 1/2 of the filling on one side of the omelet. FOLD omelet in half with turner and SLIDE onto plate; keep warm. REPEAT with egg mixture and filling to make second omelet. SERVE immediately.

## Double Yolk? Lucky You.

As featured by the Egg Nutrition Center, posted Allison Pigatto, MS, RD, LDN Nutrients In Eggs

Double Yolk Blog

Have you ever cracked open an egg and found two bright yellow yolks? It's your lucky day! Eggs with two yolks are perfectly safe and are said to bring good fortune. But why do some eggs get an extra yolk and what does it mean for your breakfast?



Eggs are formed in the hen's reproductive system, known as the oviduct. Each day, a yolk is released from the hen's ovary and, over the course of 26 hours, is turned into an egg as it passes through the structure. Young hens, who haven't fully settled into a laying cycle, will sometimes release two yolks at the same time. In other cases, a yolk will get stuck in the oviduct until the next day when a new yolk pushes it through – forming a double yolk.

When considering the nutritional value of a double egg, remember the yolk is a nutrient goldmine. With 13 essential vitamins and minerals, as well as 40% of the eggs' high-quality protein. But does a double yolk mean double the nutrition? Not quite. In most cases, each of the yolks in a double are smaller than a fully formed single yolk. While the exact nutritional profile of double yolk eggs may vary slightly, it is likely similar to that of a jumbo egg.

What happens if you come across a double yolk when baking or cooking? While double yolk eggs are usually the same size as the other eggs in the carton, they may have a higher yolk to white ratio. This shouldn't be a problem for most dishes. However, a double yolk can cause problems in baking, where the ratio of fat and sugar needs to be carefully measured. If you're worried about the amount of fat in a double yolk, try comparing it to yolks in other eggs in your carton to see if it's similar in size.



# Backyard Birds

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most common. Salmonella is a bacteria that causes diarrhea, fever and abdominal cramps. Live chickens, ducks and other poultry often have salmonella but don't appear sick. Everyone should wash their hands before and after working or playing with the birds.

Bird health is a national concern. The outbreak of Avian Influenza in the Midwest in 2016 killed hundreds of thousands of birds. The initial cases were thought to have come from wild birds flying through the area and sharing food. The National Poultry Improvement Plan (NPIP) specifically talks about biosecurity and transfer of disease

There are several steps to consider if you want to raise chickens in your yard.

Check your city or town to see if poultry is allowed.

Where's the best place to buy a chicken?

- A feed store that purchased from a NPIP Certified Dealer
- An NPIP certified flock in Arizona
- An NPIP certified flock from out of state
- State or county fair

What should I look for when buying a bird?

- Research the breed of

bird to be familiar with its hardiness for Arizona weather, ease of care, and longevity

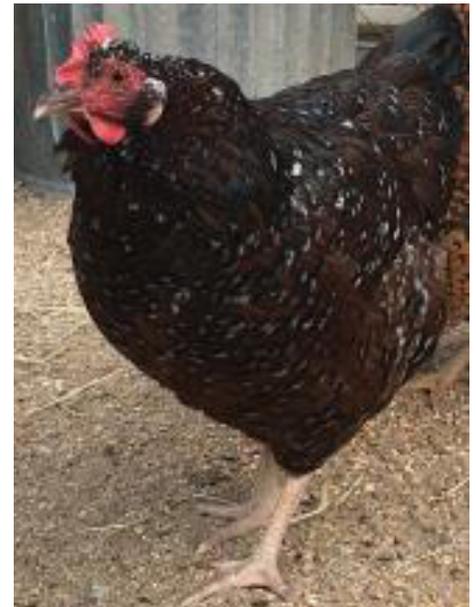
- Purchasing a bird from an NPIP certified flock guarantees flock was tested and is free from Salmonella Pullorum (a type of Salmonella that humans can get)
- Make sure the bird looks healthy, no watery eyes or discharges coming from the eyes or nostrils
- Observe the bird's behavior and activity level

What do I need for the bird as far as housing?

- Separate housing for chickens outside the home
- A coop or enclosure with right shelter for the type of bird
- A system to moderate temperatures during winter and summer
- A [Line of Separation](#) will protect your bird from people
- Containment to protect your bird, its water, and food from wildlife
- Good biosecurity measures will help keep your birds from disease
- An easy to clean shelter will help prevent buildup of manure

How do I keep the bird healthy?

- Find a local veterinarian that can help you keep your flock healthy
- Research the type of feed recommended for the breed, most feed stores can help



- Make sure the feed is not moldy, and the birds are fed on a regular basis
- Make sure they have access to fresh, clean water 24 hours a day
- Protect birds from extreme temperatures; birds can be sensitive to heat and stress easily
- Check birds purchased for eggs several times a day and collect the eggs often
- Watch the health of birds regularly and move birds that appear sick away from other chickens

If you want to sell eggs, check into what's required by the state. Arizona has an exclusion for small sales, but you must be [registered with the Arizona Department of Agriculture](#).

For more in-depth information about protection of poultry in Arizona, visit the Arizona Department of Agriculture [National Poultry Improvement Plan page](#).



## FSIS-USDA Inspection Methods Training

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Services (PHIS) system which is where all of our tasks, communication with establishments and fellow inspectors, noncompliance reports, sampling alerts, meeting agendas, and establishment profiles is done on a daily basis. Weeks three and four were equally as intensive, diving into Sanitary Dressing Procedures, Food Defense Plans, Humane Handling, Hazard Analysis Verification tasks, Slaughter Food Safety Standard, Sampling Management, Pathogen Reduction, Lethality Stabilization and Multiple Hurdles, and many more topics. I have been a part of the AZDA Meat and Poultry Inspection (MPI) program for two years as of March 13th and felt very comfortable with my knowledge and understanding of these concepts and my job responsibilities, but after attending this class I realized there were several areas I was greatly lacking in. The class helped me in learning different thought processes, what types of questions to ask myself, and analyze the information that is provided. I am extremely grateful to have had this opportunity and firmly believe that this is a course that every MPI Inspector would benefit from attending.

## June is National Dairy Month

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better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

### How to celebrate Dairy Month

Celebrating Dairy Month is simple and incredibly delicious! Go out today and make sure you buy and indulge in some of your favorite dairy products. Start your day with a great big bowl of cereal with ice cold milk poured on, in the middle of the day stop and have yourself a delicious fruit and yogurt cup for a healthy boost, and follow dinner with a creamy bowl of ice cream in your favorite flavor.

Finally, make sure at some point during your day you thank a dairy farmer, to remember where this amazing part of our diets comes from.



## Contact Us

**Dairy:**  
**(602) 542-4189**

**Dispatch:**  
**(623) 445-0281**

**Egg:**  
**(602) 542-0884**

**Licensing:**  
**(602) 542-3578**

**Meat & Poultry:**  
**(602) 542-6398**

**Poultry Disease Hotline:**  
**1-888-742-5334**

**Self-Inspection:**  
**(602) 542-6407**

**State Vet's Office:**  
**(602) 542-4293**

