



## The Dish *from Eggbert*



Eggbert

Hi there! My name is Eggbert and I work with the Colorado Egg Producers Association, also known as CEP. CEP is a group of six egg farmers right here in Colorado. Our members produce and sell more than one billion eggs each year!

As for me, I grew up on a beautiful egg farm in Colorado. I spent much of my childhood exploring the farm and learning all I could about the egg production business. But I knew there was always more to learn, so I left home to travel the world. Through my travels, I learned about how different people eat and enjoy the incredible, edible egg. But I really missed the mountains and the farming and ranching way-of-life. So after a few years, I returned home to Colorado to share all I had learned with you!

That's when I joined the Colorado Egg Producers (CEP) Association. Through CEP, I teach Coloradans about egg farming and nutrition. I go to a lot of fun community and family events across the state to meet Colorado kids like you. I also love giving back to people in need through CEP. Eggs are one of the cheapest, healthiest foods on the planet and can really help hungry families. That's why CEP gives more than one million eggs to food banks in Colorado each year!

We hope you enjoy all the tips, lessons and fun in this month's Colorado Kids. From egg nutrition to types of egg farming and delicious recipes, we've got a lot of egg-citing information for you!

If you want to learn more about CEP or find out about the events I attend, you can visit our website at [www.coloradoeggproducers.com](http://www.coloradoeggproducers.com).

*By Eggbert, Colorado Egg Producers Association*

## From Farm to Fork: An Egg's Journey

Each morning, kids across Colorado wake up to a delicious, healthy breakfast of eggs. Hey, maybe one of those kids is you! As you take a big bite of your scrambled eggs or omelet, have you ever wondered where those eggs came from? Do you have a guess?

Nope, it's not the grocery store. Though that's probably where your family bought them. Those eggs started on a farm before ending up on your plate.

Hens lay eggs on egg farms. There are six egg farms in Colorado that produce more than one billion eggs each year. Good eggs start with healthy hens. Colorado egg farmers take good care of their hens by providing them with food, fresh water, space and shelter.

Hens usually lay eggs between 7:00 a.m. and 11:00 a.m. A machine called a conveyor belt, which is kind of like a moving road, collects the eggs each morning. The conveyor brings the eggs through a machine that washes them to remove dirt and germs. Next, each egg is carefully checked inside and out to make sure it is perfect for your plate. Eggs are then sorted by size and packed into their cartons. Once they are packed and ready to go, egg cartons are shipped to grocery stores on refrigerated trucks. The whole process can take just a day or two!

After making it to the grocery store, eggs are purchased, brought home and cooked for your breakfast and other snacks and meals. Eggs made in Colorado don't have to travel very far from the farm to your home, so you can be sure that they are as fresh as they can be.

*By The Colorado Egg Producers Association*



Photos/American Egg Board and CEP

## “Farmland”: A Review

We asked our friend, Ethan, to review the film “Farmland”. “Farmland” shows us what life is really like on farms and ranches across the United States. Read Ethan's review below to see what he thought of the movie.

“Farmland” was very interesting. There is so much to know about the marketing, harvesting, and actual risk-taking in farming. The complexity of farming and ranching was a hard thing to believe. I thought this film was intriguing at some points and was an overall good movie. I loved the way that the director showed the best of both worlds, showed famers in many states and how they cope with the environment, supply and demand, weather and marketing.

Ultimately this movie was educational and intriguing to me. In my opinion this movie would be good for kids in middle school and up because they will better understand it. The setting, plot and problem all went together well. This movie will teach you what's actually happening on the farmland. There may be tough moments or harsh weather, but if we don't have future generations of farmers and ranchers who will grow the food we eat for dinner?



*By Ethan, a CK Reporter.*

# A Peak Inside the Barn

Hi, my name is Beth. My dad is a Colorado egg farmer and a member of CEP. Growing up on our egg farm in northern Colorado has been wonderful. I get to explore all of our 1,000 acres of farmland, see our barns outside of my bedroom window and eat fresh eggs each morning. Let me tell you a little about our farm!

We have more than 85 employees who help my dad raise more than 400,000 pullets, or replacement chicks, and care for more than 1.3 million egg-laying hens that produce 800,000 eggs each day. We provide our hens with nutritious diets and plenty of water. In fact, we have more than 200 different diets for our hens that give them the nutrients they need based on their age and breed. The more nutritious a hen's diet is, the more nutritious her eggs will be.

We use different housing systems on our farm. Some of our hens live in modern cage systems while others live in cage-free systems. Both systems have benefits, such as keeping our hens safe from bad weather, diseases or predators. Both systems also give them plenty of food and water. We have lights in the barns that act as sunlight for the hens. The lights turn on everyday at 5:00 a.m. to wake them up and turn off at 9:00 p.m. so they can go to sleep.

You may be wondering if I collect the eggs by hand each morning. As much as I would like to, the answer is no. We have many machines that collect, clean, sort and pack all of the eggs. My dad always uses the newest and best technology to keep our farm running smoothly.

I hope you enjoyed learning a little bit about my home. I love our egg farm and would never want to grow up anywhere else!

By Beth



## The YOLK's On Us!

Make your friends and family crack up with these egg jokes!

What day do eggs hate the most?  
*Fry-day*

What do you call an egg that goes on safari?  
*An egg-splorer*

What do you call a city of 20 million eggs?  
*New York City*

How do monsters like their eggs?  
*Terri-fried*

What do you call a mischievous egg?  
*A practical yolk-er*

What did the egg do when it saw the frying pan?  
*It scrambled away*

How do comedians like their eggs?  
*Funny side up*

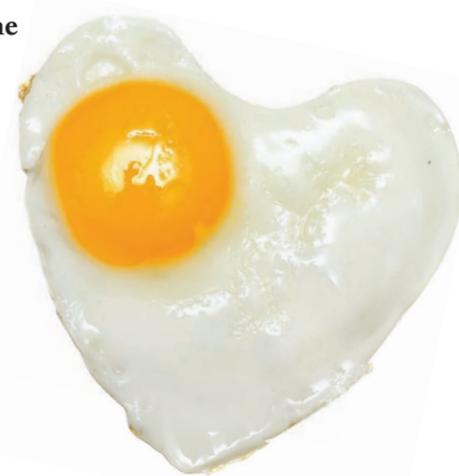
What do chickens call a school test?  
*An egg-samination*

Why did the chicken go to the gym?  
*She needed her eggs-ercise*

## Get Egg-ucated with Fun Egg Facts

Eggs are one of the healthiest foods on the planet! Check out some of these fun facts about the incredible, edible egg.

- ☒ Eggs are packed with lots of **protein**. Protein helps you feel fuller longer and gives your body the energy it needs to stay focused at school, do your best during practice and have a great day!
- ☒ On the inside, there is no difference between a brown egg and a white egg. The shells are different colors because they are laid by different breeds of hens.
- ☒ Older hens lay larger eggs, while younger hens lay smaller eggs. Younger hens may also lay eggs with two yolks because their egg-laying cycles can take time to fully develop.
- ☒ There are about 280 million egg-laying hens in the U.S. Each hen lays 250 to 300 eggs every year, totaling about **75 billion** eggs! You could make a lot of omelets with that many eggs.
- ☒ There are more than **100** different ways to cook eggs. Whether you like them scrambled, fried or hard-boiled, eggs are the perfect dish for even the pickiest of eaters. Plus, eggs are naturally **gluten-free** and **sugar-free**, so they're a healthy option in almost every diet.



Photo/CEP

By The Colorado Egg Producers Association

## Hanging Out in Hen Houses

The most important thing to an egg farmer is the health of our hens. Colorado egg farmers use different methods to house their hens and produce eggs. These systems have different levels of productivity, environmental impact, cost and exercise for the hens. Colorado egg farmers use farming practices that include cage systems, cage-free, free-range and organic systems. No matter the type of farm, though, we make sure that our hens are healthy, comfortable and thriving. Let's look at the different ways hens are housed.

Cage-laid eggs come from hens living in communal cage systems. There are many different cage systems. While providing hens with access to fresh food and water, cages also work as nesting space. Cage systems give hens shelter and protect them from predators and other hens.

Cage-free eggs come from hens living in systems that do not have cages. The hens live in barns or poultry houses and have access to roaming space, fresh food, water and shelter that helps protect against predators.

Organic eggs also come from a cage-free system. These hens have access to the outdoors and are fed organic-certified feed. Shelter is provided during bad weather and to help protect hens from predators. In addition to having access to fresh food and water, these hens may forage for wild plants and insects. These hens are also provided with floor space, nest space and perches inside a barn or poultry house.

Free-range eggs come from hens that have access to the outdoors. The birds always have access to fresh food and water and may also eat wild plants and insects. They are also given floor space, nesting space and perches inside a barn or poultry house.

Whether your family eats cage-free, organic, free-range or cage-laid eggs, Colorado egg farmers are proud to offer your family a choice when they buy eggs.

By The Colorado Egg Producers Association



Photo/CEP

# Egg-sperimenting with Eggs

Eggs are great for more than just breakfast ☒ hey can help you learn science too! Try this fun egg-speriment from our friends at the American Egg Board. Be sure a teacher or parent is there to help!

## PUT AN EGG IN A BOTTLE? NO WAY!

Good for kids in grades 4-7.

### WHAT YOU'LL NEED:

- ☒ peeled, hard-boiled egg (medium or large, depending on size of bottle's mouth)
- ☒ wide-mouthed glass bottle, such as an iced coffee or apple juice bottle, with an opening that is slightly smaller than egg's diameter
- ☒ strip of paper
- ☒ matches
- ☒ safety goggles

### WHAT TO DO:

1. Set the egg narrow end down in the bottle's opening.
2. Wearing the safety goggles, light one end of the paper strip on fire.
3. Quickly set the egg aside, drop the burning strip into the bottle, and reposition the egg, narrow end down, in the bottle's opening.
4. Observe what happens to the egg as the paper strip continues to burn.

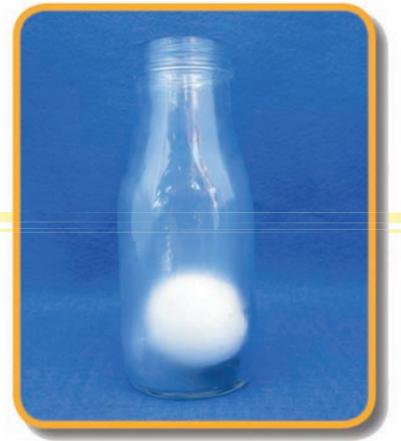
### WHY IT HAPPENED:

In step 1, the air pressure inside the bottle and outside the bottle was the same. The egg didn't move since gravity was not strong enough to pull it inside the bottle. But when you dropped the burning paper into the bottle, you caused the air inside to heat up and expand. That expanding air took up more space and escaped the bottle, which is why the egg did a little wiggle dance. When the flame inside the bottle went out, the air in the bottle began to cool down. Cool air takes up less space, so there is also less air pressure. The pressure outside the bottle was now stronger than the pressure inside the bottle. This stronger outside pressure is what pushed the egg down into the bottle.

### HOW DO WE GET THE EGG OUT OF THE BOTTLE?

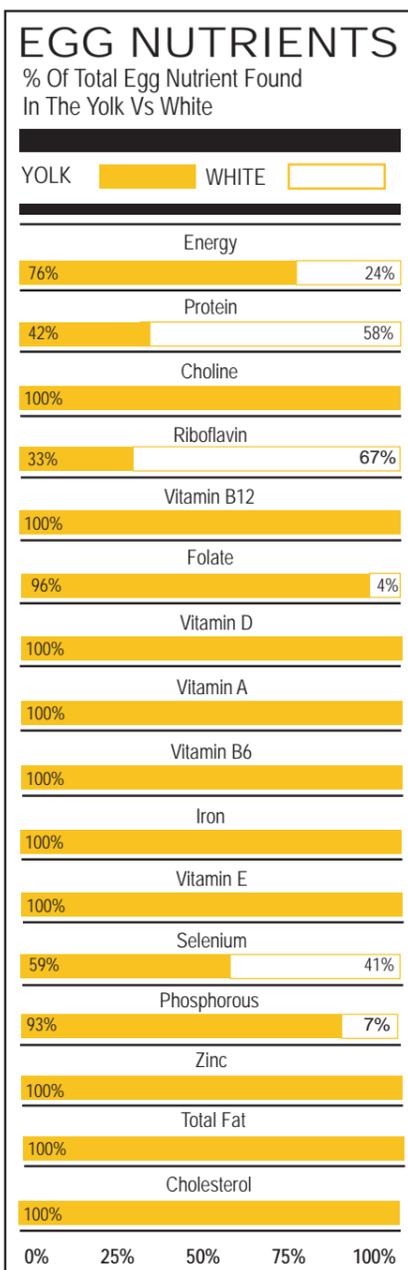
It's actually pretty easy ☒ and scientific! All you need to do is increase the air pressure inside the bottle so it will force the egg back out. To do that, turn the bottle upside down and move the egg so that the narrow end is situated in the bottle's opening. Then blow into the bottle. Adding air increases the air pressure inside the bottle. The higher pressure on the inside of the bottle will push the egg back out. (Be sure to move your face back a bit from the bottle so the escaping egg doesn't hit you in the face!)

By The American Egg Board



Photos/American Egg Board

## Eggs ☒ Delicious AND Nutritious!



Photo/Egg Nutrition Center

Did you know that eggs are packed full of nutrients and vitamins that can help you grow big and strong?

Eggs give you the **protein and energy** you need to tackle your day. Whether you're gearing up for a day of school, a family hike or a big basketball game, it helps to have eggs on your plate. Eggs pack a nutritional punch, giving your body the important vitamins and minerals it needs for a smart brain, strong bones, mighty muscles and a healthy heart. Almost all the vitamins our bodies need, including Vitamin D, Vitamin A, calcium, potassium and choline, are found in eggs.

### According to the Egg Nutrition Center, eggs contain:

- ☒ **Vitamin D**, which helps maintain strong, healthy bones.
- ☒ **Vitamin A**, which helps your eyesight and keeps your immune system healthy so you don't get sick. It also helps your heart, lungs, kidneys and other organs stay healthy.
- ☒ **Calcium**, which is mostly known for growing and maintaining strong bones and teeth. Calcium also helps your muscles move properly, helps your blood move throughout your body and helps with other important functions.
- ☒ **Potassium**, which is important for a healthy heart. Potassium helps your heart beat so it can push blood throughout your body.
- ☒ **Choline**, which keeps your brain smart and helps relay messages from the brain to the muscles.



As you can see from this chart, both the yolk AND the white give you essential, high quality nutrients. Eggs are also a very versatile food. They can be cooked alone or be added to hundreds of delicious recipes. That means there's an egg recipe for every meal to help you power through your day.

By The Colorado Egg Producers Association

# Beyond These Four Pages!

## Hot links to cool sites.

### More Fun Activities and Egg-speriments

<http://tinyurl.com/eggsexperiments>

### Egg-cellent Recipes

<http://tinyurl.com/coeggrecipes>

### Pick Up Colorado Eggs at These Locations

<http://tinyurl.com/buycoeggs>

### Watch an Egg's Journey Through the Farm

<http://tinyurl.com/eggprocessing>

### Learn More About Colorado Egg Farmers

<http://tinyurl.com/coeggproducers>



# Egg-stra Safe Cooking Tips

Whether you're flipping an omelet for breakfast, baking chocolate chip cookies for your school's bake sale or helping your parents with dinner, Colorado egg farmers want you to stay safe in the kitchen with these tips.

The first, and most important, step in cooking is to wash your hands with hot, soapy water. Washing your hands before touching the food or equipment will help keep germs out of your food. Next, gather all of the ingredients, utensils and equipment you'll need. Some of these utensils may be sharp, so ask an adult to help you chop vegetables, cut meat or grate cheese.

When cooking with eggs, make sure the eggs are clean and intact. Throw away any eggs that are dirty, cracked, broken or leaking. Eggs do not need to be washed before you cook because commercial egg farmers have already washed them for you. When cracking an egg for a recipe, tap the side of the eggshell gently on the edge of a bowl. If bits of the eggshell end up in the bowl, you should use a clean utensil, not your fingers, to get them out. Many recipes that need eggs are cooked using a lot of heat! Be careful and use proper safety tools, such as oven mitts, when using a frying pan, baking dish or microwavable plate.

Before you sit down to enjoy your delicious meal, be sure to wash any countertops, utensils and equipment that have been in contact with raw food. This will help prevent germs from spreading to other food. Always make sure eggs are cooked thoroughly to 160 F.

By The Colorado Egg Producers Association



Photo/CEP

# An Egg-cellent Recipe

Now that you've got kitchen safety down, let's get cooking! Eggs are a great option for breakfast, lunch, dinner and everything in between. Try this recipe from the American Egg Board for an egg-citing breakfast!

## EASY EGG BREAKFAST QUESADILLAS

Time: 10 minutes

Makes: 2 quesadillas

### Ingredients:

- ½ cup shredded Mexican cheese blend
- 2, 7-inch whole wheat or flour tortillas
- 4 slices Canadian-style bacon
- 4 eggs, beaten
- salsa

### Directions:

1. SPRINKLE 1/4 cup cheese on one side of each tortilla. TOP each with 2 bacon slices.
2. COAT large nonstick skillet with cooking spray; heat over medium heat until hot.
3. POUR IN eggs. As eggs begin to set, GENTLY PULL the eggs across the pan with an inverted turner or spatula, forming large soft curds. CONTINUE cooking by pulling, lifting and folding eggs until thickened and no visible liquid egg remains. Do not stir constantly.
4. SPOON eggs on top of bacon, dividing evenly. FOLD tortillas over filling to cover, pressing gently.
5. CLEAN skillet. COAT with cooking spray; heat over medium-low heat until hot. TOAST quesadillas just until cheese is melted, about 1 to 2 minutes per side. CUT into wedges; serve with salsa.



Photo/American Egg Board

By The American Egg Board

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# ColoradoKids

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