

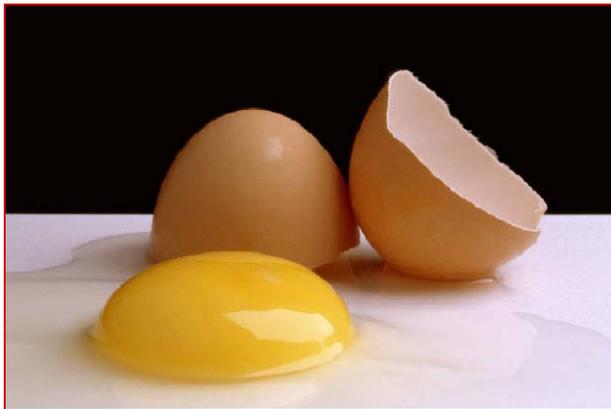
Do You Know?

Is there a difference between brown and white shelled eggs?

NO!



- Shell color is determined by the breed of hen and is not related to quality, nutrients, flavor or cooking characteristics.
- Since brown egg layers are slightly larger birds and require more food, brown eggs are usually more expensive than white.



Do You Know?

WHY ARE SOME HARD-COOKED EGGS DIFFICULT TO PEEL?

- Eggs may be difficult to peel because they are too fresh.
- Those which have been stored for a week to 10 days before cooking will usually peel more easily.



ARE EGGS A GOOD BUY?

YES!



Eggs are one of today's best food buys.

- A dozen Large eggs weighs 1 ½ pounds. At 90¢ a dozen, eggs are only 60¢ per pound.
- Eggs supply high-quality protein and a variety of important vitamins and minerals at a very low price.

NEW YORK FARM BUREAU
FOUNDATION FOR
AGRICULTURAL
EDUCATION, INC.

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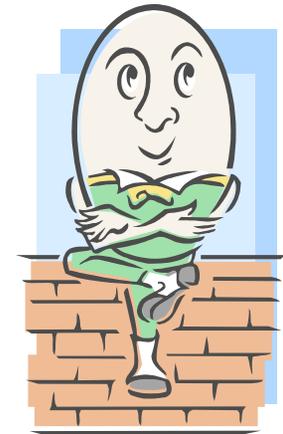
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Sowing the Seeds of Understanding

The Foundation

New York Farm Bureau
Foundation for Agricultural Education, Inc.

Eggs!



The Mission of the
New York Farm Bureau
Foundation for Agricultural Education
is to inform and educate all
New Yorkers regarding agriculture and
to increase understanding between the
farm and non-farm public.

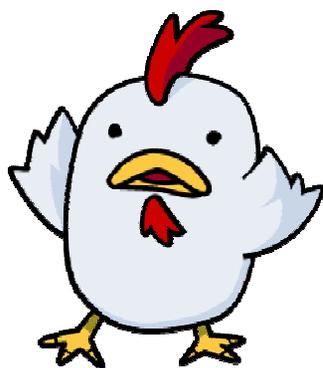
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Do You Know?



WHY DO SOME HARD-COOKED EGGS HAVE A GREENISH RING AROUND THE YOLK?

- A result of sulfur and iron compounds in the egg reacting at the surface of the yolk.
- This may occur when eggs are over-cooked or when there is a high amount of iron in the cooking water.
- Although the color may be a bit unappealing, the eggs are still wholesome and nutritious and their flavor is unaffected.
- Greenish yolks can best be avoided by using the proper cooking time and temperature and by rapidly cooling the cooked eggs.



What is a New York Egg Cream?



From Wikipedia, the free encyclopedia:

An egg cream is a classic beverage consisting of chocolate syrup, milk, and seltzer, probably dating from the late 19th century, and is especially associated with Brooklyn, home of its alleged inventor, candy store owner Louis Auster. It contains neither eggs nor cream. The origin of the name "egg cream" is constantly debated. One theory was said that they used grade "A" milk calling it a chocolate A cream thus sounding like 'egg' cream.

Many "egg creams" in history and today do indeed use eggs in the recipe!

Tips!

- To cool boiled eggs allow them to remain at room temperature and then refrigerate in an open bowl.
- The best egg shells should be dull, not shiny or bright.
- To beat egg whites quicker and fluffier, add a small amount of salt, let them stand until they are room temperature, then beat.

WHAT IS THE BEST WAY TO STORE EGGS?

Store eggs in their carton because eggs can absorb refrigerator odors. The refrigerator shelf life of an egg is approximately 10 to 14 days.



The *Foundation* has developed tools and resources to "sow the seeds of understanding". Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs and help us as we work to accomplish our mission.