



Eggs



All about eggs

From Egg Farmers of Ontario <https://www.getcracking.ca/egg-facts>

What's the difference between a brown and white egg?

There is no nutritional difference between brown and white eggs. The reason they are different in colour is due to the breed of the hen. Typically, white hens lay white eggs and brown hens lay brown eggs.

Why do some eggs have a double yolk?

Sometimes a shell forms around two yolks instead of one, creating a double-yolked egg. Double-yolked eggs are safe to eat and cook with.

How long does it take for eggs to get from the farm to the store?

The process of washing the eggs (in a mild food-safe soap and warm water), weighing them, grading them and transporting them takes about 4-7 days. It can even take as little as one day during peak seasons (like Christmas and Easter)!

What are egg shells made of?

Egg shells are mostly calcium carbonate plus some magnesium carbonate, calcium phosphate and other organic matter, including protein. Crushed egg shells can add valuable nutrients to soil. The calcium in the shells will help plants grow. Just be sure to crush the shells before you add them to your garden, otherwise they will break down very slowly.

Why are egg yolks sometimes darker in colour?

Egg yolk colour can range from pale yellow to deep orange. It does not affect the flavour, nutrient value or quality of the egg. The colour of the yolk varies with what the hen eats! If a hen eats lots of corn the yolk will be darker, but if a hen eats lots of wheat the yolk will be more pale. Geography affects what types of grains are available to feed to the hens.

Did you know?

- A laying hen lays about 340 eggs a year!
- Eggs come in a variety of sizes including pee wee, small, medium, large, extra large or jumbo. As hens age, the size of their eggs increases too!
- Eggs contain 14 essential vitamins and minerals, including protein, vitamin A, vitamin E, vitamin B12, folate and iron.
- Eggs are one of the few foods which naturally contain vitamin D (for bone health) and choline (for brain health).

Science Activity

Try this **EGG-cellent experiment** from **Foodland Ontario**:

Put a hard-cooked egg into a glass of water. Watch the egg sink to the bottom.

Now add 125 mL (1/2 cup) of salt and stir. Presto-magico – the egg will float. Why? That's for you to figure out, smarty-pants! Here's a clue: It has something to do with a thing called density.

Wait! Don't throw out that perfectly fine egg. Eat it! Fork-mash it with some mayonnaise and spread it over whole-grain crackers. Yummy!

Check out this 9 minute video on **The Journey of the egg – From Farm to Table** from Egg Farmers of Canada

<https://www.eggs.ca/onthefarm/article/16/the-journey-of-the-egg>

Joke Corner

Q: What kind of egg lives by the sea?

A: An egg shell

Q: Why can't you tease egg whites?

A: Because they can't take a yolk

