



Find Locally Raised Eggs Near You!

The Incredible Egg: Farm Facts About Eggs

(source:

<https://www.farmflavor.com/at-home/cooking/the-incredible-egg-farm-facts-about-eggs/>)



- Eggs contain all the essential protein, minerals and vitamins, and egg yolks are one of the few foods that naturally contain Vitamin D.
- Eggs are good for your eyes because they contain lutein, which helps prevent age-related cataracts and muscle degeneration.
- An egg shell can have as many as 17,000 pores over its surface.
- The edible part of a chicken's egg is approximately 74 percent water, 12 percent protein and 11 percent fat.
- China produces about 160 billion eggs per year, making it the largest egg producer in the world.
- There are roughly 280 million laying birds in the United States, and each produces 250 to 300 eggs a year.
- A chef's hat is said to have a pleat for each of the many ways you can cook eggs.
- About 60 percent of eggs produced in the U.S. are used by consumers, and about 9 percent are used by the foodservice industry.
- Egg shell and yolk color can vary, and the color has no relation to egg quality, flavor, nutritive value, cooking characteristics or shell thickness.
- The breed of the hen determines the color of the egg shell, and it can range from white to deep brown. Among commercial breeds, hens with white feathers and ear lobes lay white-shelled eggs and hens with red feathers and ear lobes lay brown-shelled eggs.
- Because breeds that lay brown eggs are typically slightly larger birds, they require more food, making brown eggs usually more expensive than white.

Where to find locally raised eggs

To find a local egg producer near you, please visit: <https://massnrc.org/farmlocator/map.aspx>.

Recipe: Healthy Egg Muffins

Ingredients

- 6 eggs
- ¼ cup milk
- 1 cup chopped baby spinach
- 1 cup chopped cherry tomatoes
- 1 medium onion, diced
- ½ teaspoon black pepper
- salt



Instructions

1. Preheat the oven to 180°C / 350°F. Grease a muffin pan with cooking spray and set aside.
2. In a large bowl, whisk together the eggs, milk and black pepper. Then, add in the onions, spinach and tomatoes and stir well.
3. Pour the mixture evenly into the muffin pan.
4. Bake for around 20-25 minutes in the oven, or until the eggs are cooked and the tops of the muffins are firm.
5. Remove the muffins from the oven and allow them to cool for a few minutes.
6. Optional: sprinkle on some salt and add cheese or any other topping of your choice.
7. Serve and enjoy!

Recipe from: <http://www.lovetelina.com/2017/06/healthy-egg-muffins.html>

Check Out Our Website - www.FOLFs.com

Follow Us On Social Media



The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission is "to protect the rights, encourage the growth, and be of service to its members, in the best interest of agriculture."

For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

Massachusetts Farm Bureau Federation, Inc, 249 Lakeside Ave, Marlborough, MA 01752

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@mbf.net in collaboration with



Try it free today