



One of the many benefits of living with chickens is dozens of wonderful, delicious, free-range eggs. When we deliver eggs to friends, charities, and/or customers, I like to include a few interesting chicken and egg facts – which I've named "Eggbits." I present them here, in 12 sets of four facts, for your entertainment and education.
Peace, love and eggs, susanne

EGGBITS 1

1. Eggs contain the highest quality of protein you can buy. Egg protein has just the right mix of essential amino acids needed by humans to build tissue.
2. Eggs have 13 essential vitamins and minerals.
3. Egg yolk is one of the few foods that contain Vitamin D.
4. Eggs are low in saturated fats.



EGGBITS 2

1. A large egg contains only 75 calories and 5 grams of fat.
2. It takes a hen 24 – 36 hours to produce an egg. To do so, she requires 5 oz of food and 10 oz of water. As little as 30 minutes after she lays the egg, she starts working on another one.
3. The largest single chicken egg ever laid weighed a pound and had a double yolk & double shell.
4. There is no difference in taste or nutrition between eggs of different shell colors.



EGGBITS 3

1. In 1991, the average American ate 233.5 eggs during the year. Last year, Americans ate an average of 245 eggs.
2. The average laying hen lays 257 eggs a year.
3. In the U.S. in 1998, hens produced 6,657,000,000 dozen eggs – that's 6.657 billion dozen! (Multiply by 12 to find out how many individual eggs that is.)
4. It's better not to boil eggs. Boiling makes eggs tough and rubbery. If you cook eggs too long or use heat that's too high, they can also turn green. Bring water to a boil, then spoon in eggs, turn to lowest heat for 5 minutes.



EGGBITS 4

Eggs are a common part of celebrations. Can you match these egg-related holidays/events with their definitions?

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|---|---|
| ___ 1. Lent | A. Time to celebrate the nutrition, versatility, convenience & economy of eggs. |
| ___ 2. Spring and Easter | B. The second best time of the year for egg sales |
| ___ 3. Egg Salad Week | C. A time when eggs represent life and rebirth |
| ___ 4. National Egg Month | D. A good time to try an egg recipe from another country. |
| ___ 5. World Egg Day | E. Time to enjoy all the tasty things you can do with hard-cooked eggs |
| ___ 6. Thanksgiving, Chanukah, Christmas & New Year's Eve | F. A time when many Christians eat eggs, fish and vegetables. |

EGGBITS 5

1. The white twisted cord stands on a yolk is called the chalazae. It anchors the yolk to the center of the egg and is not the sign that a baby chick started to form. A prominent chalazae is a sign of freshness.
2. A hen does not need a rooster to lay an egg. She does, however, need a rooster to lay a fertilized egg, an egg that can hatch into a baby chick. Having both hens and “active” roosters, our eggs probability of being fertile the first week.
3. Hens lay up to 10 times their body weight in eggs each year .
4. During the spring equinox (on our around March 21), it is said that an egg will stand on its small end.



EGGBITS 6



1. Leading egg producing states are Iowa, Pennsylvania, California, Ohio, and Indiana.
2. Poultry and egg industry is a major feed grain user, using approximately 80 billion pounds of feed yearly.
3. The opening on the hen's body through which an egg passes is called the vent. When the egg passes through the vent, it is coated with a protective lubricant called the bloom. Eggs with the bloom left on will stay fresh three to four times longer than a washed egg and the bloom removed.
4. 95% of eggs sold in the U.S. come from battery hens who live their lives in a 67 sq in cage, not even enough room for her to spread her wings. ALL our chicken are free range, spending their days free to explore our three acres, eat bugs and breath fresh air.

EGGBITS 7

1. The nine parts to an egg are: shell, yolk, air cell, shell membranes, germinal disc, vitelline (yolk) membrane, chalazae, thin albumen (white) and thick albumen (white).
2. The color of the yolk is an indication of the food the hen ate and the freshness of the egg. The deeper yellow or orange the yolk is, the more fresh grass, bugs and feed the hen ate.
3. Studies have shown that eggs from free range hens are higher in folic acid, Vitamin B12, Omega-3 fatty acids, Vitamin E and Vitamin A.
4. The air cell, or a pocket of air that forms inside the large end of the shell becomes larger as the egg ages. In fertile eggs, this air pocket provides oxygen for the incubating chick.



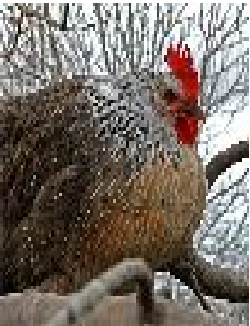
EGGBITS 8



1. Chickens have no teeth. Instead, they have a gizzard, a strong muscle that prepares their food for the intestines. They need to eat grit, sand, pebbles, etc for their gizzard to do this important job.
2. Anything a hen eats can pass through to the egg and to you. Some commercial egg producers routinely add arsenic and antibiotics to chicken feed, which then passes in part, to the eggs you buy at the store and then put in your body. We give antibiotics only to individual birds, as needed. Also, we don't use chemicals, pesticides or poisons near our flock.
3. Eggs contain the highest quality food protein known. Based on the essential amino acids it provides, egg protein is second only to mother's milk for providing complete human nutrition.
4. Harvard School of Public Health study found no significant link between eating eggs and developing heart disease among healthy individuals.

EGGBITS 9

1. Chickens have more than 30 different types of vocalizations. Immediately after hatching, baby chicks can distinguish the clucking sounds of their Mom from the sounds made by other hens.
2. A hen goes broody (begins setting on a nest) due to a hormone released in her system that raises her body temp and makes her more sedate. She sits on her nest for about 21 days, the time required for a chick to incubate. Eggs are fertile for 5 to 7 days after laid whether a hen is setting on them or not.
3. Towards the end of a baby chick's incubation, the mom (and you if you were near) can hear and feel the chick peeping and scratching from inside the egg.
4. Hens with yellow legs lose the yellow color in their legs as the more eggs they lay and the older they get.



EGGBITS 10

1. German custom is to hang red eggs in evergreen trees, a powerful ancient symbol of rebirth & renewal.
2. Egg wars were popular throughout Medieval Europe at Easter, lasting hours during Easter services.
3. During 9th century there was a ban on eating eggs during Lent, thus making the egg very popular on Easter. Eggs were collected and saved during Lent, then given as gifts to children & servants at Lent's end.
4. It is said that eggs laid on Good Friday and eaten on Easter guard against fever in the year ahead.

EGGBITS 11

1. Eggs are one of few foods naturally containing Vitamin D.
2. Older eggs float, have more air and whip better.
3. Whites contain protein, carbohydrates, liquids and no fat.
4. An egg yolks contain:
 - about 1/2 of the protein in the egg
 - vitamins A, D & E, zinc, phosphorus, manganese, iron, iodine, copper, and calcium
 - rich source of Lutein and Zeaxanthin, (carotenoids), important antioxidants
 - deep yellow to orange colored egg yolks, such as you get from free range eggs, are richer in carotenoids
 - monounsaturated fatty acids and polyunsaturated fatty acids such as omega-3 and omega-6 fatty acids
 - lecithin which contains a phospholipid, acetylcholine, which has been demonstrated to have a profound effect on brain function

OPTIMIZE YOUR HEALTH

EGGBITS 12

1. Baby chicks are cheeping, walking, pecking for food and following their Mother around within hours of hatching.
2. Chicks are independent from their Moms 6 – 8 weeks old. They're adults by 6 months.
3. A baby hen is called a pullet until it starts laying eggs. A baby rooster is called a cockerel until it is one year old, then it is called a rooster. He starts crowing around 4 months.
4. Hens start laying eggs between four and six months of age. Most hens lay fewer eggs and don't go broody (sit on nests) during winter months when there are fewer daylight hours.

