



# the eggs press

APRIL 2008

## Scramble

HINT: Fun in the Sun

S K B O A T E A R D

M I N B A D O N T

O E C I A N G N

G N I P M A C

E L L A B S A B

S E D B L A R O L E R L

MYSTERY WORD:

## Egg in a Bottle

*Here's a fun egg-tivity that answers the question: How do you get the egg into the juice bottle?*

### What You Need:

- a hard-boiled egg
- an empty, clean glass juice bottle
- a piece of paper, folded to fit into the bottle
- matches (be sure to have an adult helper when using matches)

### How it Works:

1. Peel the shell from the hard-boiled egg.

2. Place the glass bottle on a clean, uncluttered countertop or table.
3. With your adult helper's assistance, light a folded piece of paper with a match and drop it into the bottle.
4. Place the egg on the opening at the top of the bottle.
5. The egg will then be pulled into the bottle.

*Why does this egg-speriment work? Send your answer to [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca) and—if you're right—you will receive an egg pencil in the mail.*



## Egg Carton Garden

*This spring, start your own garden in an egg carton!*

### What You Need:

- egg carton
- planting soil
- seeds
- water
- small spoon

### How it Works:

1. Remove the top from an egg carton.
2. Use planting soil to fill each cup in the carton.

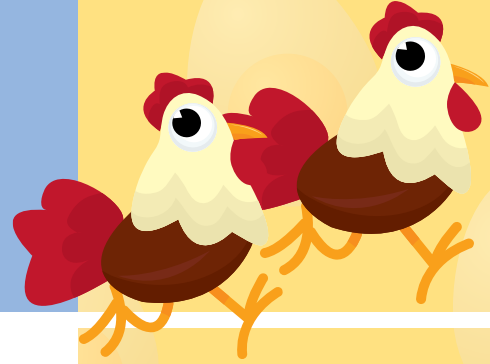
3. Plant a seed (or two) in each cup. If you're using different types of seeds, make sure to label the cups with popsicle sticks or by writing on the carton.
4. Place the carton in a well-lit area.
5. Water the seeds in the carton regularly.
6. Wait for the seeds to grow into plants.
7. When the plants are sturdy and healthy, and when the weather's nice outside, these little plants can be transplanted into your garden!

**NOTE:** Fibre cartons are great for transplanting. Because they're bio-degradable, the carton can be cut into individual egg cups and each cup can be transplanted directly into your garden.

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The **EGGSp**ress is a monthly newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper for double the fun. To sign up for this monthly newsletter in PDF format, just email [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca).



## Egg-cellent Ideas

### Ultimate Scramble

6	eggs	6
50 mL	milk	¼ cup
50 mL	grated cheese	¼ cup
5 mL	butter	2 tsp

1. Break eggs into a medium bowl.
2. Add milk and cheese. Whisk lightly.
3. Place butter in frying pan over medium heat.
4. When butter is melted, add the egg mixture.
5. Stir eggs with spatula as they cook—this will keep the scramble light and creamy.
6. Cook eggs until they are slightly firm.

Serves: 2 to 3



### Did You Know ... Egg Sayings

- One who wants eggs must endure the clucking of the hen.
- One rotten egg spoils the pudding.
- One who has many eggs scatters many shells.
- Half an egg is worth more than all the shell.

### Jazz Up Your Scramble:

- Serve with salsa or tabasco sauce for some added zip and flair.
- Garnish with some leftover grated cheese to make it that much cheesier.
- Add vegetables! Chop up zucchini, mushrooms, peppers or other veggies in advance, and cook them in the frying pan before adding eggs.
- If you prefer, use a non-stick cooking spray instead of butter. As long as you stir the eggs frequently while they cook, your scramble will still be light yet creamy.
- If you like your scramble fluffy, be sure to whisk more at the very beginning.

**Clean-up Tip:** For easy clean up, rinse bowl and utensils in cold water. This will prevent the egg from hardening, which can happen when you rinse with hot water.

## Yokes of the Month

- Q.** What do chickens grow on?  
**A.** Eggplants
- Q.** What happened to the egg when he was tickled too much?  
**A.** He cracked up.
- Q.** What do you call an egg that goes on safari?  
**A.** An eggs-plorer!

## Egg Facts:

### How can you tell if an egg is fresh?

To tell if an egg is fresh, place it in a glass of water. It's fresh if it drops to the bottom of the glass. Older eggs rise to the surface because the small bubbles of air inside all eggs grow larger with time.

## Egg Tip:

A slightly older egg makes a better hard-cooked egg. The larger air bubbles in the older egg means it will be easier to peel when hard-cooked. When you have two cartons of eggs in the fridge, use the eggs with the closer best before date for your hard-cooked eggs.

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