



the eggs press

MAY 2008

Scramble

HINT: In the Garden

E N F E C

I E I L L S

A C R S T R O

S W R O M

E E D S S

S O R S E

L O S I

MYSTERY WORD:

The Floating Egg

This simple egg-speriment is a fun way to test the scientific method.

What You Need:

- egg in its shell (either hard-cooked or raw)
- glass of water, almost full
- salt

How it Works:

1. Place the egg in the glass of water. Watch it sink.
2. Pour in two heaping teaspoons of salt and stir.

3. Keep stirring in salt, two tea-spoons at a time, until the egg starts to rise.
4. Be sure to note how many tea-spoons of salt it took to make the egg float. Try this egg-speriment with both a hard-cooked and a raw egg. Does it take more or less salt to make one of them float?

Why does this egg-speriment work? Send your answer to eggspres@eggs.ab.ca and—if you're right—you will receive an egg pencil in the mail.



Garden in an Eggshell

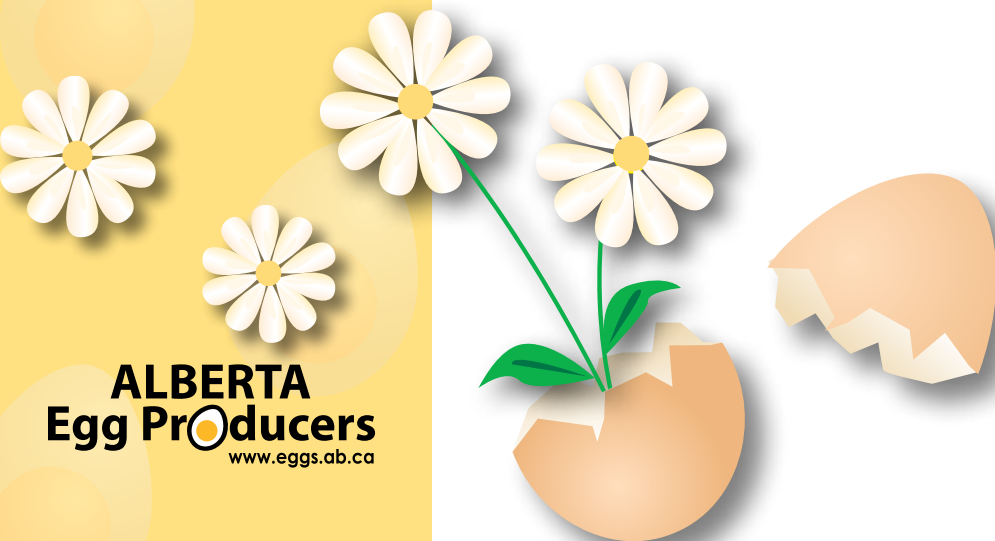
These eggshells flower pots can be planted directly into the garden.

What You Need:

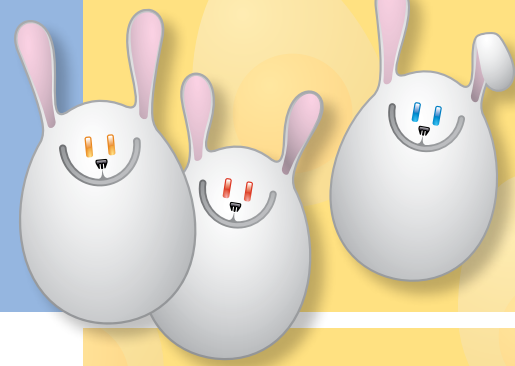
- 3 eggs
- small, natural sponge
- wildflower seeds
- felt pens
- egg carton or playdough

How it Works:

1. Break the eggs into a bowl carefully so that each shell makes two separate halves.
2. Rinse the shells and set aside to dry.
3. Draw fun flower pot decorations on the outside of the shells. Set in the egg carton or use playdough to create a stand to set your flower-pots on.
4. Carefully place a piece of sponge into each shell. Wet the sponges.
5. Sprinkle wildflower seeds on top of the sponges.
6. Sprinkle a little water on the sponges every day.
7. The seeds should start growing in a week.
8. When it's warm enough outside, plant these wildflowers in their eggshell pots directly in your garden or in a large planter. The calcium in the eggshells will help your garden grow!



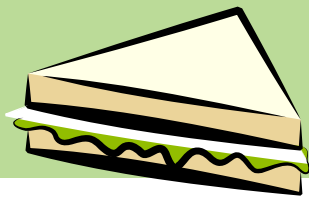
The **EGGSp**ress is a monthly newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper for double the fun. To sign up for this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



Easy Eggs for Breakfast, Lunch & Dinner

Breakfast Sandwich

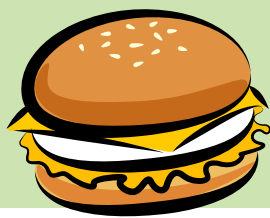
2	eggs	2
5 mL	butter	1 tsp
4 slices	toast	4 slices
	ketchup	
	cooking spray	



1. Toast the bread and lightly butter two of the slices. Set aside.
2. Heat frying pan over medium heat.
3. Crack eggs into pan. For quick and easy cooking, turn eggs over "sunny side up."
4. Slide cooked eggs onto buttered slices of toast and add ketchup. Cover with unbuttered slices of toast.

Lunch Eggchilada

2	eggs	2
1	flour tortilla	1
30 mL	salsa	2 tbsp
30 mL	shredded cheese	2 tbsp
	cooking spray	



1. Crack eggs into a glass bowl. Beat with a fork or whisk and pour into frying pan over medium heat.
2. As eggs begin to set, gently stir with a spatula to scramble. Cook until eggs are thickened, but still moist.
3. Fold in salsa and cheese. Spread egg mixture in the middle of the tortilla. Roll tortilla around eggs. Enjoy!

Dinner Pizza Eggburger

5 mL	margarine	1 tsp
1	egg	1
1	hamburger bun	1
2-3 slices	pepperoni	2-3 slices
15 mL	mozzarella cheese	1 tbsp
15 mL	pizza sauce	1 tbsp
	cooking spray	



1. Heat frying pan over medium heat.
2. Break egg into pan. Break yolk so it flows into egg white.
3. When egg is set but still moist, place slices of pepperoni on top.
4. Turn egg and pepperoni over and sprinkle with cheese. Cook until cheese is melted.
5. Open bun, spread with pizza sauce, and top with cooked egg.

Yokes of the Month

- Q.** How do comedians like their eggs?
A. Funny side up.
- Q.** Why did the turkey cross the road?
A. It was chicken's day off.
- Q.** What did Snow White call her chick?
A. Egg White

Egg Facts:

How should eggs be stored?

The best place to store eggs is in their carton on a shelf in the main body of the fridge. Leaving eggs in their carton will protect them from breaking and will keep them from absorbing strong odors from other foods. Also, you will be able to keep track of the Best Before date.

Egg Tip:

How long can hard-cooked eggs be kept?
 Hard-cooked eggs, in the shell or peeled, will keep for one week in a covered container in the refrigerator.