



the eggs press

SUMMER 2013

Scramble

HINT: Fun in the hot sun!

T R A S O
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N U B R
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M W R A
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O O C K
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B Z A L E
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T V E N
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Mystery Letters:
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Mystery Word:
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Delicious Eggs-pressions

- 6 ramekins, custard cups or small oven-safe bowls
- 1 tbsp butter 15 mL
- 6 eggs
- 3/4 tsp salt 3 mL
- 1 tsp basil 5 mL
- 1 cup mozzarella cheese, shredded 250 mL
- 6 cherry tomatoes (halved)
- ketchup (in a squeeze bottle)

1. Spray each ramekin with cooking spray.
2. Break one egg into each ramekin
3. Sprinkle each egg with a little grated cheese and a pinch of basil.
4. Ask your adult helper to place the ramekins in a baking dish and add

hot water until it comes about one third of the way up the ramekins.

5. Ask your adult helper to bake at 180 °C (350 °F) for about 25 minutes until the eggs are completely set.
6. Once the eggs have cooled slightly, use the tomatoes to make eyes and the ketchup to make any eggs-expression you like!



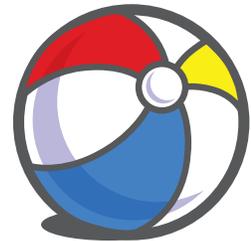
Seed Starting Eggs

What You Need:

- 1 egg carton
- markers crayons or stickers
- 12 egg shells
- potting soil
- spoon
- seeds (bean seeds work well)
- an adult helper
- scissors

1. Ask your adult helper to make a small hole in the bottom of each eggshell with scissors.
2. With a spoon, carefully fill each eggshell with potting soil. Plant two seeds in each eggshell according to the directions on the seed package.

3. Decorate your egg carton with markers, crayons or stickers.
4. Place the eggshells in the egg carton to hold them.
5. Carefully water each eggshell with your spoon.
6. Place the eggs a sunny spot and keep the plants moist.
7. When your seeds have sprouted and begun to grow, remove the eggshells from the carton and plant the eggs right in your garden. The eggshell will break down and provide your plants with nutrients like calcium.



The **EGGSp**ress is a 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. To sign up for this newsletter in PDF format, just email eggspress@eggs.ab.ca.



Crystal Eggs

What You Need:

- 6 eggs
- 1 egg carton
- kosher salt 50 mL
- table salt 50 mL
- sugar 50 mL
- 3 jars or glasses
- water 375 mL
- funnel
- food colouring (optional)
- an adult helper
- a medium pot

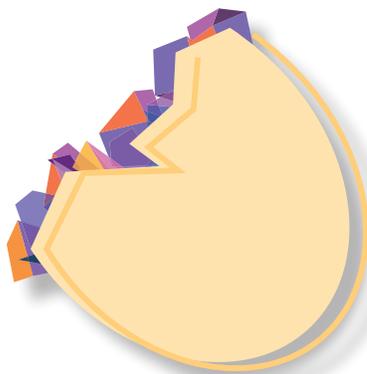


How it Works:

1. Carefully break the top off of each egg. Save the insides of the eggs for another use. Be sure to refrigerate them!
2. Wash out the eggs with soap and water and allow them to dry.
3. Ask an adult to help you combine 125 mL ($\frac{1}{2}$ cup) of hot water with 50 mL ($\frac{1}{4}$ cup) of kosher salt in one of the jars. Carefully, stir until the salt is completely dissolved.
4. In the next jar, ask your adult helper to mix 125 mL ($\frac{1}{2}$ cup) of hot water with 50 mL ($\frac{1}{4}$ cup) of table salt. Carefully, stir until the salt is completely dissolved.
5. In the third jar, ask your adult to mix 125 mL ($\frac{1}{2}$ cup) of hot water

- with 50 mL ($\frac{1}{4}$ cup) of sugar. Carefully, stir until the sugar is completely dissolved.
6. Add food colouring if you'd like coloured crystals.
 7. Using the funnel, pour each solution into two eggs. Be sure to wash the funnel well between each type of solution.
 8. Place each egg in the egg carton and note which eggs contain kosher salt, table, salt and sugar.
 9. Leave the eggs in a warm place. In a few days the liquid will evaporate and crystals will form.

What do you observe? Are there any differences between the eggs? Send your answers to eggspress@eggs.ab.ca to win a prize.



Did You Know?

When humans raise and keep an animal for their own use, the animal changes over time to meet human needs. This is called domestication. Chickens are descended from a bird called the red jungle fowl. When humans began breeding this bird for food and eggs, it slowly developed new features and became the chicken we know today.

Yolks of the Month

- Q.** How many eggs can you eat on an empty stomach?
- A.** One. Then your stomach won't be empty anymore!
- Q.** What sport do eggs egg-cell at?
- A.** Running!
- Q.** What do chickens study for at school?
- A.** Eggs-aminations!
- Q.** If an apple comes from an apple tree, where does a chicken come from?
- A.** A poul-tree.

Egg Fact

"It's hot enough to fry an egg on the sidewalk!" is a common summer expression. Can it be done? Give it a try on a hot day, but don't eat the results!



Egg Farmers of Alberta