



eggspress

MARCH 2010

Scramble

HINT: A Lush Land

W R A N I O B

K S O C A H R M

K S N E S A

Y C L K U

T A R K I C P

Y R B L N E A

G N E E D L

MYSTERY
WORD:



ALBERTA
Egg Producers
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Eggs-tra Strong Eggshells

Eggshells seem fragile, but are they stronger than you think?

What You Need:

- 3 to 6 eggs
- nail scissors or a sharp paring knife (very clean)
- small bowl
- piece of cardboard
- weights (cans, books, etc.)
- bathroom or kitchen scale (optional)

How it Works:

1. Have an adult cut each egg in half to make six domed sections. Hold the egg over the small bowl to catch the inside of the egg.
2. Make sure none of the eggshells have cracked. Lay six eggshell halves down on a table with the cut side flat against the table and the domed side facing up.

3. Arrange the shells in a rectangle with all the sides touching.
4. Place the cardboard on top of the eggshells.
5. Carefully add the weights one at a time.
6. Keep adding weights until an eggshell begins to crack. Watch carefully!
7. Weigh the cans, books or blocks and the board you used. How much weight could the eggshells hold before they began to break?

How does this eggs-periment work? How much weight could the eggshells hold? Send your answers to eggspress@eggs.ab.ca to win a prize!



Green Eggs and Ham

Celebrate St. Patrick's Day with this easy and festive dish.

8	eggs	8
125mL	cooked ham	½ cup
30 mL	milk	2 tbsp
60 mL	chives, chopped	¼ cup
30 mL	parsley, chopped	½ cup
1 mL	salt	¼ tsp
	non-stick spray	
2-3 drops	green food colouring	2-3 drops

1. Dice or cut the ham into small pieces.

2. In a medium sized bowl, whisk together eggs, milk, salt, chives and parsley.
3. Heat a non-stick skillet until it is hot enough to sizzle a drop of water. Spray with non-stick spray. Pour in egg mixture and reduce heat to medium low.
4. Add the chopped ham and green food colouring to the egg mixture.
5. As the egg mixture begins to set, use a spatula to stir them, forming large soft curds of scrambled egg. Cook eggs until no liquid remains and they are slightly firm.

The **EGGSpress** 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. To sign up for this monthly newsletter in PDF format, just email eggspress@eggs.ab.ca.



Shamrock Sheep Eggshell Planters

Maybe you'll grow a lucky four-leaf clover.

What You Need:

- 1 egg (plus extra in case a shell breaks)
- bowl
- nail scissors (very clean)
- 8 cotton swabs
- clear tape
- glue (optional)
- construction paper or card stock
- felt pens or pencil crayons
- a cotton ball
- potting soil
- shamrock or clover seed

How it Works:

1. Carefully crack the egg lengthwise to create two oval shaped halves. Keep the inside of the egg in a bowl to use later. Use the best side of the shell for your planter. Have an adult trim the eggshell with very clean nail scissors to make a smooth edge around the top.



2. Cut one end off of each cotton swab. These will be the sheep's legs.
3. Using a small amount of tape, attach the cotton swabs to the eggshell fuzzy end down to make feet. Adjust the legs so that your sheep will stand up.
4. Carefully fill your eggshell with potting soil using a small spoon.
5. Add some shamrock or clover seed and plant them according to the directions on the package.
6. Draw a sheep's head on the paper or cardstock and cut it out. Tape or glue it to the front of the eggshell.
7. Tape or glue the cotton ball to the back of the egg for a tail.
8. Place your sheep in a well-lit place and keep the seeds moist until they sprout.

Did You Know?

It's easy to cut an eggshell without making a jagged edge. Get an adult to help you. Before you begin wrap the part you want to cut with masking tape first. This will prevent the egg from cracking and help you to create a straight edge.

Egg-vestigation

What a hen eats determines the colour of the egg yolk. A hen that eats mostly wheat produces eggs with light yellow yolks. A hen that eats a corn or alfalfa-based diet produces eggs with darker coloured yolks. Both colours are equally nutritious. What was the hen that laid your eggs eating?

Yokes of the Month

Q. What do you get when a chicken lays an egg on top of a barn?

A. An eggroll.

Q. Where do you find information about eggs?

A. In the hen-cyclopedia.

Q. What do you get when you put a Tasmanian Devil inside a chicken coop?

A. Deviled Eggs.

Egg Tip:

For the most fluffy, creamy and thick scrambled eggs, scramble them with milk, not water and cook them over low heat.

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