



the **eggs**press

SEPTEMBER 2010

Scramble

HINT: A fun break

H E R C A T E

L I E C P N

L C S S A

R P P A E

O K S B O

N L L P I G S E

MYSTERY
WORD:



ALBERTA
Egg Producers
www.eggs.ab.ca

Egg in a Bottle

Can you make an egg fit in a bottle?

**NOTE: THIS EGG-SPERIMENT
REQUIRES AN ADULT HELPER.**

What You Need:

- 1 hard-cooked egg
- 1 wide-mouth glass juice or iced-tea bottle
- matches (for adult use only)
- 1 folded piece of paper

How it Works:

1. Carefully remove the shell from the hard-cooked egg.

2. Ask your adult helper to light the piece of paper on fire with the match.
3. Have your helper quickly put the lit paper in the bottle.
4. Place the egg on the opening of the bottle. What happens? Be careful the bottle might be hot.

How does this egg-speriment work? Did the egg get sucked into the bottle? Send your answers to eggspress@eggs.ab.ca to win a prize.



Eggshell Garden

Make your own pretty flowers and venus flytrap plants

What you need:

- 6 eggshells (cracked across not lengthwise)
- tempera paint in various colours
- green pipe cleaners
- white glue
- cup or vase

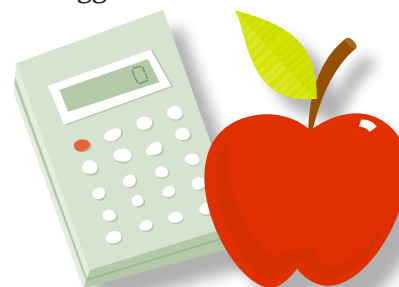
How to do it:

1. Wash the eggshells with soap and water. Let them dry completely.
2. Crack the eggshells in half to create interesting flower and plant shapes.
3. Paint the eggshells different colours to make flowers or shades of green to make venus flytrap plants.

4. Let your painted creations dry.
5. Bend one end of each pipe cleaner into a flat spiral shape.
6. Glue the spiral end of the pipe cleaner to the bottom of your eggshell flower and let it dry overnight.
7. Arrange your flower and plants in the vase and enjoy!

Did You Know?:

There are 25 million laying hens in Canada. They produce about 500 million dozen eggs per year – that's 6 billion eggs!



The EGGSpres 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 eggspres@eggs.ab.ca.



Lunch Box Egg Salad Pita

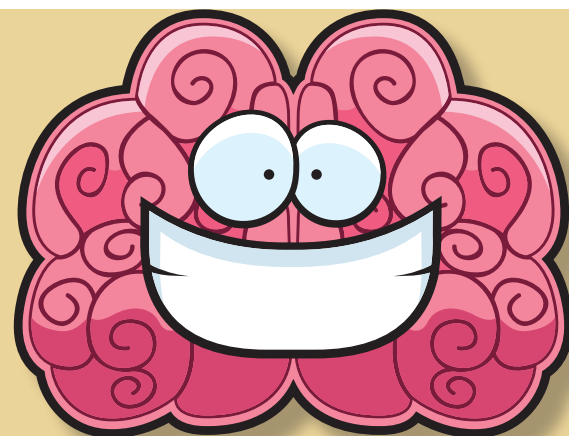
A fun-to-make lunch for extra brain power!

5	hard-cooked eggs	
30 mL	light or regular mayonnaise	2 tbsp
15 mL	mustard	1 tbsp
15 mL	dill or sweet pickle relish	1 tbsp
50 mL	celery	¼ cup
pinch	salt	
pinch	pepper	
2	whole grain pita bread	
4	lettuce leaves (optional)	

1. Ask an adult to hard-cook 5 eggs for you.
2. Wait until the eggs cool and carefully remove the shells. Carefully chop the celery into small pieces. Ask your adult helper to supervise.
3. Chop up the eggs with a dull knife or mash them with a potato masher or pastry cutter. Don't mash them too much; make sure

they are still chunky.

4. In a medium bowl mix the chopped eggs with the celery, mayonnaise, mustard, relish, salt and pepper.
5. Cut or rip the pita bread in half to make four pita pockets.
6. Stuff about ¼ of the mixture into each pocket.
7. Add lettuce leaves (optional).
8. Pack the pita in your lunch and enjoy!



Eggs Are Brain Food

Eggs contain an essential nutrient called choline. Choline is important for brain growth and development. One egg provides over half of the choline your body needs each day.

Yolks of the Month

- Q.** Why did the chicken cross the playground?
- A.** To get to the other slide.
- Q.** What do you call an excited chicken?
- A.** Hen-thusiastic!
- Q.** Who tells the best egg jokes?
- A.** Comedi-hens.

Egg Tip (For Adult Helpers):

If you need hard-cooked eggs in a hurry, hard-poach them in the microwave and then put them in cold water until they cool.

1. Pour about 75 mL (½ cup) of water into a mug or bowl and bring the water to a boil.
2. Break the eggs and slip them into the water one at a time. Pierce the yolks with a fork so they won't explode.
3. Cover the bowl or mug, leaving a vent for steam.
4. Microwave on high for 40–60 seconds and then let stand for 1–2 minutes.