



the eggs press

SPRING 2013

Scramble

HINT: A special holiday visitor!

N O N B E T

K E A B T S

R Y R U H

T N H U

G P R S N I

Mystery Letters:

UNSCRAMBLE THE LETTERS TO
SOLVE THE PUZZLE

Mystery Word:



Egg Farmers
of Alberta

Colour Changing Eggs

What You Need:

- an adult helper
- red cabbage, chopped (the kind that looks purple)
- 6 eggs
- lemon juice
- cotton swabs
- a medium sized pot
- water

How it Works:

1. Ask your adult helper to chop the cabbage into small pieces.
2. Place the cabbage in a medium pot, and cover it with water.
3. Ask your adult helper to boil it until the water turns dark purple.

4. Ask an adult to help you hard-cook the eggs in the cabbage water then remove the water from the heat.
5. Let the eggs sit in the purple water until they turn a blue colour. This will take a couple of hours.
6. Remove the eggs from the water and let them dry. Be sure to observe the colour of the eggs.
7. Use a cotton swab to draw on an egg with lemon juice. What happens?

How does this eggs-periment work? Send your answers to eggspress@eggs.ab.ca to win a prize.



Tissue Paper Easter Eggs

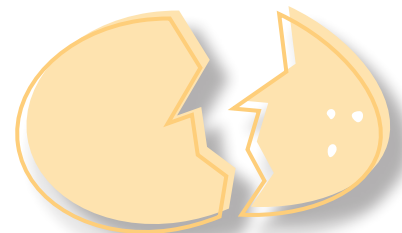
What You Need:

- 6 eggs, hard-cooked
- tissue or crepe paper (various colours)
- water
- paintbrush
- scissors (optional)

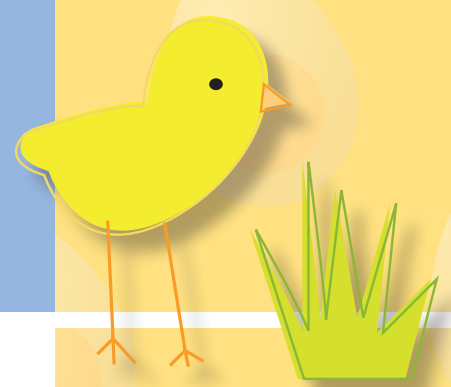
1. Rip or cut the paper into small pieces.
2. Brush some water on an egg.
3. Stick pieces of tissue or crepe paper on to the egg in an interesting pattern.

4. Carefully brush another layer of water on top of the paper, so that the the colour from the paper will bleed onto the egg.
5. Let the egg sit for a few minutes to let the dye set, but do not let the egg dry out.
6. Carefully peel the wet tissue paper off the egg and unveil your Easter creation!

Be sure to test your tissue or crepe paper first to make sure that the colour will bleed!

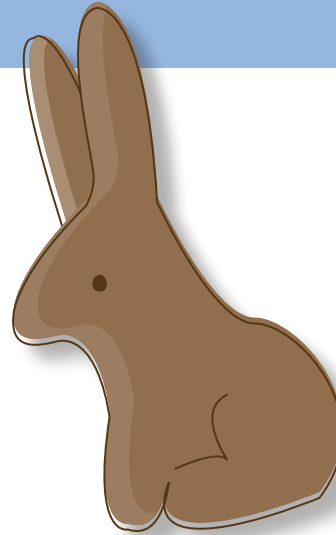


The **EGGSpres** is a newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper. To sign up for this newsletter in PDF format,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



Easter Basket Eggs

12	eggs, hard-cooked	
¼ cup	mayonnaise	50 mL
1 tsp	mustard	5 mL
3	green onions	
	salt, to taste	
	pepper, to taste	
	food colouring, various colours	
	small bowls	
	water	



1. Carefully peel the hard-cooked eggs.
2. Ask your adult helper to slice each egg in half lengthwise.
3. Carefully remove the egg yolks and place them in a small bowl.
4. Mash the yolks and stir in the mayonnaise, mustard, salt and pepper.
5. Place food colouring and water in a bowl. Use a different bowl for each colour.
6. Carefully place each egg half into a dish of food colouring.
7. When the eggs are the colour you want, remove them from the food colouring and set them on a paper towel until they are dry.
8. Carefully stuff the yolk mixture into each egg white.
9. Ask your adult helper to cut the green part of the green onions into long strips.
10. Place the eggs on a serving plate and put one end of the green onion under one side of the egg and the other under the other side. This will make an arch that looks like a basket handle.
11. Keep your basket eggs covered and refrigerated until you are ready to serve them. Enjoy!

Tip: If you don't want to use food colouring, you can use natural dyes such as beet juice, red cabbage juice or turmeric. Give them a try!

Did You Know?

Egg tapping is a traditional Easter game played with hard-cooked eggs. Each player taps the pointy end of their hard-cooked egg against someone else's. The player who breaks the most eggshells without breaking their own is the winner!



Yolks of the Month

- Q.** Why did the Easter Bunny cross the road?
A. It wasn't chicken!
- Q.** Why do hens lay eggs?
A. Because if they dropped them they'd just break!
- Q.** What did one Easter egg say to the other?
A. Heard any good yokes?
- Q.** Why do eggs stay hidden at Easter?
A. They are a little chicken!

Perfect Hard-Cooked Eggs (For Adult Helpers)

1. Place cold eggs in a single layer in a pot.
2. Cover with at least 2.5 cm (1 inch) of water on top of the eggs.
3. Bring to a boil on high heat. Remove the pot from the heat as soon as it boils.
4. Cover and let eggs stand in the water for 18 to 23 minutes.
5. Drain immediately and run cold water over the eggs until completely cooled.