# Newsletter of the Egg Farmers of Alberta June 2012

# EggNOtes

#### BOARD OF DIRECTORS

CHAIRMAN Ben Waldner	403-579-	2180		
Vice Chairman Joe Kleinsasser	403-653-	4344		
EFC DIRECTOR Andrew Wipf	403-641-	2404		
EFC Alternate Amin Valji	403-699-	4011		
Director Levi Hofer	403-892-	1877		
Director Muneer Gilani	403-567-	8343		
<u>STAFF</u>				
General Manager Susan Gal		ext. 124		
Marketing & Communications Manager David Webb ext. 126				
PRODUCER SERVICES MANAGER Christina Robinson ext. 125				
INDUSTRY DEVELOPMENT OFFICER Jenna Latanville		ext. 129		
Office Manager Laurel Martin		ext. 121		
Admin Assistant – Marketing Catherine Kelly ext. 128				
Producer Services Administrator Carla Znak ext. 127				
Admin Assistant – Customer Service Peggy Galbraith ext. 101				
Field Services Coordinator Murray Minchin ext. 131				
Field Services Administrator/Coordinator Dave Lastiwka ext. 132				

# **Board of Directors Update**

Your Board of Directors would like to remind all Alberta egg farmers about the upcoming Regional Meetings. We have an *egg*citing lineup of guest speakers that will be discussing Optimum Egg Quality and On Farm Feed Mills. EFA staff will be presenting information on Lean practices to help streamline your on farm management, as well as the most recent developments related to hen housing.

In addition, we will be providing updates on a variety of items raised by farmers at the AGM. One such topic is levy – how it is collected and how it is dispersed. The Board encourages farmers to come prepared with questions you may have about levy, to help ensure EFA can fully explain and clarify all levy-related issues. The meetings will be held June 19-21, from 9:30am to 3:00pm. All attendees will receive a book on Optimum Egg Quality and a special gift from Egg Farmers of Alberta!

# In This Issue

CEIRA SE Insurance Update Page 2
Field Statistics UpdatePage 2
Upcoming Events Calendar Page 3
Animal Care: Management Tips for Beak Trimming Page 3
Egg Farming Best Practice Tip & Bio-Security Tip Page 4
Alberta Innovates Bio Solution Update
Producer Services Update Page 4
Producer Website Update Page 5
Research Update Page 6
Growing Forward Funding Reminder
Environmental Farming: Refrigeration
EFA Staffing Update Page 8
Intensive Livestock Working Group Update Page 8
Tim Horton's Announcement Page 8
Alberta Egg Market Update Page 9
Marketing Update Page 9
Egg Health FactPage 10
Classified AdsPage 10
Feature Recipe: Blushing Pickled Eggs Page 10
CFIA: On-Farm Feed Inspections Resource Attached



ADDRESS: #101, 90 Freeport Blvd. NE, Calgary, Alberta, T3J 5J9 PHONE: 403-250-1197 TOLL FREE: 1-877-302-2344 FAX: 403-291-9216 EMAIL: info@eggs.ab.ca WEBSITE: www.eggs.ab.ca PRODUCER WEBSITE: www.albertaeggproducers.ca OFFICE HOURS: Monday – Friday, 7:30 a.m. – 4:00 p.m.



# PURPOSE OF THE EFA

EFA exists so there will be an environment in which Alberta egg producers can thrive within the Canadian industry, at a cost that demonstrates good stewardship of resources.

# EFA OFFICE HOURS

Our office will be **closed on Monday, July 2<sup>nd</sup>** for Canada Day and **closed on Monday, August 6<sup>th</sup>** for the Civic Holiday. We hope this will not cause any inconvenience.

# EGG PRICE UPDATE

# Effective: from **September 4**<sup>th</sup>, **2011**

#### Grade A

X Large	\$1.980	
Large	\$1.980	
Medium	\$1.760	
Small	\$1.380	
Nest Run	\$1.865	
Pee Wee	\$0.270	
Grade B	\$0.750	
Grade C	\$0.150	

# EGGNOTES SUBSCRIPTION INFO

Do you know someone who wants to subscribe to EggNotes? Simply have them send their name, company or organization, fax number and email address to: info@eggs.ab.ca

# **CEIRA SE Insurance Update**

The first Annual Meeting of the Subscribers of the Canadian Egg Industry Reciprocal Alliance (CEIRA) was held April 23<sup>rd</sup>, 2012 in the Ottawa office of Egg Farmers of Canada. The purpose of the meeting was to receive and consider the report of the Attorny-in-Fact for the financial year ended December 31, 2011, receive and consider the audited financial statements of CEIRA for the financial year ended December 31, 2011 and the Auditor's report, receive and ratify amendments to the Bylaws of CEIRA, and appoint directors in accordance with the Bylaws of CEIRA. The newly elected CEIRA Board of Directors is as follows:

Chair: Kurt Siemens	Vice-Chair: Serge Lefebvre			
EFC Director: Peter Clarke	Breeder-Hatchery Director:			
BC: Walter Siemens	AB: Ben Waldner			
SK: Stan Fehr	MB: Doug Pauls			
QC: Serge Lefebvre	NB: George McLeod			
NS: Glen Jennings	PE: Leith Murray			
NL: Joseph Smallwood II	NT: John Penner			
Pullet Growers of Canada Director: Cal Dirks				

# Field Statistics Update

With the introduction of the enhanced SE testing program, EFA has hired a new Field Administrator/Coordinator to help conduct the additional farm visits required by the program. For a bio about the new hire, please see Page 8 of this issue of *EggNotes*!

Here's an update on how our farmers have done with their Start Clean – Stay Clean (SC-SC) and Animal Care Program (ACP) evaluations in 2012:

- > 47 SC-SC layer evaluations have been completed in 2012
  - ✓ Alberta's average score: 98.48%
  - ✓ 13 Alberta farmers have scored a perfect 100% rating
  - ✓ All Alberta egg farmers are accredited in the program
- > 84 ACP evaluations have been completed in 2012
  - ✓ Alberta's average score: 97.8%
  - ✓ 54 Alberta farmers have scored a perfect 100% rating
- > 32 SC-SC pullet evaluations have been completed in 2012
  - ✓ Alberta's average score: 98.0%
  - ✓ 21 Alberta farmers have scored a perfect 100% rating
  - ✓ 3 Alberta farmers are newly accredited in the program

EFA would like to thank all our farmers for their commitment and hard work every day, ensuring that safe, quality eggs are produced humanely!



Jake Friesen



# UPCOMING EVENTS CALENDAR

June 15 EFA Board Meeting (Calgary)

June 18-19 ALMA Future Fare (Calgary)

June 19 EFA Regional Meeting (Edmonton)

June 20 EFA Regional Meeting (*Calgary*)

June 21 EFA Regional Meeting (Lethbridge)

July 4 Production Management Committee Meeting (Calgary)

July 9-10 EFC – Producer National Conference (*Regina, SK*)

July 30-31 EFA Board Meeting (Calgary)



# Management Tips for Beak Trimming

# by Dr. Clover Bench, University of Alberta

Poultry as a species show a strong behavioral need to peck, which evolved as part of food procurement and survival mechanisms in the ancestral Red Jungle Fowl. Today's layers are still strongly motivated to peck, which often leads to feather pecking, vent pecking and cannibalism of other birds. A common method of managing pecking issues on modern poultry farming is beak trimming. In Alberta, the method used is Infrared, where a reduction in beak length occurs gradually, by preventing germ layer growth of the beak. The potential advantage of Infrared is the elimination of open wounds that may lead to inflammation, infection and associated pain.

Eliminating the need to beak trim is ideal. However, science has yet to find a way to completely eliminate feather pecking, vent pecking and/or cannibalism in all genetic lines of birds. Management strategies to reduce some of the welfare concerns associated with beak trimming include:

- Select for low feather pecking strains
- Use enrichment strategically
- Provide opportunities to forage
- Maintain proper body weight
- Reduce group size
- Reduce light intensity
- If you beak trim, do so at a young age (1 day old is preferred)
- Trim no more than 50%
- Develop a quality insurance program
- Avoid trimming brown birds

Prevent feather pecking behaviors through non-invasive means as a general management strategy. More than any other factor, the age at beak trimming and length of beak trimmed have the greatest impact on animal well-being. If you have to beak trim, the scientific literature suggests that it be done early and to trim conservatively. International research in the area of layer welfare is ongoing, to find humane alternatives to beak trimming.

If you would like more details about each of the 11 management strategies, as recommended by Dr. Bench, please contact the EFA office.





# EGG FARMING BEST PRACTICE

Inadequately cleaned plastic trays can spread disease from one farm to another. Trays with contaminants such as dried yolk, feathers, manure, etc... should be rejected and stored in a plastic bag in an area away from clean eggs. Note the number of rejected trays in your SC-SC records on a daily basis.

# BIO-SECURITY TIP

Clean and disinfect entryways (workrooms) routinely and after every delivery or pickup.

# ALBERTA INNOVATES BIO SOLUTIONS UPDATE

EFA is proud to announce that two projects that EFA is supporting are among the 13 research projects that Alberta Innovates Bio Solutions have selected to fund as part of the \$12 million Alberta Innovates Quality Food for Health Research & Innovation program.

Dr. Jonathan M. Curtis, from the University of Alberta, will investigate "choline nutrient from eggs, meat and dairy."

Dr. Leo Dieleman, from the University of Calgary, will investigate "personalized dietary therapies for treating inflammatory bowel disease."

For more information, please visit: www.bio.albertainnovates.ca/funding/qfh

# **Producer Services Update**

#### Launching the Enhanced SE Testing Program in Alberta

With all registered egg farmers and pullet growers in Alberta now signed up for the CEIRA insurance program, the time has come for EFA to roll-out the Enhanced SE testing program. Under the new testing program, each flock will be tested three times:

- 1. Test 1: takes place in the pullet barn, when birds are 3-15 weeks of age.
- 2. Test 2: takes place early in lay, when birds are 19-35 weeks of age.
- 3. Test 3: takes place late in lay, when birds are 36-60 weeks of age.

The testing time-frames listed are guidelines which may be adjusted in order to optimize field visits. To encourage national compliance in the Enhanced SE testing program, EFC's Board recently passed a new policy that provides further incentive for all producers to have their flocks tested:

"All producers must follow the proper SE testing protocol for all flocks. Failure to do so will result in the production from that non-tested flock being diverted immediately from the producer directly to processing. These eggs will be considered "SE Suspect" and the processor will be given the SE discount of \$0.05 per dozen. Conversely the producer will be paid the weekly Industrial Product price for these eggs until such a time that an SE test is performed and verified as negative by the Provincial Board and EFC."

EFC has also approved changes to the Start Clean – Stay Clean<sup>™</sup> program. Effective October 21, 2012:

- 2 bonus points will be available for producers with multi-age facilities who change their footwear between visits to different age flocks.
- Changing outer clothing and a change of boots before anyone enters the restricted area of the production facility will be given a value of 4 points, increased from 2.

Effective March 21, 2013:

- 1 bonus point will be awarded to producers who have all-in, all-out production for their entire barn. This will be in addition to the 2 points currently available for producers who have one age flock in each side of their barn.
- The Letter of Certification from the hen supplier (pullet grower) will be increasing in value from 1 point to 2 points.
- 5 points will be awarded to producers participating in the SE testing program that have their layer flocks tested twice during the production cycle.

For a complete, detailed summary of the changes that have been made to the SC-SC Layer program, please visit the EFA Producer website or contact the EFA office.





# EFA PRODUCER WEBSITE

Check out some of the great new resources that are now available on the EFA producer website:

EFC has recently approved a new resource that addresses the welfare of poultry destined for slaughter. The Recommended Best Practices for Bird Care in the Canadian Poultry Supply Chain from Farmer to Processor is now available in the *Animal Care* section.

EFA has created a new page with information about **On Farm Feed Mixing**, which is now available in the *Best Practices* section. A copy of this new resource has even been included along with this issue of *EggNotes*!

Please be sure to check out EFA's producer website at:

#### www.albertaeggproducers.ca

For a username and password, please call the EFA office.



# Producer Services Update, Continued from Page 4

#### Avian Influenza Viruses Added to Reportable Diseases List Taken from CFIA news release: April 25, 2012

The Government of Canada has strengthened its approach to controlling avian influenza in domestic poultry by adding low pathogenicity H5 and H7 avian influenza viruses to the list of reportable diseases.

Most avian influenza viruses are low pathogenicity and typically cause few or no visible signs of illness in infected birds. However, H5 and H7 viruses have the potential to mutate into a highly pathogenic form and cause high mortality in domestic poultry.

Effective immediately, all suspected or confirmed cases of low pathogenicity H5 and H7, as well as all highly pathogenic avian influenza viruses, must be reported to the Canadian Food Inspection Agency (CFIA).

"This amendment underscores the Government of Canada's commitment to protecting animal health, public health and the economic viability of our poultry industry," said Canada's Chief Veterinary Officer, Dr. Brian Evans. "We remain vigilant in our efforts to prevent, prepare for and respond to avian influenza."

The amended Reportable Diseases Regulations formalize Canada's current approach to controlling avian influenza in domestic poultry but do not significantly change what the CFIA does to respond to disease outbreaks.

When reportable influenza viruses are found in domestic poultry, the CFIA works with industry and provincial and territorial government partners to contain and eradicate the disease, and to re-establish Canada's disease-free status as soon as possible.

The CFIA monitors domestic poultry for highly pathogenic avian influenza, as well as low pathogenicity H5 and H7 viruses, under the Canadian Notifiable Avian Influenza Surveillance Program (CanNAISS). CanNAISS is a joint initiative of the government, industry and farmers, and meets World Organisation for Animal Health (OIE) standards. In addition, the CFIA participates in Canada's Inter-Agency Wild Bird Influenza Survey, which tracks avian influenza viruses circulating in the wild that could be of concern to the poultry industry.

For more information on avian influenza, visit the CFIA website at:

www.inspection.gc.ca





# ABOUT EGGNOTES



*EggNotes* is the official newsletter of the Egg Farmers of Alberta.

Submissions should be sent to: info@eggs.ab.ca

Submission deadline for the next issue of *EggNotes*: July 20<sup>th</sup>, 2012

Next issue of *EggNotes*: **August 2<sup>nd</sup>, 2012** 

# "YOKES" OF THE MONTH



*Guaranteed to crack you up!* 

**Q:** What do chickens serve at parties?

A: Coop-cakes!

**Q:** What do chicken families do on the weekend?

A: They go on peck-nics!

# **Research Update**

# Life Cycle Analysis – EFA needs your help!

As was mentioned in the October 2011 issue of *EggNotes*, EFA and Alberta Agriculture and Rural Development (ARD) have initiated a project to determine environment impacts associated with the production of eggs in Alberta. Over the past several months, the partnership has been working with Quantis, a third party research company, on this initiative.

There are clear signals that the environment is the next emerging issue facing our industry. Environmental footprinting, or life cycle analysis (LCA), is a quantifiable tool used by many industries to determine the impact of a product or process on the environment. Conducting an LCA can contribute to making more effective operational and environmental decisions, which in turn can lead to economic benefits and market access. Consumers are increasingly interested in the environmental impacts and attributes of food they purchase. In response to this demand, food retailers and processors are moving towards documenting environmental footprints for their products and production practices, including those of commodities. In addition, the completion of an LCA can help the industry manage risk and stay in front of government regulations.

The partnership is currently in the data collection phase of the project and needs your help. Producers should have received a questionnaire with the Regional Meeting package that was faxed from EFA on May 17<sup>th</sup>. EFA would greatly appreciate it if you could complete this questionnaire and bring it with you to the regional meetings in June. Quantis will have a booth at each meeting site, to speak with producers, introduce you to the project and to gather information. All producers who submit a completed questionnaire will be entered into a prize drawing. If you are unable to attend the regional meetings, you can also fax the completed questionnaire to 1-888-514-1236.

Please note that this project, including the questionnaire, is being conducted under the binding confidentially of a signed agreement between EFA and Quantis. The information gathered will be used in an LCA to evaluate the environmental footprint of Alberta-produced eggs. The information gathered will be aggregated in the final report, so that no individual farms can be identified. If you choose to complete the questionnaire with Quantis at the regional meetings, please bring relevant materials with you, such as energy, feed and vaccination bills, as well as your 2011 SC-SC records.

If you have any questions about the LCA or the questionnaire, please contact Jenna Latanville at extension 129.





#### **GROWING FORWARD**

Alberta's agriculture producers are encouraged to take advantage of the Growing Forward Business Opportunity program, to help transform existing operations or pursue new ventures to capitalize on changes in the marketplace and consumer demands.

The Business Opportunity grant program is targeted at Alberta's primary agriculture producers and producer groups adapting their business to meet changing market and consumer demands. New entrants to the industry starting up a primary production business venture are also eligible.

The grants support contracting services that contribute to making informed and calculated business decisions to take a new business Examples of eligible direction. expenses include opportunity assessments, market research, business management consulting or coaching for a new direction, business and marketing plans, and developing mentoring for or diversifying a farming operation.

Business Opportunity applications are supported on a cost-shared basis. Grants cover 75% of eligible expenses for approved activities, with grants awarded up to a maximum of \$30,000 per applicant.

Full terms and conditions are available by calling the Ag-Info Centre at 310-3276, or online at: www.growingforward.alberta.ca

# **Environmental Farming – Refrigeration**

Refrigeration accounts for a significant percentage of energy use in agriculture and food sectors. Making changes in the way your cold room is maintained and operated can result in substantial energy savings.

The compressor is the highest energy component of a refrigeration system. In many refrigeration systems, the compressor discharge (head) pressure is kept at a fixed, high level. It is possible to set the equipment so that the head pressure will drop with reduced ambient temperatures. This requires an expansion valve capable of operating at lower pressures and flow rates. Such valves are commercially available. A floating head system can reduce wear on parts of your equipment, so they last longer and can reduce annual electricity use and cost.

Propeller fans on the evaporator coil run between 60% and 80% of the time in coolers. These fans typically have only one speed, however, full airflow is only required about half of the time. Inexpensive controllers are available that automatically slow these fans when full-speed operation is unnecessary. For single-phase controllers, prices start at about \$500 and installation costs are typically about \$100 per unit. In field tests for controllers for one manufacturer, documented savings varied from 10% to 60% of overall refrigeration energy.

Another energy saving option that can be investigated is heat recovery from the condenser line. Refrigeration systems move heat from one place to another and some or all of this can be recovered, to generate hot water for use elsewhere. The typical payback for a heat recovery system is 3-5 years.

It is also very important to make sure that your refrigeration system is well designed and inspected regularly, to ensure zero leakage. If released into the atmosphere, refrigerants can have a global warming potential over 3,000 times that of carbon dioxide. If necessary, seek advice on design, installation and maintenance issues related to minimizing leakage.

Buying energy efficient equipment is a way to maximize energy savings. However, if you are not ready to purchase new equipment, maintaining and operating existing equipment at optimum levels can lead to substantial energy savings.



# Egg Notes

# STAFFING UPDATE

Egg Farmers of Alberta is pleased to announce the hiring of a new Field Services Administrator / Coordinator. Dave Lastiwka brings 32 years of agricultural industry experience to EFA. Previous employment exposed him to all aspects of the livestock industry, including 20 years as a cattle farmer.

Dave was born in Edmonton, grew up in Calgary, and has been working on a farm or ranch since he was 16. He and his wife Susan have three very energetic boys, aged 6, 7 and 8. Dave is a dedicated family man who enjoys camping with his sons in their front yard, in addition to coaching two of his sons on the Beiseker Blazer Tyke Hockey team and all three sons on the Irricana T-Ball team.

Dave looks forward to meeting and working with all of you and is excited to contribute to the future success of Alberta's egg industry!



# Intensive Livestock Working Group (ILWG) Update

# Livestock/Poultry Production Associated with Non Point Source Pollution

How livestock/poultry production impacts both air and water quality, continues to grow as an environmental concern in the eyes of many. It's not a matter of how individual operations may impact water and air quality, but how operations in an entire region contribute collectively, or their cumulative effect.

Livestock/poultry operations are also being defined as non point sources of pollution (NPSP), which contaminate from various points of discharge where no single point of origin can be identified. The suggestion is that the livestock/poultry industry's largest contribution to NPSP is the application of manure to crop and pasture lands, which has the potential to enter water bodies as nutrients (Phosphorous & Nitrogen) in run-off.

The new regional plans will introduce "Ambient Water/Air Quality Frameworks" which will set quality thresholds, say for the main rivers, then monitor continuously to determine whether water quality is deteriorating. These frameworks will also have trigger points that will activate management processes to develop strategies to ensure thresholds are not breeched. The livestock/poultry industry needs to be engaged early in this process.

It is vitally important that industry be proactive on the environmental front and build its credibility with government, so that industry can play an important role in the development of future environmental policy. The ILWG has implemented several projects to better understand the implications of cumulative effects and NPSP. These projects are meant to provide the foundation on which industry can develop the appropriate strategies that keep livestock/poultry producers in front of environmental policy change. Details of these projects will be provided as we move forward.

# **Tim Horton's Egg Announcement**

Tim Horton's issued a news release on May 4<sup>th</sup>, indicating that the chain has "set a goal of purchasing at least 10% of our eggs, representing significantly more than 10 million eggs, from enriched hen housing systems by the end of 2013." The company plans to "actively evaluate the industry's capacity to provide eggs from enriched housing systems, and to progressively increase our commitment beyond 2013 as additional supply becomes available." Tim Horton's also referenced their commitment to "scientific, fact-based animal welfare."





# ALBERTA EGG MARKET UPDATE

The Nielson preliminary retail sales data is available up to May 5<sup>th</sup>, 2012 and indicates that in the latest 4-week period, 2.52 million dozen eggs were sold in Alberta; a 5.6% decrease from the previous 4-week period (ending April 7<sup>th</sup>) and a 4.9% decrease in sales compared to the same period in 2011.

Nielson retail sales in the last 52 weeks are up 2.6% over the previous 52 weeks in Alberta. Omega-3 eggs have seen the largest sales growth in the last 52 weeks in Alberta; a 4.2% increase over the previous 52 weeks, to 3.4 million dozen eggs (10.4% of the total eggs sold in Alberta).

# EFA ONLINE!

Remember to tell everyone you meet about the EFA website, where you can find lots of eggcellent information about being an egg farmer, how an egg a day can be part of an active, nutritious lifestyle and a wide variety of delicious recipes! *Get Cracking* to eggs.ab.ca



# Marketing Update

#### Pride in every egg. Egg Farmers... on TV!

EFC has developed a new TV commercial, titled "Pride in Every Egg", which focuses on egg farmers and their dedication to providing Canadians with safe, high quality, locally produced, nutritious and delicious eggs. The ad will be on TV for two weeks starting June 4<sup>th</sup>, then again for another two weeks starting July 2<sup>nd</sup>.

# Canadian Breast Cancer Foundation CIBC Run for the Cure

Egg Farmers of Canada is once again a national sponsor for the Canadian Breast Cancer Foundation CIBC Run for the Cure and Egg Farmers of Alberta will be sponsoring a team for the Calgary event. All EFA staff members have committed to participate and encourage farmers to join us in support of this wonderful cause. Details will be provided at the Regional Meetings. Donations can be made on behalf of the EFA team, by visiting the official website and clicking the 'Make a donation' link:

# http://www.runforthecure.com/site/TR/RunForTheCureFY13/PrairiesNW T/372572488?pg=team&fr\_id=1455&team\_id=29753

#### **Upcoming Events**

EFA is proud to be participating in these *EGG*cellent events:

$\triangleright$	Calgary Stampede	
	@ Stampede Park in Calgary, AB	July 6-15
$\triangleright$	Premier's Stampede BBQ Breakfast	
	@ MacDougall Hall in Calgary, AB	July 9
$\triangleright$	Premier's Breakfast	
	@ Legislature Grounds in Edmonton, AB	July 24
$\sim$	Colgomy Mollmore Fostival	

Calgary Wellness Festival
@ Murdoch Park in Calgary, AB
August 11

#### EFA 2012 Highlights

- Total # of events attended: 13
- Total # of events sponsored: 84
- Total # of promotional items distributed: 44,365
- Total # of resources distributed: 55,034

If you have any questions about EFA's marketing initiatives or want to let us know about something *EGGciting* happening in your area, please contact David Webb at extension 126.





# EGG HEALTH FACTS

Eggs have always been an excellent choice for a healthy diet. Choline has been shown to play a strong role in brain development and function. One egg provides half your daily requirement of choline!

# **CLASSIFIED ADS**

#### #1) For Sale:

300 Lohmann White Pullets 19 weeks on August 19<sup>th</sup> Contact: Ted at Neudorf Colony 403-946-4751 House: ext. 137 Barn: ext. 321

# #2) For Sale:

Water Lines 2500 feet, still in good condition Regulators and all nipples included Contact: Glen at Miami Colony 403-308-4809



# Feature Recipe: BLUSHING PICKLED EGGS



Makes: 12 servings • Preparation: 10 minutes • Cooking: 10 minutes

#### **INGREDIENTS:**

- 12 hard cooked eggs, peeled
- 1 cup (250 mL) beet juice
- 1 cup (250 mL) vinegar
- ½ cup (125 mL) water
- ¼ cup (50 mL) sugar
- 2 tsp (10 mL) pickling spice
- ½ tsp (2 mL) salt
- 1 onion, sliced and separated into rings

# **DIRECTIONS:**

- 1) In a medium saucepan, combine beet juice, vinegar, water, sugar, pickling spice, salt and onion.
- 2) Bring to a boil over medium heat, stirring constantly, just until the sugar dissolves.
- 3) Reduce heat and simmer for 10 minutes.
- 4) Strain and cool at room temperature.
- 5) In a large glass jar or container, pour beet juice mixture over whole hard cooked eggs.
- 6) Cover and let marinate in the refrigerator for 2 to 3 days before serving.

