Eggs

Did you know...

… protein in an egg is 90% usable? Dairy products are 76% usable and other forms of animal protein (meat, poultry and fish) are 15 to 20% usable. Usable protein refers to the number of essential amino acids that must be obtained from food.

History
Animal domestication and a way of life based on farming appeared in the Tigris and Euphrates river valleys (now in Iraq and Iran) by about 9,000 B.C. However, there is archaeological evidence for egg consumption dating back to the Neolithic age (11,700 years ago).

Characteristics
Eggs contain Vitamin D and it’s all in the yolk. The color of the eggshell depends on the breed of chicken. Darker yellow or orange egg yolks mean there’s more carotenoids, which usually means the hen had a varied diet, which usually means the egg is richer in micronutrients like vitamin A and omega-3. The average hen lays 250 to 270 eggs a year. Each egg takes 24 to 26 hours to form.

Eggs Help Meet Daily Protein Requirements
It is almost impossible to meet daily protein requirements without eggs and dairy. Consider the following requirements:

<table>
<thead>
<tr>
<th>Group</th>
<th>Daily Protein Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>60 grams (minimum)</td>
</tr>
<tr>
<td>Women</td>
<td>50 grams (minimum)</td>
</tr>
<tr>
<td>Teenage Boys</td>
<td>50 grams (minimum)</td>
</tr>
<tr>
<td>Teenage Girls</td>
<td>45 -50 grams (minimum)</td>
</tr>
<tr>
<td>Infants</td>
<td>10 grams (minimum)</td>
</tr>
</tbody>
</table>

If a large egg contains approximately 7 grams of protein that is 90% usable, it is easy to understand why egg dishes are valuable foods.
Joel Salatin’s Eggmobile
In alternative farming circles, Joel Salatin is a celebrity who popularized an “eggmobile,” or chicken coop on wheels that knowledgeable farmers move every 24 hours to give hens access to fresh grass.

Backyard Chickens
Backyard chicken keeping has been advanced with the help of a British company called Omlet (https://www.omlet.us) and Martha Stewart, America’s trusted lifestyle expert:

• Omlet
  Omlet founders don’t appear to be Joel Salatin fans. Their chicken coop models on wheels happen to be miniature “eggmobiles.”

• Martha Stewart Backyard Chicken Videos
  Martha has 2 excellent how-to backyard chicken videos on her Web site that are helpful for homeowners who want to start raising backyard chickens.

  Martha and her expert guests seem unaware that chickens need animal protein. Vermiculture (worm farming) is a valuable source of protein that chickens require. The Worm Factory 360 is a 4-tray system that can be used to raise red wigglers and compost kitchen scraps (see: Uncle Jim’s Worm Farm or Amazon.com).

Suggested Dishes
Look for the following egg recipes in a separate PDF file (Note: these recipes were developed for small eggs obtained in Florida. The recipes will need to be modified for larger eggs from pastured hens):

• French Toast with Scrambled Eggs
• Cheddar Quiche
• Baked Coconut Custard