



EGGS

YEAR-ROUND



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



PRODUCE

Female chickens, or hens, lay eggs on a farm. The eggs are gathered along a belt to be washed and dried. After the eggs are cleaned, they are inspected and separated by size. Eggs are given a grade of AA, A, or B based on their quality. They are packaged and distributed to grocery stores by refrigerated trucks.



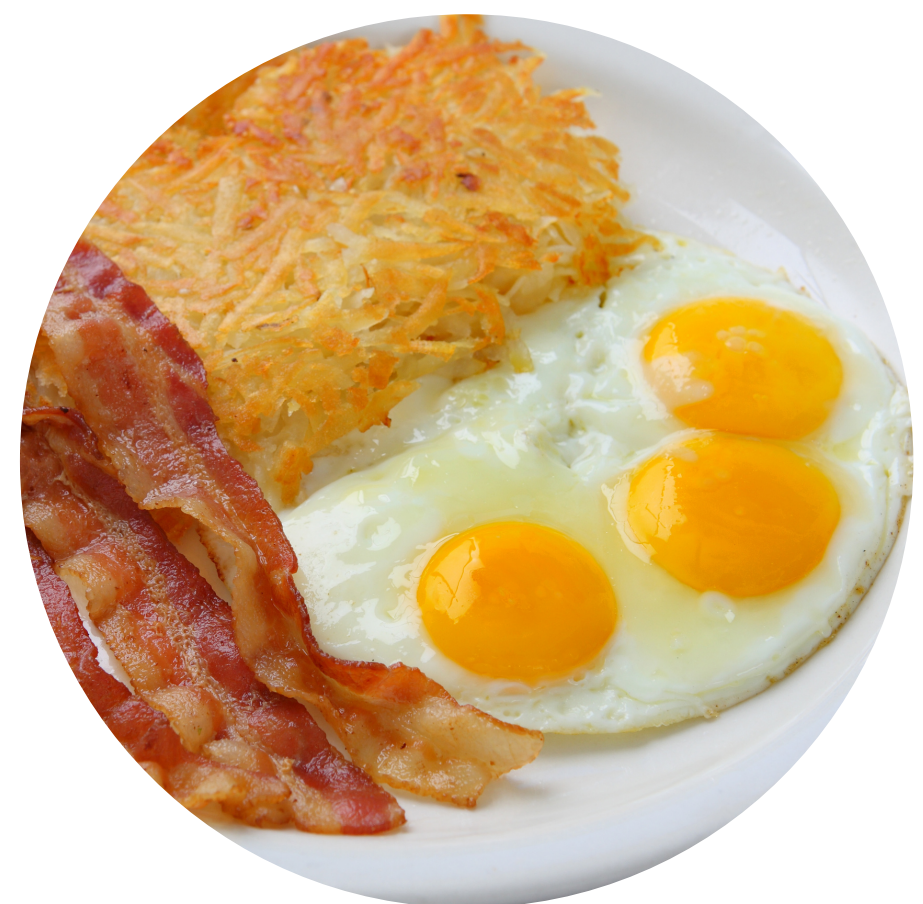
PREP

Refrigerate eggs at 40 degrees Fahrenheit or below. Keep eggs in their carton and place them in the coldest part of the refrigerator. Eggs can be fried, scrambled, poached, boiled, and baked. Eggs must be thoroughly cooked before eating.



EAT

Eggs are a breakfast classic! Scrambled, fried, or poached, eggs are delicious paired with other breakfast favorites. Eggs are eaten in frittatas, omelets, and quiches too! Enjoy eggs in fried rice or as an ingredient in soup. Include a fried egg on a hamburger!



LEARN

Eggs are a **protein**. They are an egg-celent source of vitamins B and E. These vitamins provide energy, support the nervous system, and repair cells. Most eggs are available to consumers one day after being laid by a hen. Arkansas is the tenth largest producer of eggs in the USA.

