



UPPER VALLEY  
**FARM TO**  
**SCHOOL**  
NETWORK

Today, with the Upper Valley Farm to School Community Curriculum volunteers, students learned about eggs. We cracked the myth that all eggs are the same. We also learned about the benefits of eating eggs for growing bodies and minds! Eggs have vitamins A, B, D, and omega 3 fats, helping our eyes, skin, bones, and immune system. The color of the yolk can change depending on the season and what chickens are eating. Chickens eating a healthy diet of grasses and grubs produce eggs that are healthier for us. Eggs can be a great affordable source of protein for active kids.

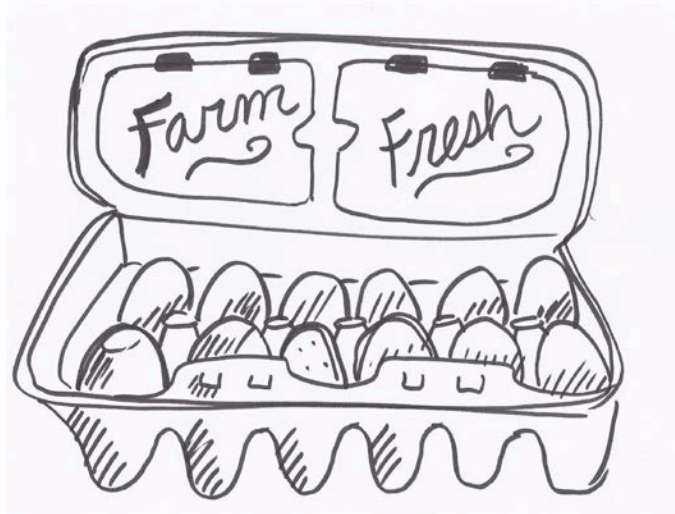
### **Deviled Eggs:**

We made delicious “deviled eggs” using this recipe good for a dozen eggs:

- 1/3 cup mayonnaise
- 2 Tbs relish or pickle juice
- 1 tsp Dijon mustard
- Salt, pepper and paprika to taste
- Tomato, onion, and or parsley for garnish (optional)

Your kids can help you make these now that they’ve learned the recipe!

- Place eggs in cold water, and bring to a boil. Once the water is boiling, boil eggs 5-10 minutes to hard-boil them.
- Remove eggs from heat and run cold water into the pot or remove eggs and place them in a bowl of cold water. Let cool at least 20 minutes.
- Peel eggs, cut in half, and remove yolk.
- Mash yolks in a bowl and combine with all above ingredients except paprika.
- Fill using a spoon, and garnish with paprika.
- Enjoy!



### **Eggs Aren’t Just For Breakfast!**

- Consider making a meal out of eggs! An omelette or frittata can be an affordable alternative to a meat dish. Add greens or broccoli to get vegetable servings in.
- In Spain people enjoy a favorite dish, a Tortilla Espanola, or “Spanish Omelette,” a baked egg dish with sliced potatoes. Visit this site for the recipe: <http://spanishfood.about.com/od/tapas/r/tortilla.htm>
- Soufflés are a French dish made with eggs that can be either savory or sweet. The word “souffler” in French means “to blow up,” and soufflés are very fluffy and puffy, blowing up like a balloon above the top of the dish they’re baked

in. Savory soufflés are a great way to enjoy sweet potatoes, or squash. Chocolate soufflés are a special treat for dessert.

Eggs are an important symbol of life and birth in cultures all over the world. Decorating eggs is not just a tradition at Easter, but is a part of different celebrations of spring in countries such as Egypt and Iran. Color the egg below with your favorite colors and designs representing spring!

