

# THE EGG SAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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## Recipe Contest a Delicious Success

*Winners of the Georgia Egg Commission's 28th Annual Recipe Contest were (l-r) Beth Boyd, Ramona Parris, Grace Vaughan and Deborah Puette. (See story below).*

Some of Georgia's best cooks were doing what they do best on May 4, as they competed in the Georgia Egg Commission's 28th Annual Egg Recipe Contest. Each of the contestants had originally submitted their favorite recipe in hopes of it being selected as a finalist.

The recipes had to be original, use a minimum of four eggs, serve at least four people, be prepared in one hour or less and meet the theme: "My Most Incredible Recipe." Ten recipes were chosen for the event which was held at the Georgia National Fairgrounds in Perry, GA.

The finalists began checking in early, and following a buffet breakfast, the first of five aspiring "chefs" were hard at work by 9:00am, cracking eggs, stirring, and mixing. An hour later, the second set of finalists started their ovens.

A chance to win the First Place prize money of \$2,000 didn't help anyone's nerves, and by Noon, the "egg-citement" was really building! Throughout the morning, the judges had tasted the completed dishes. Naturally, they said tasting each entry was the easiest part of their job. Now came the hard part, as they had to decide on the winner. While the contestants and their guests enjoyed a buffet lunch, the judges totaled their scores.

And then the announcement was made by the Commission's Executive Director Jewell Hutto: Honorable Mention and \$100 went to Deborah Puette of Lilburn, GA for her recipe titled "Denver Omelet Egg Rolls." Third Place and \$650 was presented to the event's youngest contestant (age 14) Grace Vaughan of Box Springs, GA for a recipe she named "Grace's Peanut Butter and Chocolate Chip Brownies." Second place and \$850 were awarded to Ramona Parris of Marietta, GA for her recipe "Easy Buffalo Chicken Quiche."

Finally, after a pause that seemed long enough to cook



## Georgia Governor Proclaims May Egg Month

Egg producers across the nation are celebrating the month of MAY as NATIONAL EGG MONTH, and Georgia's Governor Nathan Deal has proclaimed it as AEGG MONTH IN GEORGIA!@ The 2011 proclamation marks the 39th year a Georgia governor has set aside an entire month to honor our industry!

Since Governor Deal is from the Gainesville/Hall County area, which is known as the APoultry Capitol of the World," it was especially appropriate he should sign this year's proclamation. Pictured with the Governor are (left to right): Dr. Bruce Webster and Dr. Mike Lacy, University of Georgia Poultry Science Department; Mike Cullum, Rose Acre Farms; Agriculture Commissioner Gary Black; Georgia Egg Commission Chairman Jerry Straughan, Cal-Maine Farms; Governor Deal; Robert N. Howell and Brittany Alexander, Georgia Egg Commission; Dennis Hughes, United Egg Marketers; and Mike Giles and Abit Massey, Georgia Poultry Federation.

The annual proclamation is coordinated for the industry by the Georgia Egg Commission.

an entire meal, Mrs. Hutto announced the First Place, \$2,000 winner. Judges had selected a recipe entitled "Low Country Bake" which was the creation of Mrs. Beth Boyd from Ludowici, Georgia.

Other finalists, all from Georgia, and their recipe titles, included: Hillary Thornton, Folkston, "Morning Breakfast Salad"; Penny Malcolm, Americus, "Country Carbonara Cupcakes"; Debra Brooks, Byron, "Comfort Breakfast Lasagna"; Chuck Holt, Cartersville, "Glazed Blueberry Lemon Scones"; and Neil Jones, Madison, "Carrot Cake Whoopie Pies with Pineapple Crème Filling."

Mrs. Boyd's recipe is printed on the back page of this newsletter. You can receive a copy of all the recipes prepared in the contest by sending a self-addressed envelope to: Winning Recipes; %Georgia Egg Commission; P.O. Box 2929; Suwanee, GA 30024.



## Commission and Association to Celebrate 50 years

“Fifty Years Working Together!” That’s the theme of the 2011 annual meeting of the Georgia Egg Association, set for June 1 – 3 on St. Simons Island at the King and Prince Beach and Golf Resort.

This is a golden year for Georgia’s egg industry, as 2011 marks the Association’s 50th annual meeting and the 50th Anniversary of the Georgia Egg Commission. Egg producers, allied industry representatives and industry friends from Georgia, Florida, North Carolina and others from throughout the country will also be joining the celebration!

Attendees will enjoy a golf tournament at the King and Prince Hampton Club, a spouses’ program, an educational session and an awards banquet, as well as the beauty of the Island.

The highlight of the meeting is sure to be Thursday evening during the annual Awards Banquet with the induction of the Georgia Egg Commission’s 2011 Egg Hall of Fame recipient.

The 50th annual meeting concludes on Friday morning with the United Egg Producers’ EGGpac breakfast at 7:00am, followed at 7:30 by a morning of educational programs. Featured speakers will be: Krista Eberle, Food Safety Director for United Egg Producers; Dr. Mitch Kanter, Director of the Egg Nutrition Center; Kevin Vinchattle, Executive Director of the Iowa Poultry and Egg Council; and James Daniels Homeland Security Coordinator, University of Georgia.

Allied reports will be given by Jennifer Geck, U.S. Poultry and Export Council; Charles Olentine, U.S. Poultry and Egg Association; Andy Rhorer, Global Poultry Improvement; Daniel Groce, Georgia Agribusiness Council; and Douglas Kleweno, Georgia AG Statistics.

The meeting will conclude with the election of Georgia Egg Association officers and directors for the 2011-2012 year. Board meetings of the North Carolina Egg Association and the Florida Poultry Federation are also scheduled during the 3-day gathering.

## Georgia Artist Crafts White House Egg

The American Egg Board (AEB) continued its tradition of supporting the White House Easter Egg Roll by donating 14,000 hard-cooked and dyed eggs for the Monday, April 25, 2011 celebration. Prior to the annual Easter Egg Roll, AEB presents a commemorative egg to the First Lady. For 2011, Atlanta artist Luanne White Faulkender, president and CEO, Theatre Techniques for Executives LLC, created the Commemorative Egg (pictured at right).

In describing the egg, Mrs. Faulkender said it took her 65 hours from the beginning creative concept to completion. The large chicken egg is finished in gold leafing with Swarovski’s aurora borealis crystal and pearl chains. A picture of Mrs. Obama is framed on the outside of the center door with the National Military Family Association logo placed on the door to her left. The five branches of service patches also appear. The finial is created with a sterling silver and gold bald eagle’s head, aurora borealis crystal and red, white and blue ribbons with “God Bless our Military Families”



written on them; a cause close to Mrs. Obama.

The 2011 Commemorative Egg marked the 34th year AEB has presented an egg to the First Lady and the third time Georgia eggs have been a part of the presentation to the Presidential family. The first such egg (pictured at left) was presented in 1977 to Amy Carter, daughter of then President Jimmy Carter, as part of eggs provided by the Georgia Egg Commission for the Easter Egg Roll.

For several years prior to the Carter administration, the use of real eggs for the hunt had been discontinued; however, President Carter vowed he would once again use real eggs for the Roll and hunt. Naturally, they had to be from Georgia!

In 1990, Robert Howell of the Georgia Egg Commission and AEB Chairman Jack Davis of Georgia presented an egg to First Lady, Mrs. Barbara Bush, and in 2007, an egg crafted by Master Artisan Alan W. Rabon of Plainville, Georgia was commissioned by the American Egg Board for presentation to First Lady Laura Bush.



## Georgia Eggs on Radio, TV and Internet

No matter where you live in the state, there’s a good chance you will be hearing commercials for Georgia eggs on the radio, on TV, and on Facebook. Radio listeners will hear about Georgia eggs on the Georgia News Network, which is composed of over 120 radio stations statewide, and on Radio Disney in Atlanta.

The 30-second spots will emphasize May as being National Egg Month, and note that Governor Deal has proclaimed May as Egg Month in Georgia! For the month of June we will air the American Egg Board commercial message: “When

it comes to kids, you do everything to make sure they are at their best, so start their big day with the incredible protein of eggs.” The spots will end with the Georgia egg Commission credit line.

During May we are promoting a recipe contest on Facebook with a \$100 first place prize. Your recipe must be original, contain at least 4 eggs and serve 4 people. Recipes can be sent to [goodeggs@bellsouth.net](mailto:goodeggs@bellsouth.net).

And, in May and June, Holly Hidell will be the featured guest on TV stations in Cordele, Savannah, Macon, Dalton, and Greenville, SC.



## Homeland Security Nominates Georgia Eggs

The Georgia Emergency Management Agency/Homeland Security (GEMA/HS) has nominated Georgia eggs for critical infrastructure designation at the national level and has added Georgia egg producers to the state critical infrastructure designation list. This came as the result of a meeting held recently in Oakwood, GA that was organized by the Georgia Egg Association.

Dr. William Thomas, Homeland Security Specialist with the University of Georgia, is shown above leading a discussion on the designation with interested egg producers. The purpose of the critical infrastructure designation is to assure consumers of a safe product, should the nation experience a terrorist

attack.

Thomas told the group that this country's food and agriculture infrastructure has many points of vulnerability that could be exploited by terrorists bent on inflicting damage to the United States. To better protect American agribusiness from acts of terrorism and natural disasters, the Department of Homeland Security recently began designating key food and agriculture systems as critical infrastructure.

To date, 127 food and agriculture assets or systems throughout the country have been designated as critical infrastructure, several of which are Georgia food and agriculture systems.



## Georgia Egg Facts

Eggs ranked third among all commodities in 2010, with receipts of \$564 million or about 7.6 % of the total cash receipts, thanks to about 18.5 million birds.

Hatching egg flocks totaled about 9 million birds, with the value of production at about \$351 million. Table egg layers numbered some 8.4 million birds, with a value of \$214 million, producing about 2 billion eggs (that's approximately 5Ω million eggs per day)! The total number of table egg-producing hens in the nation is some 281 million.

Georgia ranked eleventh in the nation in 2010, in the total number of layers. Iowa was the leading state nationally; followed by Ohio, Pennsylvania, Indiana, California, Texas, Michigan, Minnesota, Florida and Nebraska.

The top 10 Georgia counties by layer numbers are: Putnam; Hart; Jasper; Jackson; Hall; Wayne; Brantley; Bacon; Morgan; and Banks.

May, 2011 has been proclaimed as Egg Month in Georgia by Governor Nathan Deal. This is the 39th year a Georgia governor has honored our industry.

Georgia's egg industry has been represented by the Georgia Egg Commission, with a program of promotion, education, and research, since 1961. The Commission's offices are located in Suwanee, GA. For more information on Georgia eggs look on the web: [www.georgiaeggs.org](http://www.georgiaeggs.org).

Source: National Agricultural



## The Nutrition Station

By Holly Hidell, MS, RD, LD

### A Season for Better Nutrition

At this time of the year, we think about eating lighter foods and fresh produce from the garden. The U.S. Department of Agriculture and Health and Human Services have released new Dietary Guidelines for Americans. The guidelines encourage consumers to eat more fruits and vegetables, lean protein, and low-fat dairy; to reduce salt intake, and to keep moving with some type of physical activity.

When looking for the perfect low-calorie, high-protein food, the egg should be the star of your plate. The egg provides high quality protein and so many essential nutrients, it has been considered a "functional food". New research has found that an egg has lower cholesterol than previously thought. Eggs can also be beneficial

when working on losing weight, because the high protein content can make you feel fuller for a longer period of time.

It's simple to find low-fat or fat-free cheese, yogurt and milk. The variety of healthy dairy choices at the grocery store can be endless. To reduce your sodium intake, avoid processed and prepackaged foods. They typically contain preservatives and are high in sodium. As for physical activity, it can be found anywhere, whether it be working in the yard, walking the dog, or just playing with your kids.

So if you're wanting better nutrition for your family, take time to enjoy what's being eaten, and focus on how healthy foods provide the needed fuel to make our bodies function as they do.

## Alexander Elected Club President

The Georgia Egg Commission's Office Manager Brittany Alexander has been elected as president of her Psych Club at Georgia Gwinnett College.

Brittany is a junior majoring in Psychology and is concentrating her studies in Clinical and Developmental Psychology. She is a full-time student at the college and works part-time with the Commission. *Congratulations, Brittany!*



## Eggs Go Mediterranean

At this time of the year, we all like to take vacations; but sometimes, money and other factors get in our way, so all we can do is dream. Maybe you're dreaming of a vacation in the Mediterranean. Well that dream could become somewhat of a reality...at least when you prepare the following recipe for a "Mediterranean Omelet." It's one of two recipes I've developed, and we'll be glad to send them both to you free. Just contact the office.

### Mediterranean Omelet (makes 1)

- |  |   |
|--|---|
| 2 eggs   | 2 tablespoons basil & tomato bruscheta            |
| 1 tablespoon Moscato wine                      | 3 tablespoons multigrain tortilla chips, crumbled |
| 1 tablespoon water                             | 1/4 teaspoon Mediterranean herb seasoning         |
| 1 teaspoon olive oil                           | 2 tablespoons sour cream                          |
| 2 tablespoons mozzarella cheese, finely grated | 1 tablespoon basil & tomato bruscheta             |
| 1 teaspoon Kalamata olives, chopped            |   |

Combine eggs, wine, and water; beat well and set aside. In a 10-inch skillet, heat olive oil on medium high heat. Add egg mixture. Using a spatula, going clock-wise, tilt pan and pull egg mixture to the center of the pan. Continue to pull egg mixture to the center and allow the uncooked portion to roll around hot pan until the egg mixture is set. In the center of the omelet, sprinkle cheese, olives, bruscheta, tortilla chips and Mediterranean seasoning. Fold each side of omelet over filling and slide onto a plate. Combine sour cream and bruscheta; mix well. Spoon over omelet and serve.

## THE EGGSAMINER

"The Eggsaminer" is published by the Georgia Egg Commission as part of its informational services to Georgia egg producers and consumers. The Georgia Egg Commission has a three-fold purpose: Promotion, Education, and Research.

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