

THE EGG SAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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Association Sets Annual Meeting

The Georgia Egg Association will hold its 42nd Annual Meeting, June 25–27, at the King & Prince Beach and Golf Resort on St. Simons Island, Ga. According to Association president James Brock: “The theme for this year’s meeting, **STANDING STRONG**, will reinforce our pride in America, while strengthening our resolve to build a better egg industry.”

The meeting will get underway with a welcome reception on Wednesday evening, June 25 at the Hotel. The group’s annual golf tournament will begin the following morning with play scheduled for the Hampton Club Golf Course at Hampton Plantation. At the same time, there’s a ladies’ breakfast and auction scheduled.

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Appetizers Are Winners At Egg Contest

The Georgia Egg Commission’s 20th Annual Egg Recipe Contest was held May 15th, in Perry, at the Georgia National Fairgrounds. For the second year in a row, Mrs. Valerie Holt of Cartersville, Ga., was awarded the first-place prize of \$1,000 for the most outstanding recipe in the contest! Normally, previous winners are not eligible; but, the rule was relaxed for this year only, in celebration of the contest’s 20th year.

Mrs. Holt’s recipe, “Elegant Potato Hors D’oeuvres” met the contest’s criteria perfectly, which this year was *Your Favorite Appetizer*. The recipe included the required four eggs, served a minimum of four people, and was an original recipe that had never been published. When asked to comment on her winning creation, Mrs. Holt said: “I always try to think of flavor combinations that I like. The blend of potatoes, onion and bacon is one of my favorites.” Mrs. Holt is the Assistant Principal at a Christian School.

Second place was awarded to Amber Brooks of Byron, Ga. whose recipe “Baked Grecian Eggs in Crepe Cups” garnered her a prize of \$500. Ms. Brooks, who is a student and office assistant, topped her winning recipe with an original “Ranch Cucumber Sauce” that she also developed just for the contest.

“Cheezy Steak Triangles” was the name of Amy Abbott’s original recipe, which was judged as the winner of third place and the \$250 cash prize. Ms. Abbott is a homemaker from Cochran, Ga.

Pictured above at the award ceremony are (left to right): Jewell Hutto, Georgia Egg Commission Program Director and Contest Coordinator; Valerie Holt; Amber Brooks; and Amy Abbott. Also pictured are Holly Hidell, the Commission’s Nutrition and Media Director; and Executive Director, Robert N. Howell.

Seven other contestants vied for the prizes in the state-wide contest. The challengers were: Karen Slaughter, a homemaker from Warner Robins, who entered the contest with a recipe entitled “Eggstravagant Spinach Roll”; Janet Gilbert, a secretary from Danielsville, Ga., whose recipe was entitled “Chili Cheesies”; Anna DeFore, a student from Warner Robins, Ga., who developed an original recipe for “Hot Egg Salad Sandwiches”; and Padmini Shankar, an Assistant Professor at Georgia Southern College in Statesboro, who entered her “Egg Bonanza” recipe.

Other finalists included: Megan McCloud, of Perry, Ga. whose recipe was entitled “Oriental Egg-stuffed Mushrooms”;

Virginia Webb, a beekeeper from Clarksville, Ga., who competed with a recipe entitled “Tex-Mex Omelets”; and Phil Herron of Marietta...the only man in the final ten...who prepared his “Hoppin’ John Fritters, with Hot Pepper Relish.”

Contest Coordinator Jewell Hutto said: “More than 100 recipes were pre-judged for the contest this year, and it was very difficult to select the ten finalists. In fact, I believe this could have been the hardest contest ever to judge!” Contest judges were: Peggy Bledsoe, UGA Cooperative Extension Agent for Houston County; Caroline Brooks, Georgia Living and Heritage Hall Program Coordinator for the Georgia National Fairgrounds; and Michael Edmondson, Reporter and Editor for the Georgia Farm Bureau’s “Monitor Television Network.”

Mrs. Hutto stated that the 2004 contest will be entitled “Eggs...Spice of Life” and require an original recipe featuring one main seasoning which could be easily discernable. The contest will continue to require the recipe include a minimum of four whole eggs and serve at least four people. For 2004 entry information and copies of the 2003 winning recipes, send a S.A.S.E. to Recipe Contest, Georgia Egg Commission, 16 Forest Parkway, Forest Park, GA 30297.



Putnam Visits White House

Dana Putnam of Augusta (pictured here) was honored recently as the artist of Georgia's 2003 Easter Egg. The highlight of the recognition came when she joined other artists from throughout the nation at the White House Visitor's Center, where Georgia's egg and one from each of the 50 states plus Washington, D.C. were on display during the Easter season.



May Proclaimed As Egg Month In Georgia

Governor Sonny Perdue recently proclaimed May as Egg Month in Georgia! By doing so, Georgia joined other states throughout the United States in observing National Egg Month!

This was the 31st consecutive year that a Georgia governor has proclaimed an entire month to salute Georgia's egg industry. The practice began in 1972, when Governor Jimmy Carter began the annual tradition, which at that time was September. The observance later moved to February and then to May, when it became a national event.

As a part of this year's proclamation ceremony, Governor Perdue invited Georgia egg producers to gather in his office. Georgia Egg Commission board of directors vice chairman J. E. "Gene" Sutherland, Sr. accepted the signed proclamation on behalf of the industry and presented the governor with a patriotic egg lapel pin. Sutherland noted that the pin, designed by the American Egg Board, is being worn by egg producers nationwide to show pride for our country and pride for our industry.

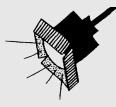
Shown at the proclamation signing are (left to right) Board members Vince Booker and David Lathem, Sutherland, Commissioner of Agriculture Tommy Irvin, Governor Perdue, Georgia Egg Commission Executive Director Robert N. Howell; Georgia Egg Association president James Brock, Georgia Egg Commission Program Director Jewell Hutto, Georgia Poultry Federation Executive Director Abit Massey, and Commission board member Jerry Straughan.

The highlight of our Georgia celebration was the Commission's 20th Annual Egg

Cooking Contest, held in Perry. Another Egg Month activity was our yearly omelet breakfast in Lumber City, where Jewell Hutto and Robert Howell joined Chairman Ed Houston to cook hundreds of omelets, while raising money for the area.

During the remainder of the month, Holly Gillis Hidell, MS, RD, LD offered our

new promotional campaign: *Catch the Spirit of Spring With Eggs* to TV viewers in the Valdosta/Tallahassee, Fla. area, as well as in Greenville, S.C., and Dalton, Ga. A feature of the campaign was a recipe for "Savory Salmon Cakes." (See back page of this newsletter.) She also exhibited at the Georgia Osteoporosis Initiative's meeting.



EGGS


IN THE SPOTLIGHT

2004—The Spiciest Recipe Contest Ever

By Jewell A. Hutto, Program Director

Spice up your recipe and your wallet! Enter the Georgia Commission's 21st Annual Egg Recipe Contest "Eggs... The Spice of Life."

The 2004 contest will call for your original recipe featuring eggs and one main seasoning, which can be easily discernable. As always, the recipe must include a minimum of four whole eggs and serve at least four people to be eligible.



Entrants of the top ten original recipes will prepare them in a competitive cook-off on Thursday, May 13, 2004 at the Georgia National Fairgrounds in Perry.

The first place winning recipe will receive \$1,000, second place \$500, and third place \$250. To enter, your recipe must include your name, address, and home and daytime telephone numbers. Contestants must be Georgia residents and at least 13 years of age by the entry deadline of April 1, 2004.

Dill, tarragon, sage, chamomile, rosemary, lavender, cilantro, mint, coriander, marjoram, curry, ginger, and cinnamon are just some of the seasonings that you can get creative with. So, use your "thyme" just right, and you might just be the winner.

Association Meeting

(continued from front page)

A reception that evening at 6:45 p.m. precedes the annual Awards Banquet at 7:30 p.m. During the banquet, the Georgia Egg Commission's Golden Egg Award will be presented, along with special recognition of scholarship award winners at the University of Georgia, honoring Grace Hartley, the J.B. Gay family, and Roy and Maye Durr.

The highlight of the banquet is certain to be the featured speaker for the evening, who Brock identified as: "one of America's most foremost leaders... a great man that stood res-



Keith McGough

olutely for courage and peace... our nation's 26th president of the United States... Theodore Roosevelt!" The President's wit, wisdom, shrewdness and

astuteness will be recreated by Keith McGough.

A Friday morning United Egg Producers' EGGpac Breakfast will begin the last day of the meeting at 7:30 a.m. Then at 8:30, an Educational Session is scheduled with a discussion led by University of Georgia Poultry Scientist Dr. Bruce Webster on the new CAFO regulations. His comments will be followed by Theresa Geisler, Communications Manager for the American Egg Board. Mrs. Geisler will give an update on AEB activities and review the new advertising campaign, *Think Fast... Think Eggs!* Dr. Bill Dozier, UGA Poultry Scientist from Tifton, Ga. will give a presentation on low density cages and their affect on birds and the producer's profits.

The Georgia Egg Commission's annual report will be presented, and there will be remarks from various other egg groups and allied industry friends. Discussion will also center on the new legislation to allow eggs to be sold with a 45-day expiration date.

A short business meeting will follow, with an election of officers for 2003-04. The 42nd annual convention will adjourn by noon.



Romans Hear About Eggs

It was a beautiful Spring day in Rome, Georgia on the Friday before Easter, and the Georgia Egg Commission was there for a radio interview on WRGA. Station personality Nelle Reagan invited Executive Director Robert N. Howell and Commission Media and Nutrition director Holly Gillis to join her on the air for a full hour of questions and answers about eggs, Easter, and the Georgia Egg commission. Howell and Reagan are pictured above in front of the WRGA studios.

Egg Labeling Law Changes

Georgia Governor Sonny Perdue has signed HB 757 into law. With the Governor's signature, Georgia's egg labeling law is officially changed to allow eggs to be sold for a period not to exceed 45 days from the date of pack.

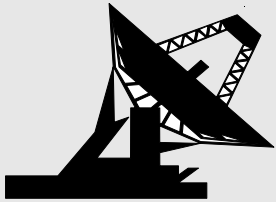
The law, which represents a long-standing 30-day expiration period, now conforms to an existing USDA policy that allows for 45 days. In order for the labeling requirement to be changed, Legislative approval was necessary.

Commission Wins First Place At GSFSA

The Georgia Egg Commission's exhibit booth was judged as the most outstanding at the annual Georgia School Food Service Association's convention, held in Savannah. The booth, designed by Jewell Hutto, tied-in perfectly with the convention's theme: "School Meals: The First Stop on the Journey to Learning."

The dominant features were a 7-foot-tall cutout of a school bus... EGGSPRESS #1... and a serving line window for an express breakfast and lunch. Supporting recipes and food service information were distributed to the more than 1,200 in attendance.

In Georgia, 1,861 schools participate in the school lunch program, serving an average of 1,018, 699 lunches each day! About 1,750 schools participate in the breakfast program, serving an average of 359,615 breakfasts daily.



The Nutrition Station

By Holly Gillis Hidell, MS, RD, LD

THE SKINNY ON BREAKFAST

We continue to hear again and again: "Breakfast is the most important meal of the day!"

A healthy breakfast refuels your body after several hours of sleep and provides the nutrients needed to recharge your system. Without this important meal, many feel sluggish and depend on a variety of highly-caffeinated and sugar-sweetened foods and beverages to make it through the day.

Many breakfast skippers find themselves at the snack machines by mid-morning or even feeling massive hunger pains before lunch. This can result in snacking on high-calorie and fat items or eating much larger lunch portions than normal. This type of eating pattern may lead to poor dietary habits that could ultimately be detrimental to a person's health.

A recent study suggests that people who eat breakfast every day are far less likely to develop obesity and signs of diabetes than people who skip their morning meal. This study was

conducted on 4,000 healthy people aged 25 to 37 who were asked about their lifestyle habits and were followed for eight years. Results showed that those eating breakfast most days were less likely to become as obese as people who rarely ate breakfast. Breakfast fans were also about half as likely as morning fasters to develop insulin resistance syndrome.

Many blame skipping meals on their busy schedule or lifestyle. No matter the case, it is more important than ever to plan ahead for a healthy breakfast. Choose low-fat, nutrient-rich foods to start your day. With only 75 calories, 5 grams of fat, and 13 different vitamins and minerals, an egg would be the perfect choice for the meal that gets you going. An egg also has 6 grams of high-quality protein that helps prevent those hunger pains until lunch. Other great choices include whole-grain cereals, fruits, and nonfat yogurt. So once again, breakfast proves to be the most important meal of the day!



Catch the Spirit of Spring with Eggs!

For Spring this year, we introduced a brand new promotional campaign: *Catch the Spirit of Spring, With Eggs!* We developed two new recipes: "Savory Salmon Cakes," which will open your taste buds and give new ideas for your kitchen; and "Smooth Italian Cream Sauce," that can be served over the salmon cakes, or as a hot or cold sauce over fish, meats, salads, pastas, or vegetables. We hope you enjoy them.

Smooth Italian Cream Sauce

Makes 1 cup

- 1 cup light Italian dressing
- 3 tablespoons lemon juice, fresh
- 3 tablespoons white wine
- 3 egg yolks, beaten
- ½ teaspoon dill weed

In a saucepan, combine dressing, lemon juice, wine, egg yolks, and dill weed. Cook over low heat, stirring constantly until mixture starts to boil. Remove from heat and serve hot or store in refrigerator in a sealed container. Can be served as a hot or cold sauce over meats, salads, pastas, or vegetables. (For thicker sauce, turn off heat and combine ½ teaspoon cornstarch with 1 tablespoon water. Mix well and gradually stir into sauce.)

Savory Salmon Cakes

Makes 8

- 1 (14.75 oz.) can Alaska pink salmon (remove all bones)
- ½ teaspoon dill weed
- 1 teaspoon garlic salt
- 1 teaspoon Cajun spice
- 2 teaspoons Worcestershire sauce
- 2 cups Spanish rice, prepared
- 2 eggs, beaten
- 2 tablespoons Parmesan cheese (grated in jar)
- 1 cup bread crumbs, plain
- 2 tablespoons vegetable oil

Combine salmon, dill weed, garlic salt, Cajun spice, Worcestershire sauce, Spanish rice, eggs, and cheese. Mix well. Add bread crumbs and mix until blended. Fill a ¾ dry measuring cup with salmon mixture to form a thick patty. Turn mix onto a plate and flatten with a spatula to 1" thickness. Continue until all the mixture is used. On medium-high heat, warm a non-stick skillet. When skillet is hot, turn heat to low and pour in vegetable oil. Place salmon patty into the skillet and cook on each side until golden brown.



THE EGGSAMINER

"The Eggsaminer" is published quarterly 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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Think Fast.
 Think Eggs.

