

# THE EGGSAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

VOL. XXVII

February/March 2002

NUMBER 5



## Axton Decoupages a “Good Egg From Georgia” for White House

Suzie Axton of Hartwell, Ga. has been chosen by the Georgia Egg Commission to decorate the official 2002 Georgia Easter Egg for the White House. The egg will be on display throughout the Easter season along with other eggs from each state. Accepting the egg on behalf of Georgia’s egg industry was Tim Floyd, General Manager of Savannah Valley Egg Company, Inc. of Hartwell.

Mrs. Axton’s egg used the theme “*Georgia and Agriculture Feed the World.*” She decorated her egg using a process known as decoupage. Real pictures of eggs and a variety of fruits, nuts and

vegetables were used. About 30 layers of glaze were applied to protect the shell and heighten the colors.

Suzie began decorating eggs in April of 2000 and is a member of the International Egg Artist Guild. Some of her works can be found at Spruill Center Galleries in Atlanta and School House Art Academy and Galleries in Helen, Ga.

The Georgia Egg Commission has participated in the White House project each year since it began eight years ago. Previous Georgia artists to be honored by the display of their egg include: Barbara Jennings and Dee Morgan of Conyers; Deb Collins and

Amber Gerdes of Hiawasse; Carole Kjellsen of Cumming; Jodie Hobbs of Newnan; and last year’s artist, Susan Wilkinson of Lawrenceville, Ga. The occasion is coordinated by the American Egg Board.

## Jekyll Island Celebrates 25th Annual Egg Hunt

The Jekyll Island Authority and the Georgia Egg Commission will be celebrating 25 years of traditional family fun together, as they partner with the Easter Bunny for another Great Easter Egg Hunt! This year’s event, scheduled for Saturday, March 30 from 11 a.m. until 3 p.m., will be held on Jekyll Island in their National Historic Landmark District.

The Commission will provide 10,000 eggs, which will be dyed in Easter colors and distributed free during the event. The highlight of the day comes at 2 p.m., when the children get to search for 10,000 toy-filled eggs, prize

eggs, and the great Golden Easter Egg!

Family fun activities will include an appearance by the Easter Bunny, magicians, games, and hayrides. Admission to the Hunt and most activities are free. There is a \$3.00 parking fee, payable at the Jekyll Island Collection station.

For more information, call Jekyll Island toll free at 877-4JEKYLL (453-5955) or visit them online at [www.jekyllisland.com](http://www.jekyllisland.com).

Jekyll Island’s website can also be reached through a link from the Georgia Egg Commission’s website at [www.georgiaeggs.org](http://www.georgiaeggs.org).



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## EGGS KEEP AMERICA STRONG!

For our Winter, 2002 merchandising campaign, the Georgia Egg Commission will be using a patriotic theme: *EGGS KEEP AMERICA STRONG!*

As a part of the campaign, two recipes will be offered: “Avocado Omelet Wrap” and “Spiced Cider Pecans” (featured on the back page of this newsletter.) Camera-ready artwork is also being offered, along with camera-ready pages of the recipes in card and newspaper column formats. The materials, which are free to Georgia egg producers, educators, and consumers, have been made available at cost to other egg promotion groups.

For a free copy of the EGGS KEEP AMERICA STRONG campaign or the recipes for the “Avocado Omelet Wrap,” and “Spiced Cider Pecans,” please contact the Commission office.



## Hutto Crowned Watermelon Queen

Daisy Rose Allison Hutto, Georgia's official Egg Ambassador, has been selected as Georgia's Watermelon Queen! The January pageant, held in Savannah, Ga., saw young ladies from throughout Georgia vying for the title, a scholarship, and cash prizes.

As Queen, Allison becomes the official spokesperson for the Georgia Watermelon Association. During her reign, she will travel throughout Georgia and to selected events across America promoting one of our state's most important commodities. At the close of her year as Georgia's queen, she will represent the state in competition for the national Watermelon title.

Prior to winning the Miss Georgia Watermelon contest, Allison placed third in last September's Miss Georgia National Fair competition, and in October, won the title of Gold Rush Queen for the City of Dahlonega.

Allison is a freshman at North Georgia College, in Dahlonega, and the daughter of Jewell and Ron Hutto.

### GEORGIA EGG ASSOCIATION 41ST ANNUAL MEETING

JUNE 18-20, 2002

King & Prince Hotel  
St. Simons Island, Ga.



## An American Christmas

The Georgia Egg Commission was an exhibitor at the Georgia Farm Bureau annual meeting held this past December at Jekyll Island. The Commission's exhibit used the patriotic theme "An American Christmas" and featured red, white, and blue decorations throughout. In the photo above, Jewell Hutto (at right) is seen discussing the Commission's holiday recipe booklet, "Down Home With Eggs," with one of the Farm Bureau attendees. Executive Director Robert N. Howell also attended, and during the meeting, he spoke to the Farm Bureau's Egg Committee on recent Commission activities.



## The Nutrition Station

By Holly Gillis R.D., L.D.

### THE STRENGTH OF EGGS

*EDITOR'S NOTE: The Greater Atlanta Dietetic Association has honored the Georgia Egg Commission's Holly Gillis as their February spotlight dietitian! The monthly feature highlights the career of an outstanding GADA member. Well-deserved, congratulations!*

Eggs have been keeping America strong for some time now. Many years ago, people working on farms needed to have a big, substantial breakfast that would give them the energy to make it through a long day in the sun. Eggs were the perfect choice! They were mild in flavor, could be used in a variety of recipes, went well with almost any food, and talk about convenient: they were as close as the hen house!

Today, just as then, breakfast is considered to be the most important meal of the day. Just as a car needs fuel, your body needs energy to get moving each day. It needs vitamins, minerals, protein, carbohydrates, and fat. An egg

can provide a significant amount of the vitamins and minerals that are needed and recognized as being essential for human health.

Eggs are among the few food sources of both vitamin D and vitamin K. The egg is also an inexpensive source of high-quality protein that the body needs to build and maintain muscles, other body organs, nerves, bones, and blood. Eggs are not a significant source of carbohydrate; but, they are traditionally paired with high-carbohydrate and high-fiber foods.

As for the fat, a large egg contains approximately 4.5 grams of fat with only 1.5 grams of that being saturated.

So as you can see, eggs are actually the perfect food to fuel the body at the beginning of each day. And while we may not be working in the fields, our bodies still need eggs to Keep America Strong!



## Omelet Pans— Infinitum

What many consider to have been the world's largest make-your-own-omelet breakfast, took place in Atlanta recently when the American Egg Board and the Georgia Egg Commission joined forces to treat some 500 sleepy-eyed 4-H'ers to breakfast!

Howard Helmer demonstrated his professional omelet-making skills and was on hand to act as the "master" of some 50 cooking stations; each consisting of an omelet pan, butane burner, spatula, eggs, and all the fillings for a perfect "5-Star Omelet."

The record-breaking breakfast was arranged by the Georgia Egg Commission, as part of the National 4-H Conference, which saw 4-H'ers from all over the country attending the three-day conclave. Everyone participating agreed that it was an egg-cellent, hands-on egg-sperience!

## Radio Advertising

The Georgia Egg Commission will be returning to the radio again in 2002, thanks to state support funding from the American Egg Board. Commercial messages will be heard during February on Atlanta's WSB-AM (750) and WYAY-FM (106.7). Additional advertising is planned for later in the year.

The American Egg Board assists the Georgia Egg Commission and other U.S. egg promotional programs annually with a state support allocation. Georgia's portion for 2002 will be \$20,800. The amount is calculated for each state by setting a base amount of \$4,000 and using a formula of 60% people population and 40% layer numbers to determine the remainder.



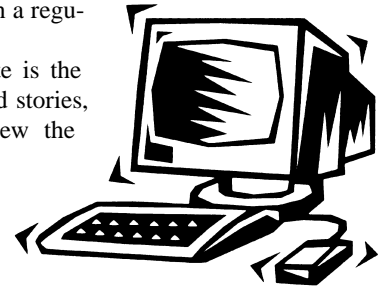
## www.georgiaeggs.org

The Georgia Egg Commission's web site has recently undergone a redesign and is ready for you to view. The web site's new look also offers more features, such as activities for the kids, nutritional information, cooking tips, and the entire American Egg Board's "Eggcyclopedia!"

Also emphasized are special events, "breaking" news, industry facts and information, and a collection of the Commission's best recipes from the past and the present. Many of the recipes feature attractive photos of the completed dish. As an added benefit, visitors to the site can subscribe to the Commission's Recipe Club and receive new recipes on a regular basis via e-mail.

Perhaps the most "egg-citing" portion of the site is the Media page, which allows you to view various printed stories, listen to our current radio announcements, and view the Commission's public service television message!

To experience everything that's now offered and to appreciate all the improvements made to the site, type in [www.georgiaeggs.org](http://www.georgiaeggs.org). The new look and updated features were designed and implemented by



## U.S. Poultry Plans Environmental Management Seminar

The U.S. Poultry & Egg Association has scheduled its 2002 Environmental Management Seminar for March 6-7 at the Doubletree Hotel in Nashville, Tennessee.

There will be sessions on effluent limit guidelines, alternative litter handling, air quality, by-products recycling and phosphorous removal. The two-day session will help attendees learn more about new technology, methods, and regulations that affect them and the industry as a whole.

For more information contact U.S. Poultry at 770-493-9401 or via e-mail: [seminar@poultryegg.org](mailto:seminar@poultryegg.org).

## Watt Offers Infectious Bronchitis Summit

Since 1995, WATT Publishing has sponsored international summits dealing with issues affecting the bottom line in poultry production and processing. This year's program centers on infectious bronchitis and is scheduled for March 4-5, 2002 at the Atlanta Airport Hilton and Towers in Atlanta.

One of the many speakers on the program is Dr. Louise Dufour-Zavala of the Georgia Poultry Lab in Oakwood.

More information is available through the Watt web page at [www.wattnet.com](http://www.wattnet.com) or by contacting WATT Publishing Co. at 815-734-4171.



## Spiced Cider Pecans

Makes 1 Cup

- Vegetable spray
- 3 egg whites, beaten
- ½ teaspoon brandy flavoring
- 1 cup pecan halves
- 3 (.74-oz.) packets instant spiced cider mix, dry
- 1 teaspoon apple pie spice
- Caramel apple dip (optional)

Preheat oven to 400° F. Spray large baking pan with vegetable spray, set aside. Combine egg whites and brandy flavoring, mix well. Toss pecans in egg mixture; pour pecans into a colander to drain. Mix spiced cider and apple pie spice in a zip lock bag, add pecans and shake bag well. Coat pecans and pour onto baking sheet. Spread pecans over baking sheet. Bake for 6 minutes; remove from oven and let cool. With a spatula, loosen pecans from baking sheet. Serve with optional caramel apple dip. Store in a container with lid.

*Nutritional Analysis per serving: calories 268, protein 5 g, carbohydrates 20 g, fat 19 g (2 g saturated), cholesterol 0 mg, sodium 42 mg, calcium 2 mg.*



## Eggs Keep America Strong!

To encourage strength and to keep warm on those cold, winter days and nights, I've developed two new recipes for our Winter merchandising campaign that are sure to have "the troops" saluting the cook!

"Avocad Omelet Wrap" is an omelet filled with chopped, red tomatoes, a special white dressing, onion, avocado, lettuce, and other "egg-cellent" ingredients, then placed on a piece of flat bread and rolled into a wrap for a truly hearty fare!

The second recipe, (printed at left) is "Spiced Cider Pecans." This is a wonderful munchy that everyone will enjoy, especially when served in front of a warm fire on a cold winter's night! For copies of both recipes, contact the office.

### Recipe Contest

A reminder that we are now accepting entries for our 2002 recipe contest which is for "your favorite recipe." If it contains a minimum of four whole eggs and serves at least four people, that recipe could win you \$1,000! for more information and complete rules, just contact me. The deadline is April 1, 2002.

## 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.

Funding is through a producer-paid assessment of 5½¢ per thirty-dozen case of eggs. Office facilities are located in Forest Park, Georgia, on the Atlanta State Farmers' Market.

### COMMISSION MEMBERS

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 Gene Sutherland, *Vice Chairman*  
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 Wayne Dollar, *President*  
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