

# THE EGGSAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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## Houston and Sutherland Re-elected

Ed Houston of Lumber City, Ga. and Gene Sutherland, Sr. of Jonesboro, have been re-elected to serve for the 23rd consecutive year as chairman and vice-chairman, respectively, of the Georgia Egg Commission's board of directors!

Houston is president of Lumber City Egg Marketers, Lumber City, Ga. Sutherland is president of Sutherland's Food Service, in Forest Park.

An election is mandated by Commission policy for the first meeting of each year, and for 2002, it came during the June 5th board meeting.

## Strickland Honored by Egg Industry

Lloyd Franklin Strickland, founder of Crystal Farms in Chestnut Mountain, has been inducted into the Georgia Egg Commission's Egg Hall of Fame.

Strickland was officially inducted by Georgia Egg Commission board chairman Ed Houston, a Hall of Fame member since 1993. Joining in the honor were wives Pam Strickland (left) and Winifred Houston. The ceremony took place during the annual meeting of the Georgia Egg Association, June 26, 2002, at the King and Prince Beach and Golf Resort Hotel on St. Simons Island, Ga.

In addition to a Waterford Crystal egg and appropriate plaque, the Strickland family was also presented with a watercolor photo portrait, which uses a computer to digitally transform a color photo into a portrait with the appearance of hand-painted brush strokes. The completed portrait, by Kerr Studio, Norcross, Ga., will be presented to the Stricklands later this year.

As part of his presentation, Houston quoted from letters of nomination received from such notables as former Governor Carl E. Sanders, who recommended Strickland "not only because of his many contributions to the poultry industry, but also because of his leadership activities in his community."

Abit Massey, Director of the Georgia Poultry Federation, wrote that in the 1960's Strickland was "very instrumental in the

growth of the Georgia Poultry Improvement Association and the Georgia Poultry Diagnostic Laboratories."

Dr. Fred C. Davison, former University of Georgia president, said of Strickland: "He has not only been a major figure and leader in the egg industry, but he has been a moving and guiding factor in the life of his church, his community, and the state."

Harold Ford, former director of S.E. Poultry and Egg Association (now U.S. Poultry and Egg Association) said: "His track record as a champion of the industry is known throughout the nation. He was there in the early development stages of the industry with leadership and wisdom."

Other letters of support for his selection came from former president of B & B Egg Company, Walter Byrd; retired Presbyterian minister Rev. Kennedy Smart; retired bank president Ray McRae; officials with Eagle Ranch; officers with AgGeorgia Farm Credit; and from Billy Crider, president of Crider Poultry, who credited Strickland with the success of his company.

To conclude his introduction of the 2002 recipient, Houston quoted from a letter of nomination from U.S. Congressman Nathan Deal, which read in part: "Lloyd Strickland has bettered the poultry industry and impacted the lives of many through his generosity. Gainesville Junior College, Rabun Gap School, and the University of

Georgia Foundations have all benefitted from his knowledge and input. He is a true gentleman who follows his heart while maintaining successful business ventures."

Strickland was a member of the State Highway Board, a director of the Gainesville-Hall County Chamber of Commerce, and a director and officer of the Gainesville-Hall County Hospital Authority. His civic club resume is vast, including Civitan Club, Rotary Club, Kiwanis Club, and the Chestnut Mountain Ruritan Club.

According to Robert N. Howell, Executive Director for the Georgia Egg Commission, this prestigious award is presented but once every three years, and it recognizes a person of exceptional character and outstanding integrity who has rendered noteworthy and unselfish service to Georgia's egg industry and his community.

Howell went on to say: "Our Egg Hall of Fame inductee for 2002 is truly a pioneer in the egg industry, with his work stretching over three quarters of a century. Mr. Strickland's company, Crystal Farms, grew from a two-man hatchery to the largest egg firm in our state, with some 200 employees."

Previous Hall of Fame inductees have been: Roy Martin Durr, 1981; Paul J. Davis, Sr., 1984; George Seaton, 1987; William G. Owens, Jr., 1990; Edward L. Houston, 1993; James E. Sutherland, Sr., 1996; and Emerson Gay, in 1999.



## Recipe Contest Winners Announced

A recipe for "CHICKEN TANGO" has earned a Cartersville, Ga. woman \$1,000 as the first place prize winner in the Georgia Egg Commission's 19th Annual Egg Recipe Contest. Mrs. Valerie Holt (above left) developed the prize-winning recipe which features rotisserie chicken, broccoli florets, Penne pasta, chicken soup, sour cream, and of course, Georgia eggs!

The second place prize of \$500 was won by Rose Abbott (center), a homemaker from Cochran, Ga. Mrs. Abbott's winning recipe was for a black walnut mocha cheesecake. Third place and a check for \$250 was awarded to Anna DeFore, a student from Byron, Ga. Miss DeFore's recipe was entitled "Luscious Lemon Key Lime Egg-plosion Cake."

Ten of the state's most creative cooks were selected as finalists to compete in the cook-off held May 16, at the Georgia National Fairgrounds, in Perry, Ga. Others in the contest included: Elizabeth Ivie of Augusta, who prepared a "Quick Egg and

Spinach Burrito"; Deborah Puette, of Lilburn, whose recipe was for "Sweet Potato Quiche"; and a brother and sister: Andrew and Rebecca Brooks of Byron, Ga. Andrew's recipe was for a "Breakfast Pizza," while Rebecca's recipe entry was a "Grecian Skillet Omelet." Other finalists included: Janet Gilbert of Danielsville, whose recipe entry was "Eggstra Special Spanish Rice"; Gloria Little, of Danville, who submitted her recipe for "Eggcellent, Zesty Orange Creamy Custard"; and Virginia Butts, of Cochran, who competed with her recipe entitled "Apple Sausage Bake."

This is the nineteenth year that the Georgia Egg Commission has held the state-wide competition. This year's contest asked for "Your Favorite Recipe." The only requirements were that the recipe include a minimum of four whole eggs and serve a minimum of four people. A booklet is available containing the three winning recipes. If you would like a copy, just contact the Commission office.

# EGGS



## IN THE SPOTLIGHT

### Are Eggs Important?

*By Jewell Hutto, Program Director*

Are eggs nutritious? Not only do eggs have a natural balance of all nutrients needed by humans (except Vitamin C) and high-quality protein, they provide carotenoids, lutein, and zeaxanthin which help reduce the risk of age-related macular degeneration and cataracts.

Another functional quality of eggs is the choline and lecithin content. Choline is important for the development of brain function and memory. It is especially needed during fetal and postnatal development.

Are eggs convenient? Eggs can be prepared quickly, eaten on the run, enjoyed hot or cold, and of course, used as garnishes on many different dishes. Starting the day off with the convenience of eggs as part of a nutritionally-balanced meal can help prevent midmorning hunger and help prevent snacking between meals.

Are eggs versatile? Eggs can be used to bind, coat, leaven, form emulsions, act as interfering (retard crystallization) and clarifying agents. And without question, we all appreciate the fact that eggs are economical.

So, when the egg's nutritional content, convenience, versatility, and cost are considered, when asked: "Are Eggs Important?" There is not just one answer, there are a dozen!



The Twenty-Seventh Annual  
Georgia Agribusiness Council



Featuring  
Jessica Andrews

# Harvest Celebration

Friday Evening, November 22, 2002

Silent Auction & Field of Dreams  
Reception - 5:30 p.m.

Dinner - 7:30 p.m.

Entertainment &  
Dancing - 9:00 p.m.

Cobb Galleria Centre  
Atlanta, Georgia

Georgia Agribusiness Council, Inc.  
Post Office Box 119  
Commerce, GA 30529  
706-336-6830 • 800-726-2474  
Fax 706-336-6898



## Anderson Is Egg Prep Winner

The Georgia Egg Commission's Holly Gillis (at right) congratulates Sally Anderson of Paulding County, as this year's 4-H Egg Prep winner.

Ms. Anderson was in Atlanta recently to attend the 60th Annual Georgia State 4-H Congress and was recognized during the group's annual banquet as the 2001 state winner.

The Georgia Egg Commission sponsors the 4-H Egg Prep project, with 2002 competition to be held this October during the Georgia National Fair in Perry.

## Looking Ahead



A National Poultry Waste Management Symposium has been announced for October 28-30, 2002 to be held in Birmingham, Alabama.

The program's theme is *Looking Ahead*, which emphasizes the necessity to meet current and future needs of the poultry industries when responsibly dealing with environmental issues and challenges. Topics include Social Considerations, Waste and Nutrient Management, Regulatory and Air Quality Issues, Challenges and Opportunities of Alternative Use Technologies and Processes, and Water and Wastewater Processing.

The symposium will be held at the Sheraton Birmingham Hotel. For more information, visit the website: [www.alabamapoultry.org](http://www.alabamapoultry.org) or contact the coordinator, Richard Reynolds, USDA/CSREES/PAS at 202-401-5352.

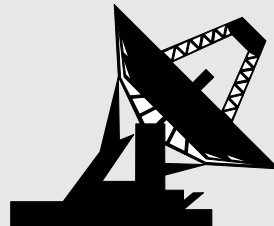


## Hartley Scholars Honored

University of Georgia students Jessica Alcorn and Posey Ragan are the recipients of the Grace Hartley scholarship award for 2002-2003.

The two were recognized by Katrina L. Bowers, Director of Development for the College of Family and Consumer Sciences at the University and Robert N. Howell, Executive Director of the Georgia Egg Commission during the annual meeting of the Georgia Egg Association.

The scholarship honors Grace Hartley German, long-time food editor of the *Atlanta Journal and Constitution*.



## The Nutrition Station

By Holly Gillis MS, RD, LD

### DON'T LET THE HEAT "SPOIL" YOUR SUMMER

Beach trips, backyard barbecues and pool parties can only mean that temperatures are rising and summer is officially here. It's a popular time for a picnic and prime time for food-borne illnesses, so beware!

The U.S. Department of Agriculture's Food Safety Inspection Service reports the risk of food-borne illnesses from E. Coli may be three times greater during the summer than the rest of the year. Many think food poisoning couldn't happen close to home; but, the Center for Disease Control and Prevention estimates a staggering 76 million people contract food-borne illness each year.

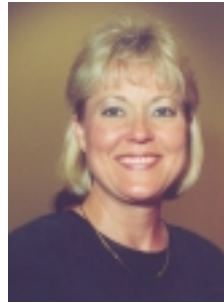
Although this may sound scary, it can be avoided with a little prevention and a lot of food safety. It is always very important to wash your hands before handling food and to avoid cooking for

others if you are sick. When preparing food to grill, always marinate meat, fish or poultry in the refrigerator and never at room temperature. If the marinade is to be used later as a sauce, boil it for at least two minutes before serving.

The best way to avoid cross-contamination is by using separate cutting boards for meat and for vegetables, and be sure to wash all utensils well between uses.

Cook all meat, poultry and seafood thoroughly. Heat hot dogs until steaming hot, as cured meats are known to carry Listeria, which can be especially dangerous for pregnant women.

As for the basics, keep hot foods hot and cold foods cold, and never let food sit out for more than two hours, or one hour in 90° F. heat. I know this may sound simple; but sometimes, simple can be a lifesaver.



**EGGS CRACK OPEN SUMMER!**



*Tropical Crepe*

Our promotional theme for this quarter is “Eggs Crack Open Summer.” I’ve developed two recipes for the campaign: “Hashbrown Potato Casserole,” which is certain to open up your taste buds to a whole new world of great flavor, and “Tropical Crepe.” For this recipe, the crepe is the focal point for a dish that includes a cool combination of tropical fruits and pudding. It’s topped with a summer-sweet watermelon sauce and covered with Confectioner’s sugar and macadamia nuts. For copies of both recipes, give us a call.

**Tropical Crepe  
 With Watermelon Sauce**  
 Serves 10

**CREPES:**

- 1 cup self-rising flour
- ¼ teaspoon salt
- 1 tablespoon powdered sugar
- 2 eggs, beaten
- ½ teaspoon lemon juice
- 1 teaspoon coconut flavoring
- 1 tablespoon oil
- 1 cup orange juice (not from concentrate)

In a large mixing bowl, combine flour, salt and sugar, mix well. Add eggs, lemon juice, coconut flavoring, oil and orange juice. Using a wire whisk, beat mixture until smooth. Lightly grease and heat a non-stick, flat-bottom skillet. Pour in ¼ cup batter and quickly tip pan to spread batter around. Cook until done (about 20 seconds) on underside. Flip over and cook for 3 seconds. Place a paper towel onto a platter, turn first crepe onto paper towel.

*Nutritional Analysis per serving: calories 300, protein 6 g, carbohydrates 48 g, fat 11 g (3 g saturated), cholesterol 39 mg, sodium 336 mg, calcium 131 mg.*

Continue cooking crepes; stack crepes between paper towels. To fill crepes, place crepe onto a plate. Fill the center of crepe with pudding and top with chopped tropical fruit. Start at one side of crepe and roll. Spoon watermelon sauce over crepe and sprinkle with lemon zest and macadamia nuts.

**FILLING:**

- 5 (4 oz.) containers banana pudding
- 1 (64 oz.) container tropical fruit salad (in extra light syrup)

**WATERMELON SAUCE:**

- 1 (8 oz.) container vanilla yogurt
- 10 tablespoons pureed watermelon (no seeds)

**TOPPING:**

- 1 cup lemon zest (finely grated)
- ½ cup crushed macadamia nuts (finely crushed)

**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.

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