

THE EGG SAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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Excellence In Eggucation Award Presented

Each Year, the Georgia Egg Commission recognizes our County Extension agents for the work they do in the promotion of eggs, with an "Excellence in Eggucation" award. The award is given in both a youth and an adult category.

Judy Hibbs of Oconee County was the recipient of this year's Youth award. During the year, Judy (pictured above at left) presented a program that educated the youth of her county as to the many benefits of eggs. Students were given the opportunity to make and eat an omelet, and according to Judy, almost all of them said they would make one at home, thanks to the class.

"Eggciting Facts About Eggs" was the name of the winning adult program developed by Gloria Drawdy (pictured above right) of Blackshear, Georgia. Her program focussed on egg nutrition, food safety and egg cookery for senior adults, through a variety of activities.

Both winners received plaques and a \$50 check from the Georgia Egg Commission's executive director Robert N. Howell, who made the presentations during the group's annual meeting held this year in Cordele.



Rocker Receives Golden Egg

Donna Reynolds Rocker, (above left) was recently presented with the Georgia Egg Commission's Golden Egg Award for 2004, by the Commission's program director Jewell Hutto (right).

Mrs. Rocker is Director of Georgia's Ag In The Classroom and has continually made use of various Georgia Egg Commission materials in her program. While presenting the award to Mrs. Rocker, Mrs. Hutto stated: "The Ag in the Classroom Program is one of the best avenues we have to reach children."

An announcement that Mrs. Rocker was one of three recipients of the award was made June 24th, during the Commission's annual meeting, but she was unable to attend.

According to the Commission's Executive Director, Robert N. Howell: "The Golden Egg is presented annually to one or more persons who have assisted the Commission during the year in promoting Georgia eggs and educating the public as to their nutritional value." Two others were chosen for the 2004 honor: Peggy Denny of WGGS-TV, in Greenville, South Carolina; and Nelle Reagan of WRGA radio in Rome, Georgia.

Egg Hall of Fame Nominees Sought

March 1, 2005 is the deadline to submit nominations for the Georgia Egg Commission's 2005 EGG HALL OF FAME. This prestigious award is presented but once every three years and recognizes a person with exceptional character and excellent integrity, who has rendered outstanding and unselfish service to Georgia's egg industry. The basis for selection gives priority to a living person, who is, or has been, a resident of Georgia.

Selection is made largely on the basis of information provided in the nomination form, however, letters of support and recognition are welcomed and encouraged. A special committee will be appointed by the Commission to consider the nominations, and should the members feel one of those nominated is deserving, the recipient will be honored

during the annual Awards Banquet of the Georgia Egg Association, June 23, 2005 at the King and Prince Hotel, on St. Simons Island.

Previous Hall of Fame inductees are: ROY MARTIN DURR, 1981; PAUL J. DAVIS, SR., 1984; GEORGE E. SEATON, 1987; WILLIAM G. OWENS, JR., 1990; EDWARD L. HOUSTON, 1993; JAMES E. SUTHERLAND, SR., 1996; C. EMERSON GAY, SR., 1999; AND LOYD F. STRICKLAND IN 2002.

A nomination form can be acquired by contacting the Georgia Egg Commission office: 16 Forest Parkway, Forest Park, GA 30297; via telephone 404-363-7661 or fax 404-363-7664; or via e-mail: goodeggs@bellsouth.net. The completed form must be postmarked no later than March 1, 2005.



Welcome To The Fair!

Breakfast Winners Chosen

The Georgia National Fair celebrated its 15th anniversary this year with a new attendance record of 390,213 and for the fifteenth year, the Georgia Egg Commission was invited to participate!

The area's best cooks bring their breakfast recipes to the fairgrounds for judging in the "I Love Eggs Breakfast Contest," co-sponsored by the Commission and the Georgia National Fair.

Executive Director Robert N. Howell announced the 2004 winners. Pictured with him (left to right) are: First-place winner Ginger Butts of Cochran, Georgia; second-place winner Wendi Defore of Warner Robins, Georgia; and third-place winner Andrea Brock of Lizella, Georgia.

Each finalist received a Fair Rosette, with first place winning \$200, second place \$100, and third place \$60. Copies of the winning recipes are available free by contacting the Commission's office.

Eggs and Elegance

Jewell Hutto, the Commission's program director, helped welcome everyone to the Fair's Miller-Murphy-Howard building, where she hosted several dazzling demonstrations from the Georgia Living Program's culinary stage. Jewell is shown above right preparing for one of her demonstrations.

Plans are already in the works for the 16th annual, state-sponsored Georgia National Fair scheduled for October 7-16, 2005. The Fair's theme will be "Sweet 16," and you can bet that the Georgia Egg Commission will be there!

Eggspecting Brochure Offered

The Georgia Egg Commission is spreading the importance of good nutrition during pregnancy, with the introduction of its newest educational brochure, "Eggspecting." The pamphlet highlights nutritional tips for the expectant mother and offers delicious recipes suitable for both the mother and her baby.

"Eggspecting" also includes an Egg Nutrient Chart that displays the percentage of daily values found in a large, whole egg, the egg white, and the yolk. Special attention is given to what the expectant

mother should eat during pregnancy and how much.

Calories and weight gain—another important topic—is also detailed. The expectant mother's health is very important to her unborn baby, and this brochure provides many helpful hints for staying healthy.

As with all brochures the Georgia Egg Commission creates, "Eggspecting" is available at no charge. For a free copy just contact us. Additional egg information is also available via the Commission's web

site: www.georgiaeggs.org.



Egg Prep Winner

The Georgia Egg Commission annually sponsors the 4-H Egg Prep Contest during the Georgia National Fair. This year's winner was Mr. Miles Drummond of Tift County. Miles will now compete at the National Egg Preparation Demonstration Contest to be held November 17-18 in Louisville, Kentucky.

Congratulations, Holly

We have some great news for you from our director of nutrition, Holly Hidell: she and her husband Tommy were blessed with the birth of a baby girl—Katherine Faith—on Saturday evening, September 4, 2004! "Kate" weighed 7 pounds, 12 ounces and was 20 inches long.

Both Holly and Kate (and Tommy) are doing *eggstremely* well, and we're looking forward to having Holly back at work with us!





Harvest Celebration Features Jewell

The twenty-ninth annual Harvest Celebration, sponsored by the Georgia Agribusiness Council, is being planned for Friday, November 19th at the Cobb Galleria Center in Atlanta. Perhaps the biggest social gathering of the year in the agribusiness community, this year's celebration will feature a silent auction and Field of Dreams reception, followed by dinner, dancing, and entertainment by country music recording artist Buddy Jewell.

Proceeds from the event will go to support the Council's work objectives, including state and federal legislative monitoring, agricultural education, media relations activities, and coalition building within the agricultural community. Tickets are available online at www.ga-agribusiness.org or from the GAC office by calling 1-800-726-2474.



The Georgia Agri-Leaders Forum Foundation is currently selecting its Class of 2005, which will begin in January.

Interested individuals may be nominated or may apply directly to the Foundation for the 2005 Class or future classes.

The Forum conducts leadership development training for persons in agriculture and the agribusiness industry in the state of Georgia. Two hundred and forty-eight men and women, including poultry growers and egg industry personnel, have graduated from the program since its inception in 1990. For more information, call 1-800-473-6786 or by mail at 1217 Eagle Ridge Road, Dawsonville, GA 30534.



Wake Up Columbus!

Every morning at 5:30 a.m., television viewers in the Columbus, Georgia area tune to NBC Channel 38, to receive a wake up call from the delightful hostesses of WLTZ-TV's "Wake Up Columbus!"

The Georgia Egg Commission was their guest on a recent October morning. Pictured on the set are (left to right) show

producer and hostess Reggie Richards, the Commission's Jewell Hutto, show hostess Cheryl Gates, and Georgia Egg Commission Executive Director Robert N. Howell.

"Wake Up Columbus" is a half-hour lifestyle magazine program featuring interviews, health tips, movie reviews, and local happenings.

Hutto Wins "2005 Miss East Georgia"

The Georgia Egg Commission's Egg Ambassador Allison Hutto, has been selected as Miss East Georgia 2005! As part of the competition, she also received the Peoples' Choice award and Interview award.

Allison is a Junior at North Georgia College and State University, majoring in Exercise Science. She is the 21-year-old daughter of Ron and Jewell Hutto of Lawrenceville, Georgia and has one brother, Alex.



Allison Hutto

Allison has a true passion for her contest competition platform: "Habits and Training... Obesity In Children." This past summer she co-authored a brochure, using the theme as its title, with the Georgia Egg Commission that is being used in various wellness programs throughout Georgia.

Also this year, Governor Sonny Perdue signed an accommodation recognizing Allison for her work promoting good nutrition and healthy lifestyles, and she received Senate and House Resolutions recognizing her efforts.

Allison has had the privilege of being crowned the 2001 Miss Gold Rush, 2002

Georgia Watermelon Queen, was selected as the 2003/2004 Miss Gwinnett County, and competed in the 2004 "Miss Georgia Pageant." She will be packing her bags again in June, 2005 to travel to Columbus, Georgia where she will be competing in the "2005 Miss Georgia Pageant."



Now in its 57th year, the International Poultry Exposition is scheduled for January 26-28, 2005 at the Georgia World Congress

Center in Atlanta, Georgia. Sponsored by the U.S. Poultry and Egg Association, the Expo is the world's largest display of products and services targeted to the poultry and egg industry.

Nearly 900 exhibitors representing every segment of the industry, will be on hand for the approximately 18,000 visitors from the United States and around the world.

For more information on the 57th Annual International Poultry Exposition, go to www.internationalpoultryexposition.org or contact: U.S. Poultry and Egg Association at 1530 Cooledge Road, Tucker, GA 30084-7303.



Holiday Elegance With Eggs



The holiday season is certainly a beautiful and elegant time of the year, as families come together for holiday love, great fun and fantastic food.

To celebrate the season, we've chosen the theme: "Holiday Elegance With Eggs," and I've had the fun of developing a new booklet of holiday recipes! One of my favorites, printed below, is for English muffins with berry sauce.

There are several other recipes I think you'll enjoy too, such as: turkey pâté; Crown Pork Roast with ravishing Rosemary stuffing and gravy; hash brown potatoes and squash; and oh yes, fantasy fudge! Contact us today for your complimentary copy.

Holiday English Muffins

Serves 4

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| 4 English muffins, split, toasted and buttered | 8 slices smoked Gruyere cheese |
| 1 pound deli smoked turkey (or deli Parmesan pesto ham (sliced thin)) | 4 poached eggs |

Arrange a hot toasted muffin half on each heated serving plate; top each muffin half with 4 ounces of turkey or ham, 2 slices of cheese over meat, and center a poached egg on top of cheese. Spoon Holiday Berry Sauce over egg. Serve at once.

HOLIDAY BERRY SAUCE

- | | |
|---------------------------|---------------------------------|
| Butter | 3 tablespoons cranberry chutney |
| ½ cup raspberry dressing | 2 tablespoons sugar |
| 2 tablespoons red wine | 3 egg yolks, beaten |
| ¼ cup sweet zesty mustard | |

Butter the sides and bottom of saucepan. Combine first 5 ingredients in saucepan and whisk until smooth. Spoon ½ cup raspberry mixture into egg yolks and mix well until blended. Pour egg mixture back into raspberry mixture and mix well. Place saucepan onto stove and cook over very low heat, stirring constantly until mixture thickens or starts to boil. Serve over Holiday English Muffins.

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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