

THE EGGSAMINER

A Publication of The Georgia Egg Commission

Robert N. Howell, Editor

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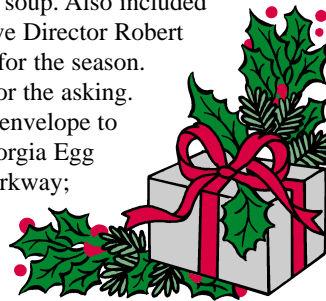
NUMBER 3



For this holiday season, the Georgia Egg Commission staff is inviting everyone to enjoy some delightful new recipes featuring our friend, the egg! As has been the tradition at this special time of the year, the Commission is offering its quarterly merchandising materials, as well as a beautiful, color brochure that is filled with original recipes for festive eating during the holiday season or throughout the year.

The new recipes, developed by program director Jewell Hutto, include: a chocolate cream cheese brownie cake; a turkey and dressing wrap featuring an excitingly-distinctive egg salad filling served with traditional cranberry relish; a sweet, sweet potato casserole; a beautiful broccoli and pasta bake; a tantalizing tomato souffle; an apple cream pie; and a most unusual spiced soup. Also included in the brochure is Executive Director Robert N. Howell's annual poem for the season.

The recipes are free for the asking. Just send a self-addressed envelope to Festive Egg Favorites; Georgia Egg Commission; 16 Forest Parkway; Forest Park, GA 30297.



Georgia's egg industry was deeply saddened during November, with the loss of two of its most prominent poultry leaders.

Gerald Max Faulkner

On November 1st, we mourned the passing of Gerald Max Faulkner. Known to all as "Jerry," he was the *father* of at least three of the nation's most successful egg organizations, having been the first director of the Georgia Egg Commission, the first president of United Egg Producers, and the first and only president of United States Poultry and Egg Marketers. He was the recipient of numerous awards recognizing his life-long work in the nation's egg industry.

Donations may be made in his honor to Rehoboth Baptist Church, 2997 Lawrenceville Highway, Tucker, GA 30084.

Thomas Augustus Arrendale

Thomas "Tom" Augustus Arrendale, 83-year-old co-founder of Fieldale Farms in Baldwin, died on Monday, November 3 at the Hospice of Atlanta following complications related to a head injury on May 22, 2003.

Arrendale, his brother Lee, and Joe Hatfield founded Fieldale in 1972. The company has grown into the largest employer in both Habersham and Hall counties and is among the largest poultry companies in the world, with more than 5,000 employees.

Tom served for 41 years as chairman of the board at the Habersham Bank, and in 1968, he co-founded LP Service Inc. in Clarkesville with his brother Lee. Tom was very active in both the civic and charitable communities.

Friends are encouraged to make a gift in Tom's memory to the Fieldale Farms Foundation, P. O. Box 558, Baldwin, GA 30511.

Governor Announces Ag Liaison

Governor Sonny Perdue has announced the establishment of an Agricultural Advisory Commission and named Donnie Smith of Willacoochee, Ga. as its director. Smith will serve as the Governor's liaison for the agricultural community to ensure that the Governor is an active partner in creating and expanding job growth within Georgia's agriculture industry.

Smith, 56, is the owner and operator of Smith Farms—a diversified tobacco, peanut, corn, cattle, timber, and cotton enterprise—and in his liaison position, will also serve as the Executive Director of the Tobacco Community Development Board. The office will be moved from Atlanta and located in Tifton, Ga.

Lane Appointed

Governor Perdue also announced the appointment of Jerry Lane, a Claxton, Ga. poultry processor, to the Advisory Commission which will include members of various commodity groups from throughout the state.

New CAFO Rules Approved

The Georgia Environmental Protection Division and the Department of Natural Resources have approved new CAFO rules that will bring some dry manure poultry operations under EPD permitting and regulation. The new rules require that large poultry operators with dry or liquid manure systems develop nutrient management plans as part of the permitting process.

The University of Georgia's Poultry Science Department is committed to assist the state's poultry industry in complying with the new regulations and is continuing with the implementation process of non-permitted programs. County agents across the state have been trained to help poultry company personnel understand the new regulations.

Two training classes have been set for those with responsibilities: December 9, 2003 at the Georgia Poultry Lab in Oakwood; and at the RDC in Tifton on December 11, 2003.





Showcasing Eggs with Showmanship!

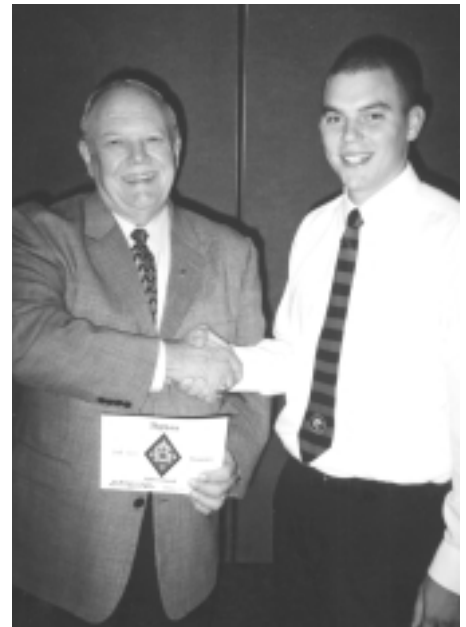
In October, the Georgia National Fair celebrated its fourteenth annual event, and the Georgia Egg Commission celebrated its fourteenth year as an invited guest to be on their program.

For 2003, Commission staffers Jewell Hutto and Holly Hidell, MS, RD, LD offered a brand new demonstration. Often referred to as the "Double Yolk Twins," these two jesters entertained the crowds with a lively, fun-filled show that featured several usual and *unusual* ways to use eggs and generated the question: "Are you two sisters?"

Fair goers saw Jewell (above right)

hold freshly-whipped meringue over Holly's head, with Holly countering by putting egg white on Jewell's face! As part of their eggstraordinary performance, the two eggceptional chefs demonstrated the ease of making omelets, an omelet wrap, corn bread, vegetable patties, a quiche, and deviled eggs. Everyone enjoyed the free samples of each dish and appreciated the many recipes offered!

The theme of this year's Georgia National Fair was "Showcasing Tomorrow's Leaders," so it was only appropriate that these two professionals showcased the Good Egg From Georgia with Showmanship!



Howell Inducted To AGHON

Georgia Egg Commission Executive Director Robert N. Howell has been recognized for his "outstanding service to Georgia agriculture" by AGHON, an agricultural honor society at the University of Georgia.

Howell was inducted as an honorary member during the group's annual fall breakfast in Athens, and is shown above receiving the award from AGHON president Jason Faircloth of Moultrie, Ga. The organization inducts honorary members from outside the University each Fall and this year also recognized Graham Liles, Retired Executive Director of the Soil and Water Conservation Commission, and Mrs. Jean Wright, Retired Secretary of the Georgia House Agriculture Committee.

During the presentation, Howell was applauded for his 28-year-career as Executive Director of the Georgia Egg Commission and thanked for his service with the Georgia 4-H State Advisory Council as its chairman for three years; for his work as State Representative for the American Egg Board; as a member of the Georgia Agricultural Round Table; as Past President of the Metro Atlanta Agricultural Communicators (MAAC); and his close affiliation with FHA, the Cooperative Extension Service, and other agricultural organizations.

AGHON is the highest honor that a student in the College of Agricultural and Environmental Sciences, the Warnell School of Forest Resources, or the College of Veterinary Medicine may attain while at the University of Georgia.



International Poultry Expo Set

The 2004 International Poultry Exposition is scheduled for Jan. 28-30, at the Georgia World Congress Center. Now in its 56th year, the Expo is the world's largest exposition targeted to the poultry and egg industry.

Educational meetings will take place throughout the day on Thursday, January 29, 2004. Topics for the sessions include bio-security, the environment and animal welfare.

Last year's Expo featured 880 exhibitors with some 19,000 decision makers attending from around the world with every segment of the poultry industry being represented.



Houston Recognized

Congratulations to Georgia Egg Commission board chairman Ed Houston (at right) on his having been recognized by United Egg Producers during their annual meeting!

According to UEP President Al Pope, UEP honored Houston not only for his leadership in Georgia, but for a career of leadership with various poultry and egg organizations nationwide. Of particular note was his chairmanship of the UEP Board, EggPac, Southern UEP and the American Egg Board. (UEP)



Allison Hutto Miss Gwinnett 2003

Georgia's Egg Ambassador Daisy Allison Rose Hutto was crowned "Miss Gwinnett County 2003" on September 13th at the Gwinnett County Fair, in Lawrenceville, Georgia. Not only did she win the overall title, but also the interview, evening wear and talent competitions!

As "Miss Gwinnett County," Allison now competes in the "Miss Georgia Pageant" next June. For her platform, she has chosen *Habits and Training—Obesity in Children*, which she hopes to emphasize in area school systems during the coming months. The Miss Gwinnett title is not Allison's first. In 1999, she was named Miss Teen Junior Hostess, in 2000, was named The Georgia Egg Ambassador, in 2001, she became Miss Dahlonga, and in 2002, she was crowned Georgia Watermelon Queen.

Allison is the 20-year-old daughter of Ron and Jewell Hutto (Georgia Egg Commission Program Director) and has one brother, Alex, who attends Grayson High School.

After having finished two years at North Georgia College in Dahlonga, she plans to complete her studies at Georgia State University majoring in Exercise Science with a minor in Business. Her future plans are to represent Georgia in the Miss America contest... and... TO WIN!

Farm Bureau Convention

The 63rd Annual Georgia Farm Bureau Convention will be held December 7-10, 2003 at the Jekyll Island Convention Center on Georgia's Jekyll Island.

The Georgia Egg Commission will be on hand as an exhibitor, and our staff will be serving some delicious samples from the Commission's new holiday recipe brochure, "Festive Egg Favorites."

Commodity conferences are scheduled for Monday afternoon, December 8, at 2:00 and at 3:30 p.m.

The Gift of Eggs

Eggs—Nature's Holiday Gift

By Jewell Hutto, Program Director

The holiday season is a wonderful time of year full of festivities and celebrations, but it can also be hectic as we rush to find the perfect gift. What better way to say "happy holidays" than giving the gift of great taste and good nutrition...the gift of eggs!

Begin by making a wonderful holiday breakfast present for your family. This is a fantastic way to start your day of making special holiday gifts, and what would the season be without all those delicious cakes, pies, cookies, and other sweets. These are treats that can be made ahead of time, given in gift boxes, or placed around your house for all to enjoy.

Finally, a yuletide celebration would hardly be complete without eggnog. To make this rich and creamy drink, simply follow a basic recipe, then give it your own individual touch by adding fruit juice, spirits, or ice cream.

However you celebrate the holiday season, take advantage of the many gifts that surround you daily: family, friends, faith, freedom, and good health—the most important gifts of all. Have a very "EGG-Y, MERRY HOLIDAY!"

The Incredible, Edible Egg

By Rebecca Russell

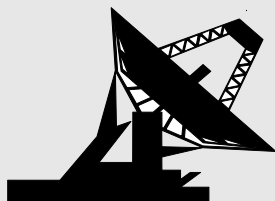
(EDITOR'S NOTE: Rebecca Russell served the Georgia Egg Commission as a student intern as a part of her dietetic rotation through the Southern Regional Medical Center.)

The holiday season is upon us, and to survive everything from long days of shopping to entertaining the in-laws, include eggs on your holiday shopping list. Eggs can give you the comfort you deserve, and the nutrition you need!

We've all heard of the "Incredible Edible Egg;" but, what makes these little white bundles of nutrition deserve such acclaim? Some say it's the versatility, others the nutrients; yet, some simply enjoy the egg's great taste. Most likely, the combination of all these qualities make the egg "Incredible."

With 6 grams of bio-available protein, 70 calories, and only 1.5 grams of saturated fat, eggs are a top choice for those interested in weight management and/or a healthy diet.

That same "incredible" egg can either be an important ingredient in your favorite recipe or a meal within itself. So this holiday, give your family the gift of eggs with all their goodness wrapped up in a little, but very convenient shell!



The Nutrition Station

By Holly Gillis Hidell, MS, RD, LD

OSTEOPOROSIS INITIATIVE MAKING A DIFFERENCE

I recently attended a Strategic Planning Retreat for the Georgia Osteoporosis Initiative, as the member representative of the Georgia Egg Commission. In addition to serving as secretary for the Initiative, I also serve as Co-Chair of the Children and Youth Subcommittee.

Naturally, I have a special interest in promoting the egg and its nutritional value. Although calcium-rich foods are beneficial in the prevention and treatment efforts of osteoporosis, other nutrients such as protein, phosphorus, magnesium, zinc, copper, iron, fluoride, and vitamins D, A, C, and K, and folate are necessary for normal bone health. The egg contains many of these nutrients and can be beneficial in the prevention of osteoporosis.

A celebratory luncheon was held as

part of the Retreat to recognize those who have given effortlessly of their time and energy to the Initiative. Some of the many member, friends, and supporters attending included: State Representative Buddy Childers; Georgia Commission on Women Chair Nellie D. Duke; Georgia Osteoporosis Vice-Chair Sharon Baker; Lt. Governor Mark Taylor; Attorney General Thurbert Baker; and State Representative Barbara Massey Reece.

The Georgia Osteoporosis Initiative is an interdisciplinary statewide effort dedicated to reducing the incidence of fractures in Georgia, and to helping Georgians lower their risk of osteoporosis. More than twenty thousand Georgians have received free screening, and thousands more have benefitted from the Initiative's educational effort.



Festive Egg Favorites

For this year's holiday season, the Georgia Egg Commission invites you to enjoy some delightful new recipes featuring our friend, the egg! As has been our tradition at this special time of the year, we've developed a beautiful, 4-color brochure that's filled with original recipes for festive eating!

I think you will be delighted with the new recipes, some of which include: a chocolate cream cheese brownie cake; a

turkey and dressing wrap featuring an excitingly-distinctive egg salad filling that is served with traditional cranberry relish; a beautiful broccoli and pasta bake; and an appealing, mouth-watering, apple cream pie.

Two other recipes are being offered in the merchandising portion of the campaign: a tantalizing tomato holiday souffle (printed below) and a most unusual spiced soup! Just contact our office for your free copies.

Holiday Souffle

Makes 4 Servings

- Butter (for pan)**
- Grated Parmesan cheese (for pan)**
- ¼ cup butter**
- ¼ cup all-purpose flour**
- 1 cup milk**
- 1½ cups sharp cheddar cheese, shredded**
- 4 eggs, separated**

- 1 egg white**
- ½ teaspoon cream of tartar**
- 1 (14½ oz.) can diced tomatoes with zesty mild green chilies, drained well**
- Grated zesty red pepper Parmesan cheese (for garnish)**
- Bacon bits (for garnish)**

Preheat oven to 350° F. Evenly coat bottom and sides of ½-quart souffle dish with butter. Dust with Parmesan cheese. Set aside. In medium saucepan over medium-high heat, melt butter. Stir in flour. Cook, stirring constantly, until smooth and bubbly. Stir in milk all at once. Cook and stir until mixture boils and is smooth and thickened. Stir in cheese until melted. Remove from heat. In large mixing bowl at high speed, beat 5 egg whites with cream of tartar until stiff, but not too dry. Beat until whites no longer slip when bowl is tilted. Stir egg yolks into reserved sauce until thoroughly blended. Gently, but thoroughly, fold yolk mixture into whites. Gently fold in tomatoes. Pour into prepared dish. For a "top hat," hold spoon upright, and circle mixture to make a ring about 1-inch from side of dish and 1-inch deep. Bake about 30 to 40 minutes until puffy and delicately browned and souffle shakes slightly when rack is gently moved back and forth, **(no pecking while souffle is baking!)**. Garnish with Parmesan cheese and bacon bits. Serve immediately.

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.

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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**Think Fast.
Think Eggs.**

