

THE CACKLER

THE LATEST EFO NEWS



get cracking®
Egg Farmers of Ontario

Publication Agr. No: 40068941



DESSERT FOR BREAKFAST? YES PLEASE!

RECIPES

A Sweet Way to Start Her Mother's Day

CHURRO FRENCH TOAST ROLL UPS

A fun and easy take on the Mexican classic dessert, churros. Delicious cinnamon butter makes for a sweet surprise in the center of these rolls which are dipped in eggs, fried in a pan and sprinkled with cinnamon sugar. Served with a side of maple syrup or melted chocolate, this dish is like eating dessert for breakfast!

Yield: 12 servings **Preparation Time:** 20 minutes **Cook Time:** 20 minutes

CINNAMON BUTTER INGREDIENTS:

- 1/2 cup (50 mL) unsalted butter, at room temperature
- 2 Tbsp (30 mL) honey
- 1 Tbsp (15 mL) ground cinnamon

FRENCH TOAST INGREDIENTS:

- 1 Tbsp (15 mL) granulated sugar
- 1/2 cup (125 mL) ground cinnamon
- 2 eggs
- 2 Tbsp (30 mL) 2% milk
- 12 slices whole wheat bread
- 2 Tbsp (30 mL) butter, softened
- Maple syrup, warmed

DIRECTIONS:

1. In a small bowl, using an electric mixer on medium speed, cream butter, honey and cinnamon until combined. Set aside.
2. In another bowl, combine sugar and cinnamon, set aside.
3. In a shallow bowl, whisk eggs and milk until combined, set aside.
4. Cut the crust off each slice of bread and discard. Using a rolling pin, flatten bread until approximately 1/2 inch (1.25 cm) thick. Spread a thin layer of cinnamon butter on each slice and roll up tightly.
5. In a large frying pan, use one medium heat, cook 1 Tbsp (15 mL) of the butter. Dip rolls, one at a time, in egg mixture, coating all sides, place in shallow bowl in mixture of 2. In a hot, oiled pan, roll is browned on all sides, about 5 minutes. Transfer hot rolls to paper towel-lined plate, sprinkle top with cinnamon sugar. Continue with remaining rolls, adding more butter to pan as needed.
6. Serve with warm maple syrup to top.

TIP: Super-saturated Churro French Toast Roll Ups: Use a small, round pan instead of a 12-inch (30 cm) pan and use 1/2 cup (125 mL) cinnamon. Instead of whole wheat, use all-purpose flour and use 1/2 cup (125 mL) cinnamon sugar and roll to suit.

NEEDS FOR SUPPLIES: 11 1/2 LBS/5.2 KG
168 mg calcium, 168 mg cholesterol, 168 mg sodium, 14 carbohydrates, 2 fibre, 4 protein.

For more egg recipes, go to www.getcracking.ca

OUR EGGS ARE ALSO CERTIFIED BY AN EXTREMELY PICKY FOUR-YEAR-OLD.

The Mulder Family, Egg Farmers, Chatsworth, ON *The Mulder Family*

WHO MADE YOUR EGGS TODAY? get cracking.ca

Egg Farmers of Ontario (EFO) has once-again been featured on the front cover of *Horizon Magazine*, just in time for Mother's Day!

The May edition of the travel and lifestyle magazine showcases EFO's *Churro French Toast Roll Ups* recipe. This fun and easy take on the classic Mexican dessert was sure to make your mom's day sweeter!

Along with the front cover and inside full page spread in the magazine which is inserted into the Toronto Star, the coverage includes 11,160 five-second ads running on 10 screens in Toronto's PATH systems (May 1-30) and 168 five-second ads running on one screen in Yonge-Dundas Square (May 1-7).

Want to try making the recipe? Visit www.getcracking.ca/recipes for this and more!

IN THIS ISSUE

- Comments from the Coop, by Scott Helps, Vice Chair
- Egg Ambassador Training
- EFO introduces a new spice card

UPCOMING CONTRIBUTIONS BY:

- June: Dianne McComb
Zone 2 Director
- July: Dan Veldman
Zone 3 Director

UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- June 7 & 8
- July 4 & 5

BUILDING BARNS IS ABOUT BUILDING THE FUTURE

By Scott Helps, EFO Vice Chair

Farmers always have decisions to make. One of the biggest decisions that every egg farmer faces is when and how to build new barns to continue to house their hens in the future.

This is the story about choosing to build the new enriched colony layer barn that we just completed on my own family's farm.

Building barns is about building the future. We all know there is a lot of thinking, planning and worrying that goes into building any new barn.

You have to think long-term. You must consider the future of your family, the future market for eggs, housing standards, technology trends and the care you want to provide your hens - among many other things.

Looking at our family situation first, Heather and I are blessed with four children, now adults, and three of the four are involved in the family farm so far, with potential interest from the fourth. That certainly factored strongly into our decision by changing the time horizon of our planning to include their current and longer-term interests.

Another factor in our decision was a decade of strong egg market growth meant our current barn capacity was full and we had allocation of birds we could not currently place.

Next, we also considered factors relating to the future market for eggs and the new housing standards

established by the recently released *Code of Practice*. I took time to get valuable advice by talking to some of our extremely knowledgeable and experienced graders. Getting this advice was critical.

When we combined all our collected perspectives and experience together with the type of care we want to provide our hens, we decided an enriched colony housing system would be the best choice for our family and our hens.

Fortunately this fit with the decision we made in 2015 to build a fairly conventional raised-floor pullet barn. In this setup, we can produce pullets both for our existing conventional housing and new enriched barn. This gives us continued capacity to produce our own pullets. Being a closed production loop producing our own pullets was part of our longer-term planning.

Our new layer barn has colonies of 35 birds housed at the 116.25 square inches required in the new Code. The barn has a capacity of 22,000 in four rows of housing with space for adding a fifth row at a later time. Construction of the barn was fairly quick, compared to the time spent researching and making the decision, taking only about four months to go from pouring concrete to finishing the completed barn.

In terms of the future market for eggs demanded by consumers, eggs from this barn will continue, in the longer term, to



qualify as hen care certified under the coming *Egg Quality Assurance* program referred to at our 2018 Annual Meeting. This is being formally launched this summer by Egg Farmers of Canada. This will be important for restaurants and retailers serving Canadian egg consumers in the future.

We feel enriched housing allows hens to exhibit a good range of natural behaviours while retaining the hen care, egg quality and food safety gains achieved by raising birds off the floor, social advantages of the colony grouping size and the excellent air quality and barn environment for both the hens and my family that care for them every day.

The right decision for each farm could be different. With the phase-out of conventional housing that began in 2016, all layer farmers will face these decisions over the next decade or more.

So that's our story so far. Your own situations will be different, but I think we all will strive for the same over-riding goal to move forward with choices that allow our next generation to continue to provide Ontario consumers with safe and healthy eggs at affordable prices.

EGG AMBASSADOR TRAINING:

A valuable tool for consumer engagement

Egg Farmers of Ontario (EFO) recently held two Egg Ambassador training sessions; one in Western Ontario and the other in Eastern Ontario.

As part of the training, EFO requests feedback from session attendees in order to make improvements for future groups.

All of the respondents reported that the sessions were valuable. When sharing what they learned from the sessions, some common responses in dealing with the public were:

- Sound confident and make eye contact
- Keep responses and language simple
- Find common ground – what connects you?
- Be proud of what you do
- Sharing personal experiences creates a personal connection

Participants also received an ambassador reference with key messages and tips. Thank you to all those who took the time to attend the sessions.

YOUR FAVOURITE SPICES, ALL WRAPPED IN ONE SIMPLE PACKAGE

The Ottens Family Spice Cake



The Ottens Family Spice Cake

Ingredients:

- 1 1/4 cups (425 mL) all-purpose flour
- 1 tsp (5 mL) single spice mix
- 1/2 cup (125 mL) baking powder
- 1/2 cup (125 mL) unsalted butter, at room temperature
- 1/2 cup (125 mL) dark brown sugar, packed
- 3/4 cup (175 mL) eggs
- 1/2 cup (50 mL) unsweetened applesauce
- 1/2 tsp (2 mL) molasses
- 1/2 tsp (2 mL) vanilla extract
- 1/2 cup (50 mL) Cream Cheese Frosting
- 1/2 cup (50 mL) chopped toasted walnuts (optional)
- 1/2 tsp (2 mL) cream cheese, at room temperature
- 1/2 tsp (2 mL) butter, at room temperature
- 1/2 tsp (2 mL) vanilla extract
- 1/2 tsp (2 mL) tangy sugar

Directions:

Preheat oven to 350°F (190°C). Lightly coat 8-inch (20 cm) metal baking pan with nonstick cooking spray or oil. Set aside.

In a large bowl, combine flour, baking powder, baking soda, salt and contents of single spice mixture; set aside.

In another large bowl, using an electric mixer on high-speed, beat butter to incorporate air until light and fluffy. Add eggs, one at a time, mixing lightly to incorporate after each one. Add applesauce, molasses and vanilla. Beat ingredients and using a wooden spoon or spatula, mix well combined. Spread into prepared pan.

Servings: 12 squares
Prep Time: 30 minutes
Cook Time: 40 minutes

Bake for 30 to 35 minutes or until a toothpick inserted in centre comes out clean. Let cool in pan on rack. Meanwhile, in a large bowl, using an electric mixer on high speed, beat cream cheese and butter until smooth. Beat in vanilla and then tangy sugar. All ingredients at a time, until smooth. Add more tangy sugar as needed until frosting reaches desired consistency. Remove cake from pan. Once cool, spread frosting over top and sides of cake. Cut into 12 squares. Serve as desired.

Single Spice Mix:
 2 tsp (10 mL) ground cinnamon
 1/2 tsp (2 mL) ground nutmeg
 1/2 tsp (2 mL) ground ginger

The Ottens Family
 Egg Farmers of Ontario
 Queen, ON

get cracking.
 Egg Farmers of Ontario
 www.getcracking.ca

Egg Farmers of Ontario (EFO) has just released the latest version of our popular spice cards. Featuring our delicious but simple *Ottens Family Spice Cake* recipe, this card is sure to become a favourite to many!

Along with the 32,000 cards created for Ontario in both English and French, 28,000 cards have been printed and distributed to six other provincial egg boards in May.

To order cards for an upcoming event, please email Stephanie Sabo at ssabo@getcracking.ca.

EFO BLOG REMINDS CONSUMERS TO “KEEP IT COOL WITH EGGS”

With the warm weather approaching, more gatherings, picnics, and barbecues are also on the horizon. Sounds great, but the jump in temperature can increase the risk when it comes to the safety of perishable foods, like eggs, especially when meals are kept and served outdoors.

Why not use the change in season to brush-up on your food safety skills, because nobody wants to end the perfect pool party with tummy troubles!

Here are a few tips to make sure your eggs are always the life of the party:

1. Location! Location! Location!
 Eggs are perishable and should always be stored in their original carton in the main body (not the door!) of the refrigerator. This will ensure eggs are kept at a cool, consistent temperature. The carton protects the eggs from absorbing strong odours in the fridge and also keeps the best before date handy.

- 2. Keep it clean!** Always wash hands, work areas, utensils and equipment with hot, soapy water before, during and after food preparation – even when reusing for other egg dishes.
- 3. Timing matters** - Eggs and egg dishes should not be kept at room temperature for more than two hours and if that time has been exceeded, they should be thrown in the garbage.
- 4. Best Before** -The date stamped on the end of the egg carton, called the “Best Before” date, indicates the length of time your eggs will maintain their Grade A quality and freshness. Eggs close to their Best Before date should be used in thoroughly cooked egg dishes.

By keeping things fresh, cool and clean, you will be sure to enjoy delicious foods, safely. You can find this blog at <https://www.getcracking.ca/recipes/article/keep-it-cool-eggs-summer>.

2018 PRODUCTION STATISTICS

(in boxes of 15 dozen)

Ontario Production (week ending #12)
 2018 – 4,092,987
 2017 – 4,056,996

Ontario IP (week ending #12)
 2018 – 913,981
 2017 – 958,798

Ontario EFP (week ending #12)
 2018 – 273,600
 2017 – 273,660

US Shell Egg Imports to Ontario (week ending April 14, 2018, #15)
 2018 – 376,673
 2017 – 250,479

EFO POLICIES, PROGRAMS AND PROCEDURES ONLINE

Reminder: New policies and procedures will be updated and posted on EFO’s farmer website at www.getcracking.ca/members/operations-quota as they come into effect and will no longer be mailed to all farmers.

Policies, procedures and documents posted on EFO’s farmer website contain the most up-to-date versions and should be used for all policy interpretation and quota transactions. Please check this site frequently.

If further information or clarification on any matter is required, farmers should contact EFO’s office.

FOLLOW US ONLINE

EGGS IN THE NEWS

No link between egg intake and diabetes risk

Poultry World
May 9, 2018
By Tony McDougal

Eating a dozen eggs a week poses no health risk for people suffering from diabetes, according to new Australian research.

The 12-month study found that eating as many as 12 eggs a week as part of a healthy diet carried no adverse risk for people suffering from type 2 diabetes or pre-diabetes.

Published in the American Journal of Clinical Nutrition, the study found that blood pressure, blood sugar and cholesterol – all popular cardiovascular risk factors – were unaffected by diets that vary between 1 and 12 eggs a week.

Commenting on the findings, Professor Fuller told the Australian scientific magazine Cosmos: “Our research indicates people do not need to hold back from eating eggs if this is part of a healthy diet.

“Eggs are a source of protein and micronutrients that could support a range of health and dietary factors including helping to regulate the intake of fat and carbohydrate, eye and heart health, healthy blood vessels and healthy pregnancies.”

Canadians support supply management

Farms.com
May 4, 2018
By Diego Flammini

Three out of four Canadians support supply management, a new poll has found.

Ipsos conducted the poll of 1,000 adults between April 26 and 27 on behalf of Dairy Farmers of Canada.

The majority (75 per cent) of respondents “believe the Canadian dairy sector should be defended,” Ipsos said in a statement yesterday.

The same number say the government should do more during NAFTA renegotiations to protect the dairy industry, and 80 per cent of respondents “share dairy farmers” concerns regarding the NAFTA renegotiations.”

The United States continues to target Canada’s dairy sector during NAFTA discussions.

But Canadian negotiators have stood firm, calling the issue a “non-starter” on multiple occasions.

The poll shows 60 per cent of respondents indicated the government’s ability to protect supply management may impact the way they vote in an election.

How to contact EFO Zone Directors

Your Directors are available to address any questions and comments you may have pertaining to your industry.

Zone	Director	Email Address	Phone
1	Scott Helps	shelps@ymail.com	519-464-2744
2	Dianne McComb	gizmo53.dm@gmail.com	519-494-5360
3	Dan Veldman	dveldd@gmail.com	519-801-5216
4	Roger Pelissero	rpelisseroeggs@gmail.com	905-984-0279
5	Brian Miller	bwmiller@quadro.net	519-235-1126
6	Scott Graham	scottgraham06@gmail.com	519-284-1300
7	Scott Brookshaw	sbrookshaw@sympatico.ca	519-671-7568
8	Hubert Schillings	chschillings@hotmail.ca	905-260-0951
9	Craig Hunter	chunter@burnbraefarms.com	613-341-2006
10	Marc Bourdon	marc@bourdon.ca	613-551-5071
Pullet	Andy DeWeerd	abdeweerd@hsfx.ca	519-502-5385

Egg Farmers of Ontario Mission Statement The Mission of Egg Farmers of Ontario is to provide customers with a supply of safe, high-quality eggs at a fair price and a return to egg and pullet farmers achieved through fair farm pricing, within a stable national supply management system.



7195 Millcreek Drive,
Mississauga, ON L5N 4H1

FARMER NOTICES

UPDATE: SRED CLAIM 2017

Letters related to your Scientific Research and Experimental Development Expenditures (SRED) have not been mailed out. The Canada Revenue Agency must complete a review before letters can be sent to Ontario egg and pullet farmers and no date has been provided as to when the review will be completed.

Please check future issues of *The Cackler* for updates.

MAPLE LODGE PLANNED LINE SHUTDOWN

As part to the modular loading transition for broilers the following weeks CANNOT have any fowl (USA or Canadian) scheduled. The fowl line will be used for broiler processing or shut down completely.

- Week of October 22nd, 2018
- Week of October 29th, 2018
- Day of December 5th, 2018
- Day of December 13th, 2018

On these weeks and days there can be no fowl coming to Maple Lodge Farms.

For farmers who typically send out birds in that time period, you are asked to work with industry and Maple Lodge or other processing plants as soon as possible to plan your fowl pickups and new flock placements accordingly. An alternate plan would be a full barn depopulation using EFO’s team. This option would require additional planning and co-ordination; please contact Albert Visser at 613-847-7075 or avisser@getcracking.ca.



EFO’s office will be closed on Monday, May 21 for Victoria Day.

In case of emergency, please contact Harry Pelissero, EFO General Manager, on his cell phone at 289-237-5554.