



Cackler

The Latest EFO News

Publication Agr. No: 40068941



get cracking®
Egg Farmers of Ontario

December 2021

Right: Ad featured in a special holiday recipe insert of Foodism magazine for December.

Eggs: The Secret Ingredient to Simplify the Season

The holidays are just around the corner, and much time goes into preparing the perfect gifts for your friends and family. This time, however, planning isn't everything. The holiday season calls for indulgence, and what better way to indulge than savoring a slice of delicious bread?

Responsibility, safety and all the ingredients of bread, like flour, is one why most, very important ingredients for the upcoming holidays. The seasonal egg may be synonymous with breakfast and brunch, but not everyone knows the delicious egg in your Christmas morning - cracked, hot, scrambled, and so much more.

Did you know that eggs provide extra protein to help you stay energized on only one carbohydrate? Eggs also contain a great protein and go great with fish and seafood. Because these fast-cooking eggs are a snap with some lettuce and cheese, and minimal oil. Or make an egg sandwich with your favorite fillings.

What about dinner? Eggs are delicious, and it's so easy to make a quick, easy, and healthy recipe for your family. Try this Flourless Brownie Cake for a delicious holiday treat. It's so easy to make and it's so delicious.



- FLOURLESS BROWNIE CAKE**
- Ingredients**
- 1/2 cup (125 mL) cocoa powder
 - 1 cup (250 mL) orange juice
 - 1/4 cup (60 mL) melted orange juice
 - 1/2 cup (125 mL) vanilla extract
 - 1/4 cup (60 mL) salt
 - 1/2 cup (125 mL) orange peel and organic cranberries for garnish
- Instructions**
1. Preheat oven to 325°F (160°C). Line bottom of 8-inch (20 cm) springform pan with parchment paper.
 2. In a large mixing bowl, whisk until fully combined.
 3. Mix chocolate and butter together over a double boiler. Pour remainder of the melted chocolate mixture into the egg yolk mixture which is chocolate. Whisk to incorporate. Whisk in remaining chocolate mixture, orange juice, orange juice, vanilla, and salt until fully combined.
 4. Using a hand mixer or stand mixer on high speed, whip egg whites until stiff peaks form, about 3 minutes. Fold egg whites into the chocolate mixture until fully combined.
 5. Pour batter into prepared pan. Bake for 45 to 50 minutes until a toothpick inserted in the center comes out clean. Cool in pan to a wire rack for 5 minutes. Remove the springform ring and cool the cake completely. Do not fill pan making. Slice and serve. (Serves 12)



Above: Recipe advertorial featured in the Globe & Mail and Toronto Star. Below: Banner ad that accompanied the advertorial.



DECEMBER DECADENCE

No matter what the holidays may have in store for us this year, dessert is always a welcome distraction. With that in mind, EFO placed a delicious-looking ad in several popular publications designed to inspire and sweeten tables across the province!

[Flourless Brownie Cake](#) was the main attraction of our recipe outreach for the month of December with the fudge-like cake being featured in *Chatelaine*, *City Parent*, *Food & Drink* and *Foodism* magazines as well as an insert in the *Globe & Mail*, *National Post* and *Toronto Star*.

For this festive recipe and others, visit getcracking.ca/recipes.



UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- January 5 & 6 (via Zoom)



Recipe Outreach

Recipe outreach for the month of December is a chocolate lover's dream come true!

IN THIS ISSUE

Updates from the December 7 and 8 Board of Directors' Meeting

Farmer Updates

Recipe of the Month: [Croque Madame](#)

Nutrition Update: December Activities

INFORMATION *update*

Business Highlights of Egg Farmers of Ontario (EFO) from the November 7 and 8, 2021 Board Meeting

Egg Market Update

The re-opening that continues in the economy is improving egg market conditions; however changing consumer and out-of-home consumption patterns continue to present ongoing uncertainty and volatility in egg demand.

Market reporting from Egg Farmers of Canada (EFC) indicates national table egg market demand through week 48 shows 2021 volume was lower by 3.1 per cent compared to the same week in 2020, while compared to the same week in 2019 it was higher by 14.8 per cent.

Processed egg demand through week 49 shows an increase compared to the previous week. Compared to the same week in 2020, processed egg demand was higher by 27 per cent. Compared to the same week in 2019, processed egg demand was lower by 4 per cent.

Imports were about 48,000 boxes in week 49. There were 3,600 boxes of eggs in storage at the end of week 49. The market is expected to flip back to a supply shortage position by week 50.

Businesses are optimistic as foodservice and wholesale businesses continue to report strong demand across the

country. Additional COVID-19 related restrictions pose some risk moving forward, especially with the new COVID variant and an uptrend in infection rates, but high vaccination rates across the country and vaccine passports in many regions should allow business to remain functional and sustain high levels of demand.

The market will continue to be monitored closely and our system will be ready to use the tools available to balance the market if conditions swing again into an oversupply situation.

2022 Zone Election Meetings will be virtual

The Board decided that all Zone election meetings will be held virtually the week of January 10, 2022. The decision was made because of recent increases in infection rates and ongoing uncertainty surrounding COVID-19 health and safety restrictions in regions throughout Ontario, as well as to ensure the integrity of the election coordination and results. Meeting notices and registration information will be sent to farmers shortly.

In-person Zone meetings may still be held in January or February, based on regional Public Health guidelines.

2022 Business Plan and budget approved

The 2022 Business Plan and budget were approved as presented. The levy rate of 45.45 cents remains unchanged for January 1.

Pullet Growing Fee remains at \$2.50

Farmers are reminded that the Pullet Growing Fee remains at \$2.50, but a daily fee of 2 cents per day is in place for chicks placed ON or AFTER January 1, 2022 (i.e. a May 15th or later 19-week date) that remain in the pullet barn for longer than 19 weeks. This 2 cent fee is only applicable on chicks placed after this time that later remain in the pullet barn past 19 weeks.

Additional Zone funding for 2021

The Board decided to provide additional Zone funding before the end of the year. \$5,000 in additional funding is to help address increased demand from food banks and other areas of need relating to the ongoing economic impacts of COVID-19.

Quota policy revisions effective January 1, 2022

Following a comprehensive review, the Board approved a number of revisions and updates to EFO Quota Policies and Regulations that will be posted on the EFO online portal and mailed out to farmers that are registered as non-digital for communications. It will also be posted on EFO's website.

The policy areas updated include the Pullet Leasing Pool Policy, Flock Allotment Policy, Good Standing Policy, Quota Credit Policy, Special Layer Leasing Policy, EFO General Regulations, Egg Quota Policy and Pullet Quota Policy. An email notification will be sent to farmers when the policies are posted online and farmers are encouraged to review and familiarize themselves with the changes.

IN THE



Submissions needed!

We know egg and pullet farmers are very active community members, but we don't always see what is going on at the local level. We need your help!

If you have any community efforts that you would like to share - in the form of pictures, egg donations, social media posts or anything else - please send to Donna Lange (dlange@getcracking.ca). In order to continue our *In the Zone* section as scheduled, we need this content.

We would love to share the hard work and success of your Zone activities!

Policy Amendments Effective January 1, 2022

Several policy updates were approved at the December 2021 Board Meeting and these revised policies have been updated on EFO's website at <https://www.getcracking.ca/members/operations-quota>. In addition, staff will post these revised policies on EFOOnline so farmers can see the highlighted sections of the policies where content has been changed.

Summary of Board approved changes effective January 1, 2022:

General Regulations

- Interpretations and Definitions have been updated
- Application of the Good Standing Policy included
- EFOOnline and digital processes to support the Board's communication strategy with farmers included

Egg Quota Policy

- Repeat definitions in General Regulation have been removed from all policies
- Aligns reporting dates in accordance with the new integrated hen order process
- If buyer is in default on quota payments or delayed, sanctions noted
- Quota Maintenance section updated to provide specific conditions that may result in quota cancellation. The intent of the change is to minimize the existence of dormant quota in the industry.

Pullet Quota Policy

- New mandatory information requirements for newly approved registered premises
- Underutilized production quota not eligible for rebate from the Pullet Leasing Pool if farmer sources pullets from out of province
- Quota sold in the year available for buyer use not seller

Flock Allotment Policy

- Integrated hen order timelines clarified

Pullet Leasing Pool Policy

- Two (2) and ten (10) week reporting requirements included
- Pullets sourced outside Ontario, implications of underutilized Ontario Pullet Quota

Quota Credit Policy

- EFO will honor all quota credit types recognized by Egg Farmers of Canada
- Flock re-alignments entitled to quota credits
- Administration of quota credits clarified further including short placement credits

Special Layer Lease

- Only pullets grown in Ontario eligible for EFO programs
- Lease rates amended

Good Standing Policy

Upon satisfactory completion of an inspection, or of any required corrective actions, EFO staff will notify the egg or pullet farmer that Good Standing has been restored.

Should you have any questions please contact Ray Hinton, Director of Regulatory Affairs, Quota and Information Technology by email rhinton@getcracking.ca or phone 519-943-4334.

2022 Zone Election Meetings

Given the ongoing uncertainty surrounding COVID-19 health and safety restrictions in various regions throughout Ontario and for the purpose of ensuring good election coordination and results all zone election meetings are to be held virtually the week of January 10, 2022. Meeting notices and registration information has been sent to farmers. In person zone meetings may still be held in January or February based on regional Public Health guidelines.

Zone	Date	Times
1	Thursday, January 13, 2022	Noon
2	Thursday, January 13, 2022	7:30 p.m.
3	Tuesday, January 11, 2022	4:30 p.m.
4	Monday, January 10, 2022	1:00 p.m.
5	Tuesday, January 11, 2022	7:30 p.m.
6	Thursday, January 13, 2022	4:30 p.m.
7	Wednesday, January 12, 2022	Noon
8	Monday, January 10, 2022	4:30 p.m.
9	Wednesday, January 12, 2022	6:00 p.m.
10	Tuesday, January 11, 2022	Noon

REMINDER: EGG AND PULLET FARMERS MUST CLEAR SNOW AND ICE FROM LANEWAYS AND YARDS

Egg Farmers of Ontario (EFO) reminds all egg and pullet farmers of the requirement to keep your farm laneways and yards clear of snow and ice. This is a critical safety issue for grader drivers picking up your eggs, industry / EFO staff coming onto farms to perform required tasks and all potential farm visitors. In addition to the safety issues, maintaining safe and easy access also reduces costs.

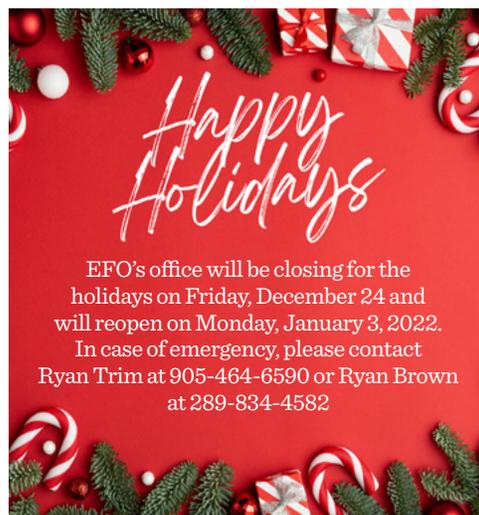
Providing safe conditions for egg pickup is more than a courtesy – it is every farmer's obligation under the applicable sections of the *Ontario Occupational Health and Safety Act*. In addition, EFO's On-Farm Visitor and Inspector Safety Policy for Egg and Pullet Farms states "General areas around the home, barn yard and buildings need to be safe from trips, slips, falls and collisions (ice, snow, vehicle and farm equipment traffic)."

RSS FEED: DON'T MISS OUT ON IMPORTANT UPDATES!

A feature of the farmer website, www.getcracking.ca/members, offers a Rich Site Summary (RSS). This is a format for delivering regularly changing web content.

Egg and pullet farmers who subscribe to this feed will receive any updates to the website via email on a weekly basis.

Please visit www.getcracking.ca/members/member-farmer-news to sign up.



FARMER UPDATES

STAFF UPDATES

Please be advised that Albert Visser, Director of Operations, is no longer with Egg Farmers of Ontario effective November 30, 2021. Please direct all inquiries to [Ryan Trim \(rtrim@getcracking.ca\)](mailto:rtrim@getcracking.ca) or 905-464-6590 who has been appointed to the interim role.

Syed Ali Shahzad has joined the Egg Team on a permanent basis, as Finance Manager, effective Monday, December 20th. Syed has been with EFO since September of this year in a contract role.

NOTICE: CORRECTIVE ACTIONS

Attention all egg and pullet farmers – please note, all audit corrective action follow-ups must be sent to Cassandra Chornoboy (codonnell@getcracking.ca) for farms located from Toronto to the West and Guylain Levac (glevac@getcracking.ca) for farms located from Toronto to the East.

If you have any questions regarding the above, please contact either Cassandra or Guylain.

For Sale

Volker VDX 12000 Egg Grading Machine:

- Rated at 12,000 eggs/hour
- Approximate dimensions 12' x 8'
- Built in 2011
- Acquired with the purchase of a farm, but do not need for our operation
- \$10,000, open to offers

2 x Prinzen EasyPack 7R Egg Packing Machines:

- Fitted with a manual transfer head for collecting 30 eggs at a time
- Approximate dimensions of each machine is 2.5' x 9.5'
- Built in 2010 / 2011
- Acquired with the purchase of a farm, but do not need for our operation
- \$5,000 each, open to offers

Vencomatic Plastic Slats:

- Older style of Vencomatic plastic slats
- Approximate dimensions of each slat is 2' x 4'
- Thousands of square feet available
- Mount on U-Channel galvanized steel bar
- Steel mounting bars are available as well
- \$5 /slat, open to offers

Nathan Hutten

Email: nathan@huttenshenhaven.com

Cell: 289-257-0421

POLICIES AND PROCEDURES NOTICE

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.

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 to ensure you have the most recent information.

PRODUCTION STATISTICS

(in boxes of 15 dozen)

Ontario Production (week ending #36)

2021 – 13,728,634

2020 – 13,071,937

Ontario IP (week ending #36)

2021 – 2,879,094

2020 – 2,440,156

Ontario EFP (week ending #36)

2021 – 474,186

2020 – 813,607

US Shell Egg Imports to Ontario (week ending October 16, 2021 - #42)

2021 – 1,208,396

2020 – 1,041,332

follow us online!



MONTHLY recipe

Croque Madame



Servings: 4
Prep Time: 15 minutes
Cook Time: 35 minutes

INGREDIENTS

Bechamel Sauce

6 tbsp unsalted butter, divided plus 4 tsp
3 tbsp all-purpose flour
1 ½ cups milk
1 ½ cups grated Gruyère cheese, divided
pinch of nutmeg
salt and pepper, to taste

Sandwich

8 1/2-inch (1 cm) thick brioche bread or Challah egg bread slices
2 tbsp dijon mustard
12 thin slices smoked deli ham
4 eggs

DIRECTIONS

Preheat oven to 375°F (190°C).

Bechamel Sauce: In a medium saucepan, over medium heat, melt 3 tbsp (45 mL) butter; whisk in flour. Cook for 2 to 3 minutes until golden in colour. Gradually pour in milk and whisk to combine. Add ½ cup (125 mL) cheese, whisking for 4 minutes, until sauce is smooth and lightly coats the back of a spoon. Remove from heat. Stir in nutmeg, and season to taste with salt and pepper.

Spread remaining 3 tbsp (45 mL) butter onto one side of each bread slice. Place buttered side down on a cutting board; spread mustard on 4 of the slices; top mustard with 3 slices of ham. Transfer to a large oven-safe skillet (12-inch/30 cm). Spoon 2 tbsp (30 mL) bechamel sauce over the ham and sprinkle with 3 tbsp (45 mL) cheese. Top with remaining bread slices, butter side up.

Over medium heat, cook sandwiches until golden brown, about 3 minutes per side.

Spoon ¼ cup (50 mL) of sauce over each sandwich; sprinkle with remaining cheese. Bake for 20 minutes until cheese is melted and bubbly.

In a small skillet over medium heat, melt 1 tsp (5 mL) of butter and cook eggs until egg whites are opaque. Place cooked egg on top of toasted sandwich.

“eggs-pert” advice

TIP: Make a subtle change by trying a smoky, peppery cheese.

EGGS IN THE NEWS

It's all about the brunch baby!

Ottawa Sun
December 7, 2021
by Rita DeMontis

If there's one meal of the day Canadians can agree on – it's brunch! And a new study has emerged that shows, not only is brunch soaring across the globe, but Canadians, in particular, enjoy indulging in this mid-day repast.

Demand for brunch in Toronto alone has soared by 423%: “As well as killing the brunch game in Canada, Toronto makes it in the top 20 brunch capitals worldwide, overall ranking 18th place!

Turkey and Egg Stromboli (Recipe courtesy getcracking.ca.)

2 Tbsp. unsalted butter, divided
1 cup finely diced red pepper
1/2 cup finely diced white onion
1 garlic clove, minced
2 cups chopped cooked turkey
1 cup packed baby spinach
1/2 tpsps sea salt
6 eggs
1/4 cup milk + 1 Tbsp.
1 Tbsp. EACH finely chopped fresh parsley and chopped chives
1 pkg (450g) frozen butter puff pastry, thawed and refrigerated
1 cup grated Cheddar cheese

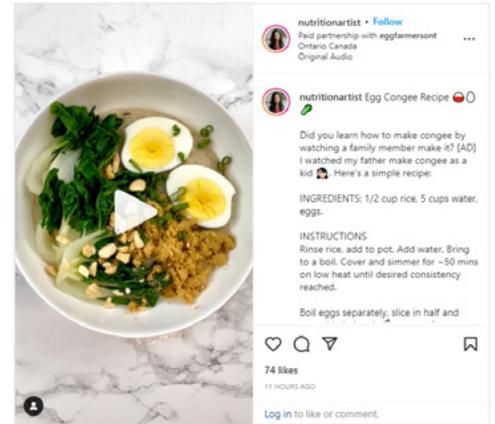
In a medium skillet, over medium-high heat, melt 1 Tbsp. butter. Cook red pepper, onion and garlic until fragrant. Stir in turkey, spinach and salt. Cook for 2 minutes or until spinach has wilted. Transfer to medium bowl and refrigerate to cool, about 20 minutes.

Preheat oven to 450F. In a medium-sized bowl, whisk together 5 eggs, 1/4 cup milk, parsley and chives. In a medium skillet, over medium-high heat, melt remaining butter and cook egg mixture. Gently fold eggs over in pan creating soft scrambled eggs, about 3 minutes. Transfer to medium bowl and refrigerate to cool, about 15 minutes.

Unroll 1 puff pastry sheet and leave on parchment paper. Place on baking sheet. Spoon half of turkey mixture onto right half of the pastry sheet, leaving a 1/2-inch border. Layer half of scrambled eggs and half of cheese on top of turkey mixture. Gently fold left side of pastry over ingredients. Press pastry edges together, tuck and fold edges underneath. Score top of pastry with a sharp knife; refrigerate. Repeat.

In a small bowl, whisk together 1 egg and 1 Tbsp. milk. Brush top of each Stromboli with egg wash. Bake for 25 to 30 minutes until pastry is golden brown and puffed, rotating pans halfway through. Let stand 5 minutes before serving.

nutrition UPDATES



Above : (Left) Nicole Osinga on Global News Peterborough.
Centre: Graphic created to promote Instagram Live with Andrea D'Ambrosio.
Right: Instagram story from Michelle Jaelin.

Nutrition outreach continued throughout December with a variety of activities.

Registered Dietitian Nicole Osinga was featured on *Global News Peterborough* December 7 to make holiday meals with eggs and other tips to stay on track during the busy season. On December 10, Nicole was on another virtual segment with *Global Morning Live (Kingston)* to share healthy holiday brunch ideas.

On December 17, Registered Dietitian Andrea D'Ambrosio was on an Instagram live segment hosted from EFO's account. During the event, Andrea shared two delicious recipes using eggs – *Devilled Egg Dip* and *Candy Cane Black Bean Brownies* – to demonstrate that festive recipes can be delicious and healthy.

Finally, Registered Dietitian Michelle Jaelin hosted a social media campaign using eggs in a traditional Chinese *Egg Congee* recipe as a TikTok video, Instagram Reel and Instagram stories.

Zone	Director	Email Address	Phone
1	Scott Helps	shelps@ymail.com	519-464-2744
2	Lorne Benedict	lbenedict@eastlink.ca	519-281-3321
3	Dan Veldman	dveldd@gmail.com	519-801-5216
4	Roger Pelissero	rpelisseroeggs@gmail.com	905-984-0279
5	Brian Miller	bwmiller@quadro.net	519-521-1325
6	Tonya Haverkamp	tutzhaverkamp@hotmail.com	519-274-2574
7	Scott Brookshaw	scott@grayridge.com	519-671-7568
8	George Pilgrim	georgepilgrim@hotmail.com	905-376-6869
9	Ian McFall	imcfall@burnbraefarms.com	613-498-8526
10	Marcel Jr. Laviolette	marcel@falaviolette.com	613-806-2847
Pullet	Alvin Brunsveld	brunsvelda@gmail.com	519-319-1874



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EGG FARMERS OF ONTARIO MISSION STATEMENT

Egg Farmers of Ontario is a farmer-run organization that manages the supply and orderly marketing of eggs so consumers can enjoy fresh, local, safe, high-quality protein produced under farm farm pricing.