



Cackler

The Latest EFO News

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get cracking[®]
Egg Farmers of Ontario

December 2022



Holiday Recipe Inspiration

Get ready for holiday entertaining with recipes from *Get Cracking!*

GET YOUR PARTY STARTED!

Looking for recipe ideas for your upcoming holiday entertaining? Look no further than EFO's collection of recipes on getcracking.ca

From appetizers, soups and salads, to make-ahead brunch ideas and decadent desserts, you'll find something to suit any occasion.

To share these ideas with Ontarians, holiday recipe outreach was included for the month of December in *Foodism*, *City Parent*, LCBO's *Food & Drink* magazine and as an insert in the Global Heroes section of the *Toronto Star*, *Globe & Mail* and *National Post*.

To find your new favourite holiday recipe, visit getcracking.ca/recipes.

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Project Underway

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FCC, LRIC, OFA and PIC

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Outreach Updates:
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Grove Wellness Hub

UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- January 9
- January 31 & February 1

WITH THIS ISSUE:

- FBCC News Release December 13

WORLD ACCORD PROJECT : THE JOURNEY BEGINS

Before the onset of the pandemic, EFO's Board had approved a project to work with World Accord, an organization that works to support women around the globe who are faced with issues such as poverty, gender-based violence and inequality by providing them with opportunities to become self-sustaining.

EFO's team will be working with them to look at obstacles to raising layers as a permanent source of income for women in remote villages in Nepal.

Although the trip was originally scheduled in 2020, unfortunately it was put on hold due to COVID-19. However, on November 29th the EFO team packed their bags and headed off on their long journey to Nepal for the first step of the project. Scott and Laurie Graham (Zone 6), along with Hubert and Cindy Schillings (Zone 8), joined Donna Lange, Director of Public Affairs on an exploratory visit to the region.

The team will look at all the elements involved in raising chickens for not only eggs but meat as well, considering things such as sourcing hens and feed in the region, and any impediments that may impact the development of sustainable poultry production.

The group will return to Canada in mid-December.

As the project develops, more information will be provided in *The Cackler*.



Left: Scott & Laurie Graham and Hubert & Cindy Schillings get ready for take-off at the start of their journey; and (above) the team joins World Accord as they arrive in Nepal.

INDUSTRY UPDATES

Agricultural Adaptation Council (AAC)

The AAC held their 27th Annual General Meeting on December 1 which was their first in-person event hosted in two years. During the meeting, a video address by Minister Thompson was shown on the release of the Ontario government's Grow Ontario Strategy including the AAC's [Supply Chain Stability and Adaptability Program](#), and intake is now open for this program. In addition, a new partnership with AAC and Farm and Food Care Ontario was announced to develop three FarmFood 360 virtual video experiences per year for two years.

Farm Credit Canada (FCC)

FCC provided links to articles on a number of topics in their weekly newsletters throughout the month:

Economics:

[Why it's hard to identify sources of inflationary pressures in agri-food supply chains](#)

[Food Inflation and higher input costs for farms and food processors: is there a link?](#)

Transition:

[Navigating rising interest rates and inflation during transition](#)

[Building the right farm transition team](#)

[5 ways to ease farm transition angst](#)

Money & Finance:

[Asset values: When and how to review for better farm management](#)

Personal Growth:

[When anxiety runs your business and your life](#)

[How preparation and planning can reduce risk management stress](#)

They also shared the importance of managing mental health in their [Rooted in Resilience](#) magazine.

Looking for upcoming events from FCC? Find them [here!](#)

Livestock Research Innovation Corporation (LRIC)

In their November newsletter, LRIC shared a number of updates including an article by Mike McMorris on [Getting research into practice](#), and [funding opportunities](#) for research proposals. They also shared highlights on sector-specific innovation highlights and cross-sector innovations. For these updates and more, visit <https://www.livestockresearch.ca/>.

Ontario Federation of Agriculture (OFA)

In the latest news from OFA, their first in-person meeting in three years was held on November 22 in London. A number of speakers highlighted the event which was attended by about 450 people. Keynote speaker was Jeff Adams, a Paralympian and world champion wheelchair racer and The Honourable Lisa Thompson, Minister of Agriculture, Food and Rural Affairs, attended the event and highlighted recent government investments in agriculture.

OFA also shared a link to information on their [Home Grown](#) campaign with information on Bill 23 and the loss of Ontario farmland. The campaign aims to protect local, Ontario grown food by safeguarding the land it is grown on.

For more OFA updates including news releases, issues and resources, visit <https://ofa.on.ca/>.

Poultry Industry Council (PIC)

PIC included a variety of highlights in their updates, including the news that Caroline Gonano was elected as the new Chair of PIC as past Chair Ed Verkley stepped down from the position. Greg Lansink was re-elected as Vice Chair. Registration for 2023 membership is also now available. For more information on the benefits of membership, visit <https://www.poultryindustrycouncil.ca/become-a-member>.

Registration is now open for PIC's February producer updates. Click [here](#) for more information or to register.

ANNUAL MEETING; SAVE THE DATE



Mark your calendars!
EFO's Annual General Meeting will be held on March 9-10, 2023 at the Fallsview Casino Resort in Niagara Falls.

More details to come in the New Year!

Avian Influenza (AI) - Stay informed!

Want to stay updated on what's happening with AI? The [Canadian Food Inspection Agency](#) website includes a variety of services and information, including affected zones, status of ongoing response and a map of highly pathogenic AI zones.

You can also get frequent updates by signing up on the [Feather Board Command Centre](#) website.

2023 RECIPE DEVELOPMENT COMPLETE

EFO has created twelve new recipes for use in 2023 and we can't wait to share them. Each new item has been developed, tasted, tested, photographed and in some cases, a how-to video was made.

The collection will be added to the website and a new recipe will be featured each month, either through social media, advertising in food and lifestyle publications or through EFO's website. A variety of tempting snacks, meal or dessert ideas were created and include a Chimichurri Steak and Egg Skillet, Raspberry Lemon Curd Pops and an Air Fryer All Day Breakfast Tartine.

Without giving too much away before the start of the new year, we thought a sneak peek would be fun to share!

Keep your eye out in 2023 to see the full recipe collection. In the meantime, visit getcracking.ca/recipes for tried and true meal inspiration that are sure to become family favourites.



IN CASE YOU MISSED IT: EFC WEBINAR

Egg Farmers of Canada (EFC) held a webinar on October 31 to update farmers on the redeveloped Animal Care Program.

If you didn't get the opportunity to participate at that time, it's not too late. To view the webinar, visit <https://eggfarmersofcanada.app.box.com/s/m5alqklqr2y7oqvr6hgwvmajpvhd1u6l>.

If you have any questions, please contact Ryan Trim (rtrim@getcracking.ca).

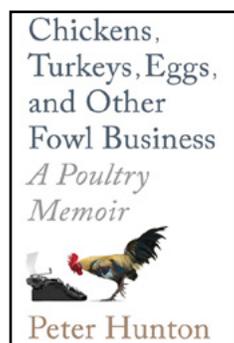
RSS FEED:

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.

POULTRY SPECIALIST MEMOIR NOW AVAILABLE



Many individuals involved in the egg and poultry sector will know of the long-lasting efforts of Dr. Peter Hunton and his impact on the industry. His extensive work is now chronicled in a

recently published memoir that is available on [Amazon](https://www.amazon.com) in both hard-copy and e-book versions.

The memoir, titled *Chickens, Turkeys, Eggs and Other Fowl Business*, discusses Dr. Hunton's contribution to the formation of the Poultry Industry Council, his work with poultry breeding and his 21 years as a Poultry Specialist with Egg Farmers of Ontario.

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.

follow us online!



PRODUCTION STATISTICS

(in boxes of 15 dozen)

Ontario Production (week ending #44)
2022 – 16,969,579
2021 – 16,874,310

Ontario IP (week ending #44)
2022 – 3,439,128
2021 – 3,622,130

Ontario EFP (week ending #44)
2022 – 829,683
2021 – 493,086

US Shell Egg Imports to Ontario (week ending November 19, 2022 - #47)
2022 – 982,722
2021 – 962,180

**2023 Zone Meetings
For the Election of Councillors, Delegates & Directors
For Egg Farmers of Ontario**

Zone	Date	Location	Times
1	January 19	Royal Canadian Legion 493 Erie St, Wyoming	11:30 am social 12:00 pm lunch Meeting to follow
2	January 19	Caradoc Sands Golf Club 24500 Saxton Rd, Strathroy	5:30 pm Social 6:00 pm Dinner Meeting to follow
3	January 16	Elmhurst Inn 415 Harris St, Ingersoll	5:00 pm Social 6:00 pm Dinner Meeting to follow
4	January 10	Hernder Estate Wines 1179 Fourth Ave., St. Catharines	3:30 pm Meeting 5:30 pm Social 6:00 pm Dinner
5	February 16	White Carnation Restaurant 79867 Parr Line, Holmesville	6:00 pm Dinner Meeting to follow
6	January 11	Stratford Country Club 53 Romeo St., N, Stratford	5:30 pm Meeting Dinner to follow
7	January 12	Knox Presbyterian Church 220 Livingston Ave. N., Listowel	12:00 pm Social 12:30 pm Lunch Meeting to follow
8	January 24	Best Western Plus Coburg Inn & Convention Centre 930 Burnham Street, Coburg	3:30 pm Meeting Dinner to follow
9	January 18	TBC	TBC
10	January 17	St. Isidore Arena 20 rue de l'Aréna, St-Isidore	3:30 pm Meeting Dinner to follow
Pullet	TBC	TBC	TBC

*Please note a Notice of Meeting will be mailed emailed to the respective farmers prior to the meeting (and mailed to those without email).

FARMER UPDATES

For Sale

Used free-run Jansen Poultry Equipment (5 years old). Nests: 574' including 3 drive units, slats: 2,350 sq' - Flex egg Conveyor: 102' including 1 90 degree corner and 1 drive unit.
Please Contact- 519-786-8107

250 feet of 20-inch farmer conveyor with one drive unit.
Please contact 613-863-3310.

Reminder: Clear ice and snow 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).”

**ATHLETE SPOTLIGHT:
Valérie Grenier**

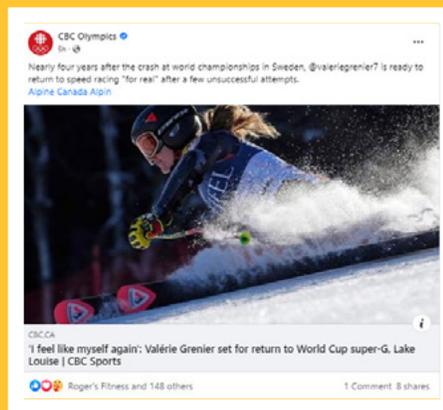
Alpine skier Valérie Grenier (Zone 10) was the topic of a recent CBC news feature.

The article highlights Grenier’s physical and mental journey post-injury and shares the positive outlook the skier has leading up to the 2022-23 season’s competitive circuit.

In the news item, Valérie candidly shares some of the emotional stress of getting back on the slopes, but following a well-needed break, she is ready and back to where she was before her accident.

EFO is proud to support Valérie as she carves her way to success!

To read the entire article, visit <https://www.cbc.ca/sports/olympics/winter/alpine-skiing/valerie-grenier-canada-women-lake-louise-preview-1.6671050>.



Above: Facebook post from CBC Sports featuring Valérie



MONTHLY Recipe

Chocolate Orange Roll



Servings: 12
Prep Time: 60 minutes
Bake Time: 10 minutes

INGREDIENTS

Cake

4 eggs separated
¾ cup granulated sugar
¼ cup plain yogurt
¼ cup vegetable oil
1 tsp pure vanilla extract
¾ cup all-purpose flour
unsweetened cocoa powder, sifted
1 tsp baking soda
½ tsp salt

Filling

¾ cup mascarpone cheese
¾ cup 35% whipping cream
¼ cup orange marmalade
1 tsp vanilla extract

Chocolate Frosting

½ cup salted butter
2 cups icing sugar

½ cup unsweetened cocoa powder,
sifted
½ tsp ground cinnamon
⅓ cup milk
orange or clementine slices, cinnamon
sticks for garnish

DIRECTIONS

Preheat oven to 350°F (180°C). Line a 17 x 11-inch (45 x 29 cm) rimmed baking sheet with parchment paper; set aside.

Cake: In a large bowl, whisk together egg yolks, sugar, yogurt, oil and vanilla. In another bowl whisk together flour, ⅓ cup (75 mL) cocoa powder, baking powder and salt. Fold dry ingredients into wet ingredients. Stir to combine.

Using an electric mixer, on medium speed, whip egg whites until stiff peaks form. Fold one-third of egg whites into the batter; mix well. Fold in remaining egg whites. Spread in prepared pan, smoothing top. Bake for 10 minutes or until cake springs back when lightly touched in centre. Let cool for 3 minutes.

Loosen edges with a knife; remove cake leaving it on the parchment paper. Dust the cake with 1 tbsp (15 mL) cocoa powder. Place a clean sheet of parchment over top of cake. Starting at the short edge, roll up cake tightly, using both top and bottom pieces of parchment. Let cake roll sit on its seam for 5 minutes. Carefully and slowly unroll the cake and remove the top piece of parchment.

Filling: Place mascarpone, whipping cream, marmalade and vanilla in a large bowl. Using a hand mixer, whip on high for 1 minute or until thickened. Spread filling evenly over cake, leaving a 1-inch (2.5 cm) border along 3 outer edges. Gently but firmly roll up cake while peeling away the bottom piece of parchment. Let roll rest on the seam. Transfer roll to a serving platter when ready to frost.

Chocolate Frosting: In another large bowl, using hand mixer on low speed, beat butter for 1 minute. Add icing sugar, cocoa powder and cinnamon; mix on low to incorporate. Increase speed to medium while slowly adding in milk. Beat on high for 2 minutes. Frost cake roll and trim both ends.

Garnish with fresh orange or clementine slices and cinnamon sticks.

“eggs-pert” advice

TIP: Add orange liqueur to filling for a stronger, more indulgent flavour.

SPREADING CHRISTMAS CHEER

In place of Christmas gifts, EFO's Board of Directors chose instead to donate eggs to the Daily Bread Food Bank. Each Director has contributed \$100 to the organization and EFO has matched that for a total donation of \$2,200 to be put towards the purchase of eggs for the food bank.

In addition to this donation, EFO staff volunteered at the *Daily Bread* food bank on December 13 to lend a helping hand.



Left: EFO staff volunteered at the *Daily Bread* Food Bank December 13 to celebrate the upcoming holidays.

OUTREACH *update*

Algonquin College

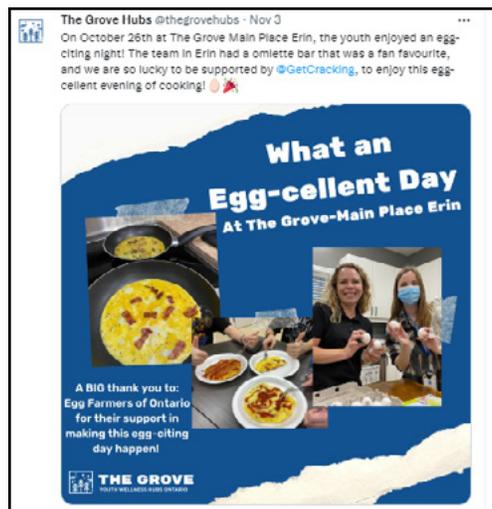
Algonquin College hosted a Get Cracking brunch on November 14, to celebrate their community partners.

The brunch was an opportunity for all individuals involved in EFO's sponsorship of the School of Hospitality to connect. Students, alumni, chefs and faculty were invited to attend the event and egg farmer Justin Laviolette (Zone 10) joined the group on behalf of EFO.

The Grove

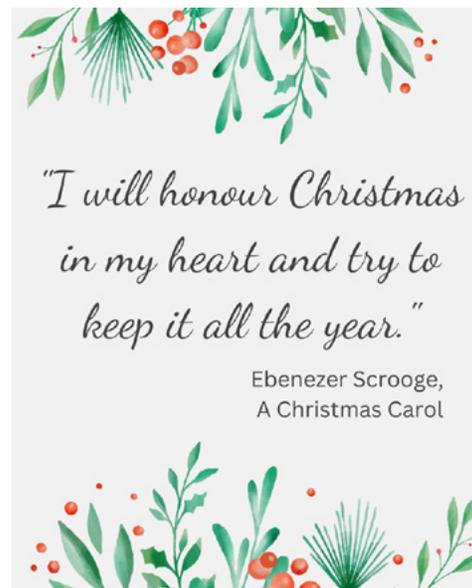
Through our partnership with The Grove Youth Wellness Hubs, EFO organized a cooking class for youth at the

hub. Anneke Donkers-Stickney (Zone 7) attended the event where the group learned useful life skills such as food safety and how to make an omelette.



Recently, the Perth-Waterloo egg farmers received a letter of thanks from Shakespeare Public School in Stratford for the hard-cooked eggs provided for the snack and lunch programs. The students wanted to share a photo of them enjoying the eggs that help fuel their learning!

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	Sally Van Straaten	sallyvanstraaten@gmail.com	519-301-4408
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 fair farm pricing.