



# Cackler

The Latest EFO News

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get cracking®  
Egg Farmers of Ontario

July 2023



Above: Tyler McGregor's Instagram post on Canada Day.



Right: Lois Betteridge whisks up some eggs to add to her Sourdough Pancakes.



## Proud to be Canadian

EFO came up with a special way to observe Canada's birthday

## EFO CELEBRATES CANADA DAY WITH TOP CANADIAN ATHLETES

It's no secret that Egg Farmers of Ontario (EFO) loves to promote Canadian athletes, so when Canada Day came around this year, we knew the perfect way to celebrate; by having some of Canada's top athletes share their favourite egg recipes on social media.

Lois Betteridge, a Pan American Games medalist for canoe slalom, started her Canada Day off with Overnight Sourdough Pancakes topped with another Canadian treasure – pure maple syrup!

Olympic Alpine Skier Valérie Grenier loves making EFO's [Sesame Ginger Buddha Bowl](#). Full of fresh veggies and eggs, Valérie enjoyed a delicious Canada Day.

Canadian Olympic Curler Emma Miskew celebrated Canada's birthday by making EFO's [Garlic Shrimp and Asparagus Noodle Bowl](#) made with fresh, local asparagus and of course, eggs, which are always in-season!

Finally, Canadian Sledge Hockey Paralympian and World Champion Tyler McGregor spent a relaxing Canada Day at home, where he treated himself to an [All Day Air-Fryer Breakfast Tartine](#).

To see each athlete enjoying their egg creations, check out our [blog](#).

## IN THIS ISSUE

Industry Updates:  
FCC, LRIC, OFA and PIC

Bill C-282 Passes Third Reading in the House of Commons

Recipe of the Month:  
[Raspberry Lemon Curd Pops](#)

Outreach Updates:  
Breakfast on the Farm

### UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- August 2
- September 11

### WITH THIS ISSUE:

- Governments Strengthen Agricultural Productivity and Sustainability News Release

# INDUSTRY updates

## Farm Credit Canada (FCC)

FCC Knowledge updates included informative articles on a variety of subjects and included:

- [5 simple adjustments to boost on-farm profitability](#)
- [RRSPs and TFSA: Smoothing the road to retirement](#)
- [Help young people plan well now to afford the farm later](#)

Don't have time to read? You can listen to FCC Knowledge: Talking Farm and Food podcast episodes [here](#).

FCC will be holding their virtual 2023 FCC Annual Public Meeting on Thursday, August 24 at 2 p.m. (EST). Click [here](#) to register.

## Livestock Research Innovation Corporation (LRIC)

Don Gordon was recently elected as Chair of LRIC after serving two years as their Vice President. Gordon takes over from outgoing Chair Brian Miller.

Dr. Emma Borkowski was named as the recipient of PIC's Early Career Research Award. The University of Guelph researcher is looking at pathogens in small ruminant livestock.

For more updates from LRIC, visit <https://livestockresearch.ca/>.

## Ontario Federation of Agriculture (OFA)

In the latest OFA Newswire updates a variety of information was shared.

The Do More Agriculture Foundation introduced AgTalk, a peer support platform for the Canadian agriculture industry. It's a safe and anonymous space where individuals 16 and over can receive support from a community of peers. Click [here](#) for more information.

With the rise of thefts in rural areas, OFA shared steps farmers can take to protect their farms and equipment. To read the article, click [here](#).

The deadline to apply for OFA's 2023 Bursary program is August 31 – don't miss out! OFA is offering five post-secondary bursaries for 2023. Click [here](#) for more information.

Finally, OFA is hosting a member appreciation barbeque on Friday, July 21 at 2017311 ON-9 in Orangeville from 11:30 a.m. to 3:00 p.m. Complimentary lunch is provided for OFA members!

## Poultry Industry Council (PIC)

### Education Survey

PIC strives to offer educational content that makes a difference to production on your farm.

Egg farmers have unique challenges and PIC wants to offer learning objectives to address them. To determine what topics, tools or information is relevant to egg farmers, PIC has created a short survey to share your thoughts. To complete the survey, visit <https://forms.gle/rxEVSZr51rLeDtXZ7>.

Registration is open for PIC's Annual Charity Golf Tournament on September 6 at Foxwood Golf course in Baden. Registration includes green fees and cart; breakfast, lunch and dinner; contests and a thank you gift. For more information or to register, visit <https://www.poultryindustrycouncil.ca/events/golf-tournament>.

PIC has recently released a list of upcoming events for 2023 and tentative dates for 2024 events, including Science in the Pub and Producer updates. Visit their [website](#) for the full list of dates.

Josiah Mullet Koop (Zone 4) was recently featured in a special section of PIC's July newsletter that focuses on students and young adults joining the poultry industry. The Master's student shared how he hopes to use his education to help on the family farm while contributing to advancements in the egg and pullet sector.

## HOLIDAY NOTICE

EFO will be closed on Monday, August 7 to celebrate the Civic Holiday.

In the event of an emergency, please contact Ryan Trim, Director of Operations at 905-464-6590 or Ryan Brown, Chief Executive Officer at 519-831-1500.

## HARD-COOKED EGGS IN SCHOOL PROGRAM REMAINS POPULAR WITH STRATFORD STUDENTS

Students from St. Ambrose Catholic elementary school in Stratford were showing off their hard-cooked eggs on the last week of school.

The students in the school receive the nutritional high protein staple as part of their snack and lunch program at no charge to them, courtesy of area companies and sponsoring businesses around the city and included Perth and Waterloo counties.

Egg farmers from the neighbouring counties started the program almost 10 years ago to ensure area students have access to proper nutrition fueled by eggs. School teachers and principals speak highly of the program and hope it will continue when classes return again in September.



Above: Gary West (Zone 6) joins St. Ambrose students who agree that eggs for lunch and snack are a real treat!

# BILL C-282 PASSES THIRD READING

Bill C-282, *An Act to amend the Department of Foreign Affairs, Trade and Development Act (supply management)* is a Private Member's Bill introduced by Bloc Quebecois MP Luc Thérault to protect supply-managed commodities from further market-access concessions in future trade agreements. On June 21, the Bill was passed on its third and final reading in the House of Commons, thereby passing to the Senate for further review and discussion. If approved by the Senate, Bill C-282 will become law following Royal Assent.

Representatives and leaders of supply-managed groups from across Canada, including EFO Chair Scott Helps, EFC Chair Roger Pelissero and Zone 10 Director Marcel Jr. Laviolette, were in the gallery during the reading and were invited to attend a press conference following the proceedings.

Taking part in the conference was MP Luc Thérault, the Honourable Marie-Claude Bibeau, Minister of Agriculture and Agri-Food in Canada, Bloc MPs Yves Perron and Simon-Pierre Savard-Trembley, MP Alistair MacGregor, MP Mike Morrice and Senator Amina Gerba. Stéphanie Levasseur (General Vice President of the Union des producteurs agricoles) and Laurie Karson, Director of Communications and Stakeholder Relations for the Canadian Federation of Agriculture also participated during the conference.

Scott Helps was able to speak during the press conference and on behalf of the supply-managed sector in Canada, share gratitude for the decision to support the Bill, and extend appreciation for the hard work and effort that went into achieving this significant result.

To watch the full press conference, click [here](#).



Above: Minister Bibeau following a press conference with MP Thérault, government and agricultural representatives on June 21, 2023.

## iFARM IN STRATFORD EDUCATES GRADE 3 STUDENTS

by Gary West, Zone 6



Above: Egg farmers Megan Veldman and sister Kayla Veldman explaining how eggs come from laying hens to the class of grade 3 egg eaters who said they all enjoyed eating nutritious eggs.

It's been an educational program for 45 years, and thousands of students in Stratford and Perth County have been educated about where their food comes from and the different aspects of farming over those years which still continues to this day.

The *iFarm* as it is known, is a three-day event and is available to grade 3 students across Stratford and Perth County. This year saw 550 students from 14 public and separate schools participating.

Over the course of two hours, classes participate in different 15 minute learning stations that offer a hands-on look at the dairy, egg, pork, beef and grain industries, farm safety, butter making and the Gay Lea Heritage museum.

To celebrate Perth County's agricultural diversity, various commodity groups, were pleased to once again offer *iFarm* to students in Stratford and Perth County on June 13th, 14th and 15th at the Agriplex at Stratford's Rotary complex.

The presentation sponsors included Perth County dairy producers, Perth egg farmers, Perth pork producers, Perth beef producers, and District 9 grain farmers. Various area industries also helped in sponsoring this educational event.

## PRODUCTION STATISTICS

(in boxes of 15 dozen)

### Ontario Production (week ending #16)

2023 – 6,147,714

2022 – 6,329,036

### Ontario IP (week ending #16)

2023 – 887,383

2022 – 1,412,374

### Ontario EFP (week ending #16)

2023 – 414,101

2022 – 104,992

### US Shell Egg Imports to Ontario (week ending May 20, 2023 - #20)

2023 – 786,733

2022 – 469,500

## EGG TEAM UPDATE

EFO welcomed Mai Saleh-VanDeventer to the team on July 10. Mai joined the Policy and Strategic Initiatives Department as the new Quota Transfer and Administrative Coordinator. Mai will be responsible for coordinating the QTS as well as providing administrative support for James Corpuz, Director of Policy and Strategic Initiatives.

Welcome to the team Mai!

follow us online!





## A VISIT TO THE GROVE

by Public Affairs Staff

If you aren't familiar with *The Grove*, they are youth wellness hub sites that offer support to individuals aged 12 to 26 in Wellington County. Whether it's a student looking for a safe, comfortable space to hang out after school, a person seeking help with a difficult situation such as bullying or family issues, or a teen needing help accessing services for more complex issues, *The Grove* hubs offer support catered to individual needs.

There are currently four hubs in operation: Erin, Fergus, Palmerston and the University of Guelph site, with three more planned. In January 2022, EFO announced a commitment of \$150,000 over the next five years to provide funding for the kitchens at each site. Other planned locations will include a youth hub inside the Canadian Mental Health Association of Waterloo Wellington and another at the YMCA of Three Rivers in Guelph and Shelldale Family Gateway.

Through EFO's partnership, Public Affairs staff were recently offered a tour of the Fergus location and took part in an after-school baking class. On the menu were brownies and everyone got a chance to get involved, whether it be measuring out ingredients, cracking the eggs, or mixing it all together. They sure didn't mind enjoying the freshly baked brownies either!

What makes *The Grove* such a success is the very welcoming, judgement-free environment where kids can visit during any of the drop-in hours. Each experience is unique to the individual and could be as simple as a fun place to spend time and play a video game or two, meet new friends, or get help with homework. Discretion to a teen can be key - and at *The Grove*, only staff - not peers, know the reason behind a visit.

More importantly, if an individual needs help, they can access it right away, and the result is less emergency room visits for kids in crisis and the elimination of time on waiting lists for mental health care. That level of support, combined with access to over 30 community agencies, means youth can find the help they need.

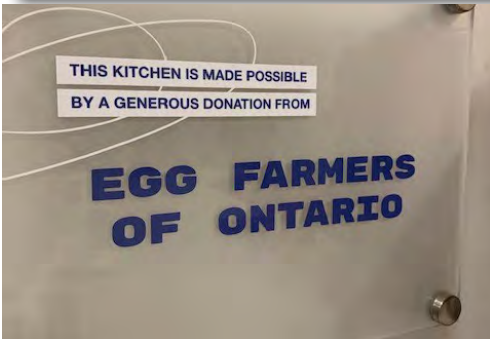
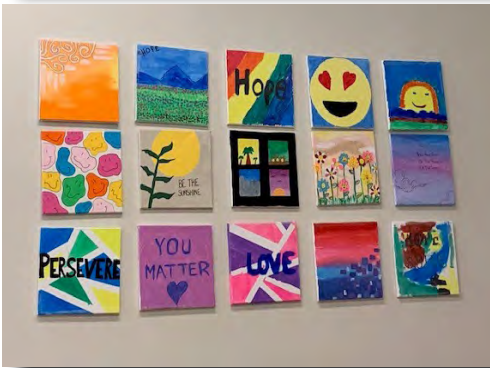
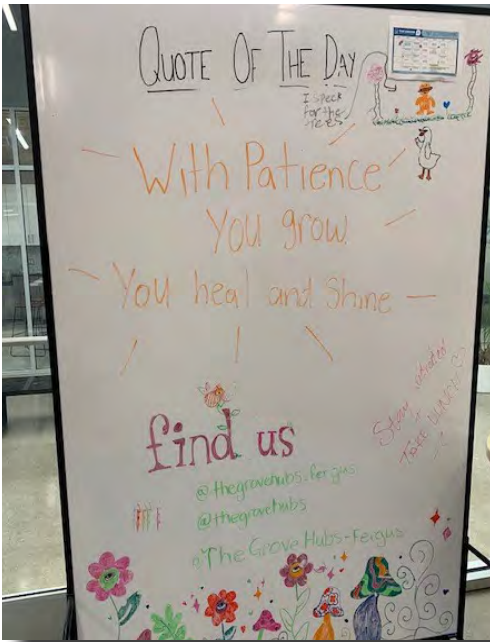
It was a great experience visiting *The Grove* and seeing first-hand such a unique place that, in their words, is all about wellness on many levels. Their goal is to build a more effective health and social service system that meets the needs of youth and EFO is proud to be a supporter of this youth-focused program. To learn more about *The Grove*, visit <https://www.thegrovehubs.ca/>.

## FARMER UPDATES

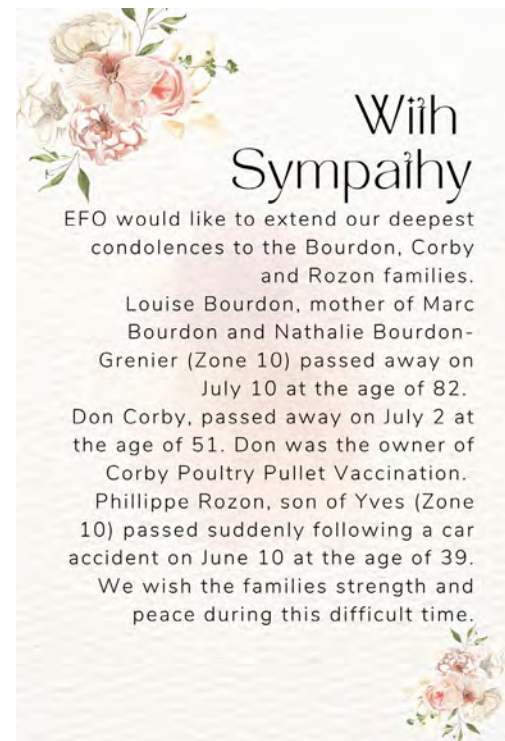
### For Sale

Staalkat packer for sale, 40 case, 2007 type FP102. Asking \$28,500

Call Markus: 613-229-8336



Above (from top): A sign with positive messages greets youth as they enter the site; colourful artwork created by kids proudly displayed throughout the site; a plaque in the kitchen displays EFO's commitment and; a group demonstrate their kitchen skills during a baking activity.



# Raspberry Lemon Curd Pops



Servings: 16  
Prep Time: 20 minutes  
Cook Time: 10 minutes

## INGREDIENTS

5 eggs  
1 ½ cups granulated sugar  
Juice and zest of 3 large lemons  
¼ cup butter  
pinch of salt  
1 cup raspberry jam  
2 cups vanilla Greek yogurt



## DIRECTIONS

In a small saucepan, whisk eggs until blended; stir in sugar, lemon juice and zest, butter and salt. Cook over medium-low heat, stirring constantly with a wooden spoon until curd is translucent and thick enough to coat the back of a spoon; about 10 minutes. Do not let simmer as this will scramble the eggs. The curd is cooked when the temperature reaches 170°F (77°C).

Transfer curd to a wide shallow dish and let cool for 20 minutes. Refrigerate, uncovered, for 1 hour or until cold.

In a medium bowl, gently fold raspberry jam into yogurt so ribbons of jam are still visible.

Spoon large dollops of yogurt mixture into lemon curd. With a small, long handled spoon, scoop small mounds of yogurt curd mix into popsicle molds to create a marbling effect. Add yogurt into curd mix as needed to fill molds.

Add popsicle sticks into molds and freeze overnight.

Watch the “how-to” make video [here!](#)

“eggs-pert” advice

**TIP:** To unmold pops, run molds under warm running water for a few seconds at a time until popsicles can be easily removed.

## EGGS IN THE NEWS

### Canada books first month in 19 without bird flu outbreak

Farmtario  
July 1, 2023  
by Dave Bedard

June 2023 appears set to be Canada’s first month without a new highly pathogenic avian influenza outbreak in poultry or other domesticated birds since the disease returned to this country in late 2021.

Canada has booked 322 outbreaks in domestic birds in the past 19 months, of which 31 were

detected so far in 2023. Of the 31, just one was detected in May, in a commercial barn in Quebec’s Les Maskoutains regional municipality (RCM) on May 6.

As of Friday, the Canadian Food Inspection Agency, which oversees quarantines, culls and disinfections at outbreak sites, counts 35 of the 322 as still “infected,” mainly in backyard non-poultry flocks.

Of those remaining 35, eight active sites were in commercial poultry: five at Les Maskoutains, one in Quebec’s Rouville RCM, one at Taber, Alta. and one at Chilliwack, B.C. One other still-active site, near Weyburn, Sask., involved “non-commercial” poultry.

While Canada is not yet free of notifiable avian flu, its decline in active cases and absence of new cases can be seen as positive signs amid North America’s months-long run of outbreaks.

Meanwhile, in the U.S., where 836 domestic and backyard flocks in 47 states have had cases since the start of 2022, leading to culls for an estimated 58.79 million domestic birds, no new cases have been confirmed in domestic birds since May 18.



# OUTREACH *update*

## Breakfast on the Farm

The first *Breakfast on the Farm* (BOTF) event of 2023 was held in Huron County on June 17. This popular event hosted by Farm and Food Care, features an all-Ontario breakfast, educational displays and lots of farmers on-hand to speak with consumers.

The Saturday event, which ran from 9 a.m. to 1 p.m., brought more than 1,000 Ontarians to meet real farmers on a real working farm in Huron County.

Egg Farmers of Ontario had an *eggs-cellent* display at the breakfast, which included a trivia spinning wheel, recipes and resources.

For more information about BOTF and to find out when the next one will take place, visit <https://www.farmfoodcareon.org/>.



*Top, clockwise (from left): Egg display set up for guests; picnic table where kids can learn what a chicken eats; trivia wheel ready for a spin; and a young visitor tries their luck at the trivia wheel.*

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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.