



# Cackler

The Latest EFO News

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get cracking®  
Egg Farmers of Ontario

March 2022



Egg Farmers of Ontario get cracking.

**REAL FARMERS. REAL RECIPES.**

Arthur Family  
Egg Farmers  
Oxford County, Ontario

"We love producing farm fresh REAL eggs. And you LOVE eating 'em! Here's another great recipe you can try with our eggs. Enjoy!"

**Kale Pesto Chicken Strata**

PREP 25 MINS - COOK 40 MINS - SERVES 8

**Ingredients:**

**Kale Pesto:**  
2 cups (500 mL) loosely packed stemmed and torn kale  
1 cup (250 mL) packed fresh basil leaves  
1/2 cup (75 mL) olive oil  
1/2 cup (100 mL) lemon juice  
2 cloves garlic, roughly chopped  
3 cups (750 mL) grated Parmesan cheese

**Strata:**  
4 cups (1 L) 1-inch (2.5 cm) cubed, day-old crusty bread (French or Italian best)  
2 cups (500 mL) shredded roasted chicken, divided  
1 1/2 cups (375 mL) sliced Gruyère or Swiss cheese, divided  
1/2 teaspoon red pepper, dried and divided  
8 eggs  
1 cup (250 mL) milk  
pepper

**Directions:**  
Preheat oven to 375°F (190°C).

Kale Pesto: In a blender or with a hand immersion blender, pulse kale, basil, oil, lemon juice, nuts and garlic. Stir in cheese.

Strata: Scrape pesto into a large bowl, toss with cubed bread to coat. Arrange half the pesto and bread mixture in a large (12 to 12-inch (25 to 30 cm) greased cast-iron skillet. Top with half the chicken, cheese and red pepper. Repeat steps to make the second layer.

In a large bowl, whisk eggs, add milk and whisk to combine. Pour over filling in skillet. Bake for 35 to 40 minutes until puffed and golden. Let cool 10 minutes before serving.

Season with pepper to taste.

Check out tons of recipes at [getcracking.ca](http://getcracking.ca)

## March Recipe Outreach

EFO gets ready for  
spring with a colourful  
new recipe.

## EFO'S STRATA RECIPE IS OUT OF THIS WORLD

*Kale Pesto Chicken Strata* is EFO's featured recipe for the month of March.

This delicious, high-protein strata is perfect for breakfast, lunch and dinner and is a make-ahead and reheat recipe option. It's also packed with nutritious kale and of course, eggs!

The strata was featured in the March issue of *edible* (Ottawa) and *City Parent* magazine and was also a digital feature of *Global Heroes* (<https://www.globalheroes.com/egg-farmers-of-ontario-kale-pesto-chicken/>).

The full recipe is also featured on page 5 of this issue of *The Cackler*.

## IN THIS ISSUE

Updates from the March 2<sup>nd</sup>  
and 3<sup>rd</sup> Board of Directors'  
Meeting

In the Zone:  
Activities in Zone 5

Recipe of the Month:  
[\*Kale Pesto Chicken Strata\*](#)

Easter Contest Launched

### UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- (April) March 30 & 31
- May 4 & 5

### WITH THIS ISSUE:

- \* Excellence in Agriculture Award Announcement
- \* Painting Raffle Flyer
- \* denotes to egg and pullet farmers only

# INFORMATION *update*

## **Business Highlights of Egg Farmers of Ontario (EFO) from the March 2 & 3, 2022 Board Meeting**

### **Egg Market Update**

March 1<sup>st</sup> ushered in the end of proof of vaccination requirements in Ontario and most other provinces have also started a staged removal of public health restrictions, triggering hopes for improving egg markets.

As has been the case throughout the pandemic, the shell market has remained relatively strong but the disrupted business conditions, especially for restaurant and foodservice operations, have meant lower processed egg demand.

Market reports from Egg Farmers of Canada show shell egg demand softened in week 8 compared to the previous week, while processed egg usage in week 9 showed a significant increase compared to the previous week. Processed egg requests are expected to fluctuate in the coming weeks, but remain higher than 2021 levels. There were no eggs in storage in week 9 and indications are that supply and demand are expected to be balanced with no storage leading up to Easter.

The market will continue to be monitored closely and contingency plans will be in place to use the tools available to balance the market if conditions require further actions.

### **Continue with vigilance on biosecurity in face of increased Avian Influenza risk**

More incidents of Highly Pathogenic Avian Influenza (HPAI) within Canada and just south of our border means Ontario egg and pullet farmers need to continue observing enhanced biosecurity on their farms.

Michigan, New York and Ohio have recently been added to the areas with farms that have been forced to depopulate following current outbreaks of AI. These are in addition to outbreaks in Nova Scotia, Newfoundland, British Columbia, Prince Edward Island and other US states, including North and South Carolina, Virginia, Maryland, Missouri, Maine, Indiana, Kentucky, Delaware and Florida.

Properly implemented biosecurity is your first line of defense against infectious diseases. Your farm biosecurity protocols should be well thought-out, well implemented and continuously followed. Constant biosecurity measures should be practiced at all times. Additional measures on Ontario egg farms can include cleaning and disinfecting floors in empty egg coolers immediately following egg pick-ups.

### **2022 National Poultry show in London June 22-23**

The National Poultry Show, organized by the Poultry Industry Council (PIC) and Western Fair Association (WFA), has announced June 22 – 23, 2022 as the new dates for the show.

The event will transition to an Industry Open House format to allow flexibility for changes that may be required for on-going restrictions, such as an outdoor eating area in place of the popular indoor industry buffet lunch.

Tickets are expected to go on sale in April, and attendees should see some discounts on ticket pricing for this year. The Open House will follow provincial health and safety guidelines in place at the time of the event. Stay up to date with changes by visiting [www.nationalpoultryshow.com](http://www.nationalpoultryshow.com).

### **Apply now for federal funding available for egg farmers**

Egg farmers need to register for funding available under the federal government's *Poultry and Egg On-Farm Investment Program* (PEFIP). The funding is in place to provide compensation to supply-managed sectors for market access concessions made under the *Comprehensive and Progressive Agreement for Trans-Pacific Partnership* (CPTPP). The share allocated to Ontario's egg farmers works out to about \$53 million or an average of about \$126,000 per farm for applications that qualify as eligible projects under the program.

Eligible projects include anything that helps an egg farmer increase efficiency or productivity, respond to consumer preferences, or improve on-farm safety, biosecurity or environmental sustainability. This includes new barn construction or upgrades to equipment like feeding, watering, lighting, ventilation, heating and comfort systems that will promote energy efficiency and reduce an operations environmental footprint.

The Government of Canada will contribute up to 70 per cent of the project's costs, increasing to up to 85 per cent for young farmers, to help ensure a strong future for Canada's farms. The PEFIP offers farmers flexibility to seek funding for eligible activities that started on or after March 19, 2019.

Ontario egg farmers are encouraged to register their farms as soon as possible – even if they are not yet ready to apply for funds. Early registration information will help ensure funds are available in a timely manner and will also assist in future mitigation discussions. For complete information, a guide for applicants and application forms for the program, go to <https://agriculture.canada.ca/en/agricultural-programs-and-services/poultry-and-egg-farm-investment-program>.

## IN THE

## *Zone*



Culinary class students at Central Huron Secondary School in Clinton recently had the opportunity to share their *cr-egg-tivity* with Zone 5 farmers.

Zone 5 Huron County egg farmers currently donate one box of eggs per month to the school. Judging by their pictures, the students seem to enjoy the eggs!



# CONTINUE WITH VIGILANCE ON BIOSECURITY



With the increase in cases of Highly Pathogenic Avian Influenza (HPAI) throughout North America now impacting commercial flocks in the United States (US), strong biosecurity protocols must be followed at all times.

Incidences of HPAI have now been found in all four North American flyways, with three of those flyways containing commercial flock outbreaks. With bird migration well underway comes the increased risk of spread to backyard and commercial flocks. A recent outbreak in Wisconsin involved a commercial layer farm with 3 million birds impacted.

Outbreaks to date that include commercial operations have been confirmed in the Mississippi Flyway (Indiana, Iowa, Kentucky, Missouri, Wisconsin) the Central Flyway (South Dakota) and the Atlantic Flyway (Delaware, Maryland, Nova Scotia) and cases have impacted turkey, broiler, layer and pullet farms. HPAI has also been detected in small flocks and migratory birds in British Columbia, New Brunswick and Prince Edward Island along with locations throughout the US.

All egg and pullet farmers should immediately contact their veterinarian and board office if their birds show any signs of illness or increased mortality.

## POULTRY AND EGG ON-FARM INVESTMENT PROGRAM LIVE

The *Poultry and Egg On-Farm Investment Program* (PEFIP) is live and open for farmers to submit project funding applications. All applications must be submitted and managed by the PEFIP website AFTER farmers have successfully registered.

All farmers are strongly encouraged to register ASAP, even if you are not planning on submitting a funding application in the near future. This information is very important for planning to ensure funds are readily available for this program and will serve as foundational information for projects moving forward. Registration can be completed here: <https://agriculture.canada.ca/en/agricultural-programs-and-services/poultry-and-egg-farm-investment-program/step-4-how-apply/register>.

More information on the program can be found here: <https://agriculture.canada.ca/en/agricultural-programs-and-services/poultry-and-egg-farm-investment-program>.

## Excellence in Agriculture Award Program

The Ministry of Agriculture, Food and Rural Affairs has recently launched the 2022 Excellence in Agriculture award program.

This award recognizes individuals in the agri-food industry that have created an environment of excellence, demonstrated leadership and benefited their sector through technology or product development.

To learn more about the program, see Excellence in Agriculture Announcement included with this issue or visit <http://www.ontario.ca/page/excellence-agriculture-program>.



## 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](http://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 #8)

2022 – 3,242,087

2021 – 3,007,395

### Ontario IP (week ending #8)

2022 – 824,140

2021 – 587,830

### Ontario EFP (week ending #8)

2022 – 0

2021 – 65,287

### US Shell Egg Imports to Ontario (week ending March 12, 2022 - #11)

2022 – 79,826

2021 – 219,216

follow us online!





## EVERY CLOUD HAS A SILVER LINING

Canada's para ice hockey team, led by team Captain Tyler McGregor, recently brought home silver at the Paralympic Games in Beijing.

Although McGregor would have preferred the team picked up the gold following their shut-out game against the U.S., they still take pride in the accomplishment of being at the games.

Tyler is one of the several athletes that EFO is proud to support. As a Paralympic athlete, he is a true representative of hard work and determination in the face of obstacles.

For more information on Tyler, check him out on Instagram (@tylermcgregor8).

## FARMER UPDATES

### Raffle in Support of Heart for Africa

A draw for a beautifully framed painting will be held at the Egg Farmers of Ontario's Annual Meeting Banquet on Tuesday, March 29.

Tickets are available for \$250 each and will be available at the registration table on March 29. For more details about the painting, see the *Painting Raffle Flyer* attached to this newsletter.

### Egg Team Announcement

Please be advised that Ray Hinton, Director of Regulatory Affairs, Quota and Information Technology, is no longer with Egg Farmers of Ontario (EFO).

As a result, the decision was made to take the opportunity to review and align staffing resources by amalgamating two departments. James Corpuz, who joined EFO last October, has been appointed to lead the amalgamated team as Director of Policy and Strategic Initiatives. Please direct all related inquiries to James by email at [jcorpuz@getcracking.ca](mailto:jcorpuz@getcracking.ca) or phone 1-800-387-8360 extension 262.

### RSS Feed: Don't miss out on important updates!

A feature of the farmer website, [www.getcracking.ca/members](http://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](http://www.getcracking.ca/members/member-farmer-news) to sign up.

*With our condolences*

*Our deepest sympathies to the Becic and MacGregor families on the passing of their loved ones.*

*Ray Becic of Strathroy passed away on February 25, 2022 at the age of 92.*

*Clare MacGregor of Parkhill passed away suddenly on February 27 at the age of 81.*

*May you take comfort in loving memories and the friends and family that surround you.*

## It's #EasterTreeContest time again!



Calling all farmers – we need your help.

EFO is once again encouraging Ontarians to decorate Egg Trees and offering fabulous egg prizes!

Help us spread the word by getting your household together and making your own Easter tree, share a photo of it on social media using #EasterTreeContest.

New for this year, we have created a special portal for teachers with curriculum-connected resources, activities and more. You can share this with any of the teachers in your life <https://www.getcracking.ca/easterlearning/>.

For full contest information or for inspiration, visit <https://www.getcracking.ca/easter-contest>.



# MONTHLY recipe

## Kale Pesto Chicken Strata

Servings: 8  
Prep Time: 25 minutes  
Cook Time: 35-40 minutes

### INGREDIENTS

#### Kale Pesto:

2 cups (500 mL) loosely packed stemmed and torn kale  
1 cup (250 mL) packed fresh basil leaves  
½ cup (75 mL) olive oil  
¼ cup (60 mL) lemon juice  
¼ cup (60 mL) pine nuts or blanched almonds  
2 cloves garlic, roughly chopped  
½ cup (125 mL) grated Parmesan cheese

#### Strata:

4 cups (1 L) 1-inch (2.5 cm) cubed, day-old crusty bread

(French or Italian loaf)  
2 cups (500 mL) shredded roasted chicken, divided  
1½ cups (375 mL) diced Gruyere or Swiss cheese, divided  
1 sweet red pepper, diced and divided  
8 eggs  
1 cup (250 mL) milk  
pepper to taste

### DIRECTIONS

Preheat oven to 375°F (190°C).

**Kale Pesto:** In a blender or with a hand immersion blender, purée kale, basil, oil, lemon juice, nuts and garlic. Stir in cheese.

**Strata:** Scrape pesto into a large bowl; toss with cubed bread to coat. Arrange half the pesto and bread mixture in a large 10 to 12-inch (25 to 30 cm) greased cast iron skillet. Top with half the chicken, cheese and red pepper. Repeat steps to make the second layer.

In a large bowl, whisk eggs; add milk and whisk to combine. Pour over filling in skillet. Bake for 35 to 40 minutes until puffed and golden. Let cool 10 minutes before serving. Season with pepper to taste.

*“eggs-pert” advice*

**TIP:** If you're not a fan of kale, any dark leafy green will work, such as spinach, Swiss Chard, beet leaves or arugula.

## EGGS IN THE NEWS

### Perth producers are pushing ahead with their program to provide high quality protein to area students

Ontario Farmer  
March 8, 2022  
by Gary West

Egg Farmers in Perth and Waterloo continue to help schools provide proper nutrition for students and their families who are having a tough time stretching their food dollars.

The program's goal is to provide the good high protein that comes from hard-boiled eggs.

For the last number of years egg farmers and their sponsoring companies have provided hundreds of dozens of hard-boiled and peeled eggs to over 1000 schools in the two-county area.

The EGG farmer program also supplies dozens of fresh shell eggs to various food banks and shelters in Perth and Waterloo counties where organizers say they are grateful for help as they have seen a large

increase in need since the pandemic and tougher economic times began.

Executive director Brian Banks oversees the “nutrition for learning” program in Waterloo that serves schools in areas of Kitchener, Waterloo and Cambridge. He said the program has been one of the most beneficial to their organization in the last number of years.

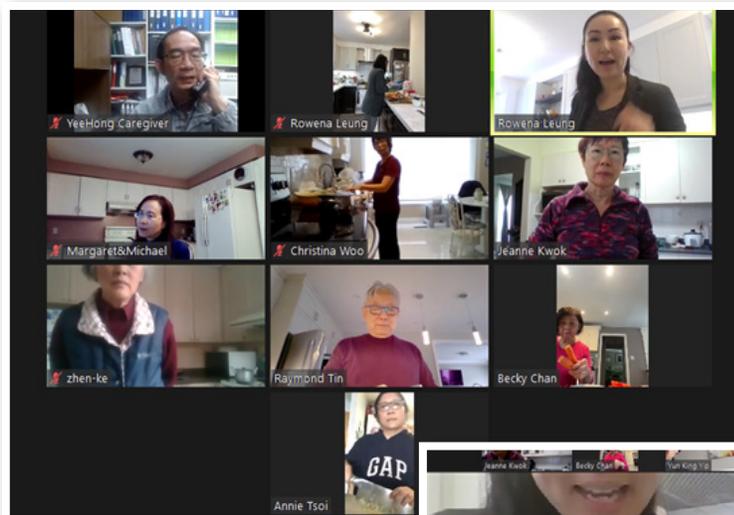
# outreach UPDATES

## EFO sponsors virtual cooking classes

As part of our yearly nutrition strategy and in celebration of Nutrition Month, EFO sponsored a series of three virtual cooking classes hosted by Registered Dietitian Rowena Leung.

The classes, which were geared to seniors and their caregivers and held in participation with the Yee Hong Centre for Geriatric Care in Scarborough, promoted eggs as a nutritious and affordable ingredient. The sessions were held on March 9, 14 and 23 and participants could sign up to make three EFO recipes – *Bibimbap*, *Branana Yogurt Muffins* and *Cheese Souffle*. All three recipes were translated into Mandarin by Rowena.

To help cover the costs of the classes, a grocery store gift card was sent to all registered participants of the class along with a microwave egg cooker.



Above: Participants of the classes listen in as host Rowena shares nutrition facts.



Right: Registered Dietitian Rowena Leung explains the many benefits of eating eggs.

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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.