



# Cackler

The Latest EFO News

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get cracking®  
Egg Farmers of Ontario

November 2022



Above (left to right): EFO Chair Scott Helps, Premier Doug Ford, Minister of Agriculture, Food and Rural Affairs Lisa Thompson and EFO General Manager Ryan Brown.



**EFO hosts  
eggs-ceptional  
breakfast**

## ANNUAL BREAKFAST RETURNS TO QUEEN'S PARK

Egg Farmers of Ontario (EFO) was thrilled to once again host the annual MPP Omelette Breakfast at Queen's Park on Tuesday, November 1. This event marked the 22nd year of the breakfast where EFO's Board of Directors prepare fresh, made-to-order omelettes for Members of Provincial Parliament (MPP) and staff as a thank you for their all-party commitment to Ontario agriculture.

This is the first time that EFO has been able to host the breakfast since 2019, when COVID-19 restrictions caused a halt to activities at the Ontario Legislature.

We were pleased to have welcomed Premier Doug Ford and more than 80 MPPs and approximately 22 Ministers to our breakfast, plus upwards of 90 legislative staff members.

See **OMELETTE BREAKFAST**, continued on page 2.



### UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- December 7 & 8
- January 3 & 4

## IN THIS ISSUE

FBCC Update Oct 20; Brian Ellsworth Memorial Bursary Application

Industry Updates:  
News from AAC, FBCC,  
FCC, OFA & PIC

Recipe of the Month:  
[Mini Squash Pots](#)

Outreach Updates:  
Royal Agricultural  
Winter Fair

## OMELETTE BREAKFAST, continued.



Above (left to right, clockwise): Minister Thompson shares her thoughts on the importance of Ontario agriculture as EFO Chair Scott Helps looks on; John Vanthof, Critic, Agriculture, Food and Rural Affairs addresses the group; Stephanie Bowman, MPP (Don Valley West) shared her greetings during the breakfast; Mike Schreiner, Leader of the Ontario Green Party enjoyed the morning event.

## INDUSTRY UPDATES

### Agricultural Adaptation Council (AAC)

In November, AAC shared a message from their Executive Director, Melanie DiReto, who discussed ongoing initiatives of the organization. This included the new address for the AAC, who have recently moved to a shared office space in Guelph. In addition, a Lunch 'n Learn Series was held on October 12th where speaker Victoria Prince provided a summary of the Ontario Not-For Profit Corporations Act (ONCA). To learn more about future Lunch 'n Learn events, contact Peter Katona via email at [pkatona@adaptcouncil.org](mailto:pkatona@adaptcouncil.org). They will also be holding their first in-person Annual General Meeting at the GrandWay Events Centre in Elora December 1st.

### Farm Credit Canada (FCC)

Farm Credit Canada recently announced the return of their Young Farmer Summit events this winter. These sessions have been created for farmers under 40 to learn practical advice, connect with peers and gain

new knowledge to use on the farm. To learn more or to register for the free virtual summit, click [here](#).

To access the weekly updates from FCC, select by date: [October 14](#); [October 21](#); [October 28](#).

### Feather Board Command Centre (FBCC)

The most recent update from the Feather Board Command Centre (FBCC) included an update on 10 confirmed avian influenza outbreaks in Ontario. It also included critical reminders for all poultry farmers and industry stakeholders. For more information, see attached *FBCC Update Oct 20* or visit the [FBCC website](#).

### Ontario Federation of Agriculture (OFA)

The Ontario Federation of Agriculture is hosting a series of mental health workshops for the agricultural community. The free, four-hour workshops focus on topics such as stress and anxiety, use of substances and how to talk about mental health issues. Upcoming dates are

November 17 and December 8 – register [here](#).

OFA will be holding their 2022 Annual General Meeting on November 21-22 at RBC Place in London. Click [here](#) to view the meeting agenda. To find out more about upcoming OFA events, visit <https://ofa.on.ca/events/>. For the latest news from OFA, visit <https://ofa.on.ca>.

### Poultry Industry Council (PIC)

The Poultry Industry Council (PIC) continues to host their Tuesday night Avian Influenza Ontario situational update meetings to keep everyone informed on the situation. Registration is free and you can sign up for November sessions [here](#). Other updates from PIC this month include the October 17 notice from the Ontario Ministry of Agriculture, Food and Rural Affairs on the extension of the [Minister's Order](#) under the *Animal Health Act 2009*, to prohibit events where birds congregate, such as shows, sales, swaps and fairs. This order has been extended until November 21, 2022.



PREGNANCY SUPER FOODS



GOOD MOOD FOOD



Global News Morning chats with RD Nicole Osinga

## EGGS: A NUTRITIONAL POWERHOUSE

### Fall Nutrition Outreach

On October 26, Registered Dietitian (RD) Andrea D'Ambrosio visited CHCH [Morning Live](#) to share pregnancy superfoods that support nutrition during such a formative time. Of course, eggs were on the menu and were highlighted for choline content in particular – an essential nutrient which many women don't get enough of during pregnancy. Choline plays a critical role in the prevention of neural tube defects and also helps with development of amniotic fluid. In addition, Andrea also shared how you can pre-make and freeze egg sandwiches to have on-hand to get quick nutrition during the early days with a new baby.

With the long, cold winter slowing heading our way, EFO sponsored Michelle Jaelin, RD on CHCH [Morning Live](#) November 2 with a segment to discuss good mood-lifting foods to beat the winter blues. Eggs were featured as they are filled with nutrients such as choline, magnesium, Vitamin D and Omega 3 – all great ingredients that support brain health and function.

Registered Dietitian Nicole Osinga was featured during a virtual segment on [Global News Morning](#) (Kingston) on November 8 to share easy snack recipes that are healthy and delicious. During the show, Nicole shared how eggs are the original “protein ball” and that they are an easy prep and go snack!

## FARMER UPDATES

### For Sale

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

Diamond egg packer for sale. In excellent working order, used in grading station. 2 available.  
Call Eric @ 519-381-5961.



## Biosecurity Reminder

The weather may be turning colder, but it's still not time to let down your guard when it comes to protecting your flock from Highly Pathogenic Avian Influenza (HPAI). With active outbreaks still across North American and Europe, biosecurity should continue to be strictly followed. To learn more about avian influenza in Ontario, including biosecurity tips, resources and more, visit [http://www.omafra.gov.on.ca/english/livestock/vet/facts/avian\\_influenza.htm](http://www.omafra.gov.on.ca/english/livestock/vet/facts/avian_influenza.htm).



## 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 #40)**  
2022 – 15,500,006  
2021 – 15,302,063

**Ontario IP (week ending #40)**  
2022 – 3,184,443  
2021 – 3,234,255

**Ontario EFP (week ending #40)**  
2022 – 726,303  
2021 – 491,406

**US Shell Egg Imports to Ontario (week ending October 15, 2022 - #42)**  
2022 – 891,594  
2021 – 854,959

# MONTHLY recipe

## Mini Squash Pots

Servings: 4  
Prep Time: 40 minutes  
Cook Time: 50 minutes

### INGREDIENTS

4 small Buttercup/Kabocha squash, pie pumpkin or acorn squash (about 850 g each and 6 inches (15 cm) wide)  
12 eggs, divided  
½ cup chicken broth  
3 cups ½-inch (1 cm) cubed day-old bread (French or Italian loaf)  
1 cup chopped mild semi-dry cured chorizo sausage  
½ cup diced onion  
½ cup diced celery  
½ cup diced Oka cheese  
1 tbsp dried Italian herb seasoning  
microgreens and black pepper to garnish

### DIRECTIONS

Preheat oven to 400°F (200°C).

Prick squash or pumpkins with a paring knife. Microwave each for 3 minutes on high power. Slice 1½-inch (4 cm) off the top; remove seeds and stringy pulp from squash. Arrange squash and tops on a large parchment paper-lined baking sheet.

In a large bowl, whisk together 8 eggs and broth; add bread, chorizo, onion, celery, Oka cheese and herb seasoning, stirring to combine. Divide filling among squash. Bake for 40 minutes or until cooked through.

Remove from oven and top each squash with 1 egg. Bake for 10 minutes, until whites are set and yolks are still runny or until desired doneness.

Garnish with microgreens and pepper to taste. Serve with squash tops propped on the side.

“eggs-pert” advice

**TIP:** Increase or decrease cooking time if using larger or smaller squash/pumpkins.

## WEBINAR SUPPORTS MENTAL HEALTH IN AGRICULTURE

A recent University of Guelph study on Farmer Mental Health in Canada revealed that 1 in 4 Canadian farmers felt their life was not worth living, wished they were dead or thought of taking their own life over the previous year.

The *Do More Agriculture Foundation*, advocates for farmer mental health, and in partnership with the Animal Health Emergency Management (AHM), they are offering a one-hour virtual webinar focused on promoting mental health in agriculture. Sessions are offered November 15, January 17 and March 21.

This interactive workshop shares ways to support personal mental health as well as having conversations about mental health.

To register for the FREE workshop, visit [www.animalhealth.ca/workshops](http://www.animalhealth.ca/workshops).

## BURSARY RECOGNIZES LEGACY OF PAST GENERAL MANAGER

To honour the legacy of Brian Ellsworth, who served as General Manager of Ontario Egg Producers from 1970 until 2003, EFO has established the *Brian Ellsworth Memorial Bursary*.

This bursary will provide \$5,000 towards eligible applicants' tuition cost for the Advanced Agricultural Leadership Program.

In order to be eligible, applicants must:

- be an egg or pullet farmer, or family member/employee under an active Ontario quota number and/or EFO staff member;

- must have been successfully selected as a Class participant for the Advance Agricultural Leadership Program;
- submit an application form to Egg Farmers of Ontario, including proof of successful selection, before May 1st of the year the Class begins; and
- agree to speak at an Egg Farmers of Ontario meeting and/or event about their experiences in the Advanced Agricultural Leadership Program.

For more information or to access the application form, see the *Brian Ellsworth Memorial Bursary* included with this edition of *The Cackler*.

# OUTREACH *update*

## EFO participates in the return of the Royal!



Egg Farmers of Ontario (EFO) was happy to attend the return to the first in-person Royal Agricultural Winter Fair since 2019, which also happens to be the 100th anniversary of the fair.

EFO participated in a number of activations during the 10-day event, including the *Food and Nutrition Forum*, the *Culinary Academy*

and our large Egg Education trailer display as part of their Discovery Zone Education Program. EFO also sponsored the Road to the Royal "Egg Hacks" video with Chef Missy Hui.

Visitors to EFO's display had the chance to meet a real egg or pullet farmer, take a spin at our trivia wheel or learn more about hens at our interactive display. Farmers were available each day to answer consumer egg questions.

Fair attendees could also learn about what happens at the grading station and how eggs are sorted and packaged into cartons or what housing types are used to house Ontario hens!

Thank you to all of the dedicated farmer volunteers who make events like this such a great success.

The RAWF ran from Friday, November 4 to Sunday, November 13 at Exhibition Place.



As a sponsor of Taste Canada, EFO staff recently attended the Taste Canada *Cook the Books* challenge. This event is a competition for culinary

students from across Canada to compete for the title of Canada's Best New Student Chefs.

Each team was required to create a unique dish that follows the criteria based on the 2022 theme of *Diverse Traditions Create Impact*. Criteria includes the use of food trends, seasonal and local foods, featuring a variety of Canadian ingredients.

For more information on Taste Canada and the contest, visit <https://tastecanada.org/2022-cooks-the-books/>.

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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.