



# Cackler

The Latest EFO News

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**get cracking®**  
Egg Farmers of Ontario

November 2020



*Above (left): Certificate of Merit won during the Best of CAMA awards and Above (right): EFO Chair Scott Helps offers his thanks in a video created for recipients of the Paul Mistele Award*

## EFO HONoured TO BE RECIPIENT OF TWO AWARDS

Egg Farmers of Ontario (EFO) was the recent recipient of two prominent awards - the 2020 Paul Mistele Memorial Award and a Certificate of Merit from the Canadian Agri-Marketing Association.

EFO is among 20 recipients of the Paul Mistele award during Farm and Food Care Ontario's recent virtual Harvest Gala. The award is given to agriculture groups who demonstrate a strong commitment to ending hunger in Ontario.

"In a year when so many of our partners have faced incredible challenges of their own, it has been so heartwarming to see the incredible generosity of Ontario's food and agriculture industries!" says Carolyn Stewart, Executive Director of Feed Ontario. "At a time when many families are facing hunger for the first time, this amazing support is very much appreciated, and every single one of our partners has gone above and beyond."

Through EFO's egg donation program in connection with Feed Ontario, \$250,000 is provided annually to distribute fresh, high-quality eggs to Ontarians in need but the amount donated during the pandemic crisis has increased monthly. With the impact of COVID-19 on all aspects of life, a substantial portion of Ontario is now feeling the pangs of hunger.

"Supporting Feed Ontario is important to Egg Farmers of Ontario every year, but when COVID-19 hit, we all wanted to do more because the need was so great," Said Scott Helps, EFO Chair. "We added 18,000 dozen per month on top of our long term program. Egg Farmers are part of communities all across Ontario and the people hurting are our friends and neighbours and we needed to help."

During the Canadian Agri-Marketing Associations Best of CAMA virtual gala on November 19, EFO was proud to receive a Certificate of Merit for its entry submitted with Bell Media for the *Fields to Forks* segment starring egg farmer Tonya Haverkamp. EFO was also nominated as a finalist in two other categories.

## IN THIS ISSUE

Information Update:  
Updates from the October Board Meeting.

Updated Real Dirt on Farming Resource Released!

Recipe of the Month:  
[Mini Quinoa Bites](#)

EFO participates in The Royal Virtual Experience.

## UPCOMING BOARD OF DIRECTOR'S MEETINGS:

- December 2 & 3 (via teleconference)
- January 6 & 7 (via teleconference)

# INFORMATION *update*

## Updates from the October Board of Directors meeting:

### Early Fowl Removal and Egg Market Update

Egg market conditions have remained extremely volatile with the numbers of COVID-19 cases in Ontario trending to new highs of the 2020 pandemic. Processed egg demand, that had only recently returned to close to pre-COVID levels, had turned negative again before the end of October.

Shell egg sales remain very strong, with Nielsen retail sales in the last 52-week period up more than eight per cent over the previous 52 weeks. In spite of that, the downturn on the processed egg side of the market means that the overall market has turned over and eggs in storage are trending upwards again.

The current situation, combined with seasonal drop in demand that occurs in January and February, is signaling that some EFR action beginning perhaps in late December will likely be needed to manage

egg supplies. The reality that as many as 1 million Canadians may not make their annual migration south further complicates forecasting egg sales for early in 2021.

### Upcoming EFO meetings will continue to be virtual

As Ontario currently remains under a provincial "State of Emergency," decisions have been made with respect to EFO's upcoming meetings.

A November Zoom Update will replace the traditional Egg and Pullet Farmer Workshop. The Zoom Update will be held on Thursday, November 26 from 1:00 p.m. until 4:00 p.m. Simultaneous French interpretation will be offered for this meeting. A proposed agenda and registration information was sent to farmers on November 6.

In addition, Zone Annual Meetings will also be held virtually early in 2021. More information will be shared with quota holders in the coming weeks.

## REMINDER: PROTECTING YOUR FARM

With the passing of Bill 156 getting closer, activity by special interest groups has become more aggressive and may continue to escalate. This activity could include attempts to gain entry into egg and pullet farms (and surrounding buildings). It is important to ensure your barn is protected at all times.

How to protect your farm, family and flock:

- Proper use of locks on all entry points;
- Place no-trespassing signs around areas surrounding your barn, laneway and property and make sure they are highly visible;
- Lock the barn door even when you are inside - activists can and have entered barns while farmers are present;
- Make sure you have good fencing and lighting;
- Take the time to walk around your

buildings and ensure all entry points such as front doors, side doors and access through manure storage are secure and locked;

- Be aware of what is going on both on and off your barn property; and
- Remind your neighbours to notify you of any suspicious individuals or activity.

If you have unwanted people on your property, inform them they are trespassing, contact police immediately to let them know you feel there is a risk to you, your family and your birds. DO NOT confront them or interact further!

If you encounter suspicious activity or suspect an incident, please contact your local police detachment and notify Donna Lange, Acting Director of Public Affairs (dlange@getcracking.ca) on her cell at 705-715-7380.

## IN THE *Zone*

*A place to share the success of local activities and events*

Throughout the COVID-19 crisis, Zone 3 egg farmers have donated more than 4,050 dozen eggs to those in need.



*Above: Shauna, Sarah and Danica McKillop do their part to help their community.*

In addition, Zone 3 was featured in a story in the [West Elgin Chronicle](#) early in May for their efforts in the community. Through a program with Zone 3 and local organizations, small eggs have been donated to help tackle hunger in the local area. Gray Ridge Egg Farms donated the first 450 dozen and the program has been continued through the efforts of Zone 3 and Argyle Egg Farm.

**Coming up next month on *In the Zone*: Zone 4 activities**

### WITH THIS ISSUE:

- 2020 Producer Updates Flyer
- 2020 Vaccine Reminder
- Agri-food Workplace Protection Program



# FOOD SERVICE UPDATES

COVID-19 restrictions continue to impact foodservice operations throughout Ontario and EFO has been providing support when possible.

EFO Foodservice staff continues to promote the *Egg Chef* portal, which has been appreciated by restaurant owners who can access the free online resources. New registered users continue to be added and include the Ottawa District School Board, Sir Winston's Bistro in Mississauga, Boom Breakfast Woodbridge, Go Go Food in Niagara and Canadian Adventure Camps in Thornhill.

For more information on EFO's foodservice program, visit [www.getcracking.ca/foodservices](http://www.getcracking.ca/foodservices).



EFO staff will be taking Friday, December 25 to Monday, January 4, 2021 to celebrate the holidays.

Due to COVID-19 restrictions, the EFO office remains closed to the public. When possible, EFO staff will continue to work remotely in the New Year until Public Health advisories change.

Wishing everyone a very safe, happy and healthy holiday!

## 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.

An email dated October 21 was sent to all egg and pullet farmers with new and amended policies on the following:

Good Standing Policy, Flock Allotment Policy, Egg & Pullet Quota Policies, Quota Credit Policy and 2021 QTS Schedule. Please check your email or visit the farmer website above for these updates.

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.

If further information or clarification on any matter is required, farmers should contact EFO's office.

## #SOCIAL UPDATES

Increased activity and engagement are the current trend on EFO's top social media platforms in November:

### Facebook:

39 posts to date  
5.6K engagement

### Instagram:

38 posts to date  
4.4K followers  
2.2K engagement

### Twitter:

37 posts to date  
6.7K followers  
227 engagement

## PRODUCTION STATISTICS

(in boxes of 15 dozen)

### Ontario Production (week ending #36)

2020 - 13,071,937  
2019 - 12,760,855

### Ontario IP (week ending #36)

2020 - 2,440,156  
2019 - 2,719,975

### Ontario EFP (week ending #36)

2020 - 813,607  
2019 - 840,557

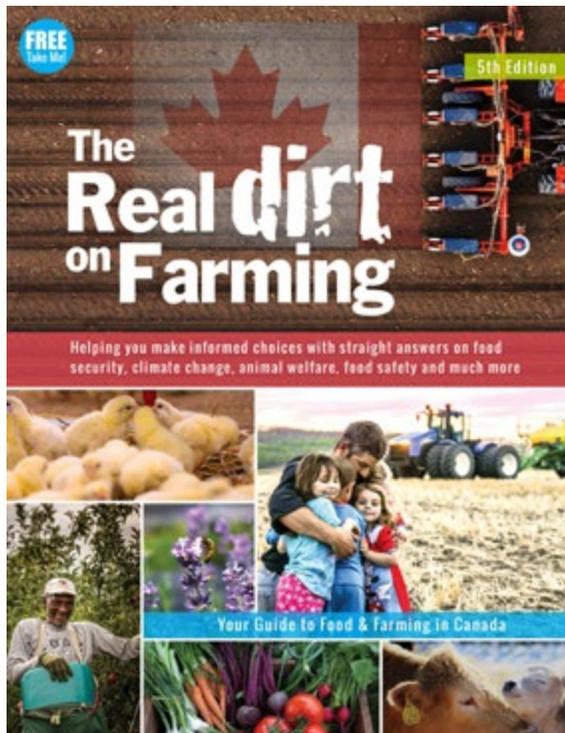
### US Shell Egg Imports to Ontario (week ending October 10, 2020 - #41)

2020 - 1,188,412  
2019 - 2,252,781

follow us online!



## UPDATED REAL DIRT ON FARMING NOW AVAILABLE



Farm and Food Care Ontario launched the fifth edition of their popular resource *The Real Dirt on Farming*.

In addition, the newly-developed Real Dirt on Farming website was launched in time for the 2020 Virtual Royal Winter Fair. This website gives the opportunity to update the content over time, add new topics and career profiles and link to external sites and resources.

The website not only allows consumers to read through the resource or order copies, it also offers information on a number of topics, including animal welfare, climate change and sustainable farming and offers

career profiles of real people working within the agriculture sector.

This resource was created to connect consumers with their food and the farmers that work to produce it while dispelling the myths surrounding farming.

Egg Farmers of Ontario was proud to support the work of this publication and to be a voice in providing the story of agriculture.

The real dirt on farming is available in both French and English and can be viewed on the website [realdirtonfarming.ca](http://realdirtonfarming.ca).

## FARMER UPDATES

### FOR SALE

#### Farmer automatic parts

1 new, never used feed gear box  
1 new, never used manure gear box  
Lots of small parts, full roll of egg belt and lots of small parts, doors kick plates, asking \$1,500.00

Contact : 519-784-5156, Ron Sharp

#### Farmer Automatic conventional layer cages

Used for less than 10 flocks  
2 rows of 23 x 19 ¾" cages 5 deck  
1 row of 23 x 24" cages 5 deck  
Asking \$3,400 per row

#### Spare parts for Farmer Automatic conventional layer cages

Never used  
Cage floors for 19 ¾" cages and 24" cages, feed troughs & front ends for troughs.

Contact James @ 226-239-0120

**Egg cross conveyor** - 16 inches wide, 34 feet long in addition to a 90" long downward slope.

Please contact:  
Telephone (519) 236 4095  
Email: [vbeeler@hay.net](mailto:vbeeler@hay.net)



With our condolences

EFO would like to extend our sympathies to the families of Anita Stewart, Eunice Dobbie and James Walton.

Anita Stewart, who was the founder of Food Day Canada, passed away on October 29. She was well-known for her love of local food and her support of agriculture. In addition to being a food columnist for CBC, she shared her love of food through her writing in magazines and books and was also appointed to the Order of Canada for her many contributions.

Mrs. Dobbie, mother of Zone 9 farmer John Dobbie, passed away peacefully on November 5. She is survived by her husband, children, grandchildren and great-grandchildren.

James Walton, Zone 3 farmer, passed away suddenly on October 19. He is survived by his wife, son and grandsons. He was a dedicated volunteer and support of many community and agricultural groups in the town of Embro.

Our thoughts and prayers go out to the families.

# MONTHLY recipe

## Mini Quinoa Bites



Yield: 24 mini muffins  
Prep Time: 10 minutes  
Cook Time: 25 minutes  
Bake Time: 25 minutes

### INGREDIENTS

2 cups (500 mL) low sodium vegetable broth  
1 cup (250 mL) uncooked Tri colour quinoa  
1 cup (250 mL) uncooked cauliflower rice  
1 cup (250 mL) diced cooked honey ham  
½ cup (125 mL) grated Parmesan cheese  
½ cup (125 mL) shredded Cheddar cheese  
¼ cup (60 mL) all-purpose or whole wheat flour  
¼ cup (60 mL) chopped fresh parsley  
1 tbsp (15 mL) grainy Dijon mustard  
1 tbsp (15 mL) olive oil

½ cup (125 mL) finely diced red onion  
1 clove garlic, minced  
Salt and pepper  
3 eggs, lightly beaten

### DIRECTIONS

In a small saucepan, bring vegetable broth to a boil. Add quinoa. Cover and reduce heat to low; cook until broth is absorbed, 12 to 15 minutes. Let stand covered for 5 minutes.

Preheat oven to 350°F (180°C). Line mini muffin pan with paper liners; set aside.

Transfer quinoa to a large bowl. Stir in cauliflower rice, ham, Parmesan and Cheddar cheese, flour, parsley and mustard; set aside.

In a small skillet, heat olive oil over medium heat. Add onion and garlic and cook for 5 minutes, stirring occasionally. Stir into quinoa mixture. Season with salt and pepper to taste. Stir in beaten eggs until mixture is fully combined.

Generously spoon into prepared muffin pan. Bake for 20 to 25 minutes or until tops are firm to the touch. Let cool in pan for 5 minutes. Transfer to rack. Enjoy warm, room temperature or chilled.

*“eggs-pert” advice*

**TIP:** Look for cauliflower rice (or crumbles) at your grocery store in the refrigerated section of the produce department.

## EGGS IN THE NEWS

### Egg-derived nasal drops may offer short COVID-19 protection

Watt Ag Net  
November 13, 2020  
By Mark Clements

An egg product, administered nasally, could offer four hours protection against SARS COV-2 if Australian trials prove successful.

Australian trials of a novel nasal spray that, it is hoped, will offer temporary protection against the COVID-19 coronavirus.

The last year has seen some strange candidates for COVID-19 prevention. The latest candidate derived from something that we are more used to putting in mouths rather than up our noses, has entered clinical trials, and could offer relief until a vaccine is fully available.

Researchers in Australia and the U.S. are examining antibodies, from egg yolks, that can be self-administered via nasal drops. The drops, it is hoped, will confer immediate immunity that lasts for approximately four hours.

Phase 1 trials have started, and the study should be completed in December. If successful, the drops could be commercially available early next year.

A temporary solution to the pandemic may help to allow a return to normal while we wait.

To produce these antibodies, laying hens are first immunized with a key SARS-COV-2 protein. Antibodies produced by the hens are passed to their eggs and then extracted from the yolks to be formulated into nasal drops.

Once administered, the antibodies coat the surface inside the nose and throat and as act as a barrier against SARS COV-2.

# outreach UPDATES

## ROYAL WINTER FAIR

by Alisha Mills, EFO Outreach Coordinator

Since 1922, the Royal Agricultural Winter Fair, also known as the Royal, has been held in Toronto, during the first two weeks of November. Unfortunately, for only the second time in history, the Royal was unable to bring the country to the city. Instead, they brought a different kind of experience into the homes of thousands of people across the province in the form of The Royal Agricultural Virtual Experience.

The Royal Agricultural Virtual Experience was held November 10-14, 2020 with both live and engaging digital content supporting all four main areas of focus during the Royal, including equestrian, agriculture, culinary and education. EFO contributed by supporting the Food and Nutrition Forum hosted by Farm & Food Care, sponsoring the presentation of Melissa Joy Dobbins MS, RDN, CDE, an award winning, nationally recognized dietitian and certified diabetes educator. She is also the host of the popular nutrition podcast, Sound Bites®.

Melissa delivered a webinar on the first day of the event, sharing evidence



based information and communication strategies to guide dietitians in their pursuit of helping people enjoy their food with health in mind. Melissa spoke about credible information and common misconceptions in agriculture and how to communicate this to consumers as a registered dietitian or industry expert. Her presentation continues to be available to view in the Royal Auditorium or via the following link <https://www.youtube.com/watch?v=DCS1eKoXJhQ&feature=youtu.be>.

EFO was also present in the Agriculture Zone with a virtual education booth consisting of engaging content created

specifically for a digital interface. The booth had several themes and included content such as facts about Ontario eggs, virtual tours, and farmer profiles as well as downloadable educational activities and resources for all ages. In addition, EFO participated in the education challenge, a cross-commodity interactive quiz for students to test what they have learned during their virtual experience, with over 750 participants ranging from grades K-12. To view the virtual education booth visit <https://royalfair.vfairs.com/> as the site will remain live until the next fair.

Zone	Director	Email Address	Phone
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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
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Pullet	Alvin Brunsveld	brunsvelda@gmail.com	519-319-1874

## NOVEMBER QUOTE

“If you’re walking down the right path and you’re willing to keep walking, eventually you’ll make progress”

- Barack Obama



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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 customers can enjoy fresh, safe, high-quality protein at a fair price.