

## Eggs from pastured hens are REALLY different.

Gail's hens get outside almost every day of the year.

The only exceptions are the extremely cold days of winter.

They have already been able to find green plants and scratch in the soil for almost six weeks this spring.

Gail took this photo of a pan of frying eggs.

The green grass makes the yolks golden.

Notice that the yolks stand up.

The whites are much different from store eggs also.

Chefs like pastured eggs because the whites whip much better.

Taste is a subjective characteristic, but I am certain that pastured eggs, like all pasture raised food, is far superior in taste.

The color, flavor, and texture are different because of high levels of Vitamins A, D, E, K2, B-12, folate, riboflavin, zinc, calcium, beta carotene and choline.

Eggs from pastured hens contain from 3 to 13 times more omega 3 fatty acids.

Only the protein in mother's milk has a higher quality protein.

Eggs from pastured hens have from three to six times more vitamin D than eggs from hens raised in confinement. Pastured hens are exposed to direct sunlight, which their bodies convert to vitamin D and then pass on to their eggs. Eating just two of these eggs will give you from 63-126% of the recommended daily intake of vitamin D!

The egg's nutritional benefits exist because the hens are free to graze fresh greens, eat bugs, and bask in the sun.

If you buy eggs that are labeled, Organic, Cage Free, Natural etc. those eggs are almost certainly not pastured.

All the above are "automated" production methods.

Automation in food has one great benefit.

Automation makes food cheap.

Other than that, the disadvantages of automation to animals, soils, the environment and human consumers are terrible.

Even "farm fresh" eggs that you may buy in the country are probably not pastured.

Just fresh, which is good.

The chickens are probably raised humanely and with care for the environment.

If you look very closely at the photo you may notice a few small dark specs.

The specs are there because the hens live with a rooster.

The eggs are fertile.

If that bothers you, perhaps you have not given the subject of eggs enough thought.

I started this article just to show off Gail's beautiful breakfast.

I did not intend to make you feel down about eggs.

In fact, compared to all the other foods offered by grocery stores, eggs are a very wholesome and economical choice.

I guess that came across as a left-handed endorsement too.

I better quit editorializing on modern agriculture.

I am going to check on the little pigs we brought home yesterday and a sow that is very close to farrowing (giving birth).

Best regards.

Tom

Sorry, we do not sell eggs.

