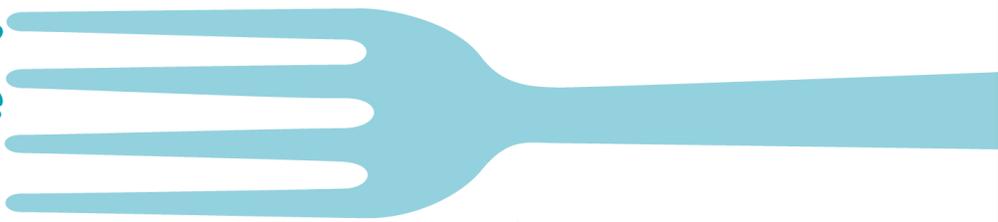


# Harvest of the Month



## Pick:

- Choose eggs with clean, uncracked shells. Take the time to open an egg carton and inspect the eggs for cracks or breakage.

## Store:

- Store eggs in the refrigerator in their original carton away from pungent foods.
- Eggs will keep several weeks in the fridge, and can be cracked, scrambled lightly and frozen for longer storage.

## Prepare:

- Eggs can be prepared in a variety of ways including: hard boiled, scrambled, poached, baked, basted, or cooked over easy!

## January



## Eggs

### Nutrition Info

One large egg has 75 calories and provides 6 grams of protein.

Egg whites contain protein and water while egg yolks contain calcium, iron, phosphorous, zinc and vitamins A, B, and D.

### Fun Facts

Eggs are laid by female chickens, called hens. An average hen lays 300 to 325 eggs a year. As a hen grows older she produces larger eggs.

Egg color is determined by the genetics of the hens. The breed of the hen will indicate what color eggs she will produce; egg shells can be white, brown, blue, green, pink or even speckled! Yolk color depends on the diet of the hen. Healthier hens lay eggs with a deep golden colored yolk.

### Uses

Eggs are common in breakfast entrées such as omelets and egg bakes; but they can also be a quick, meatless lunch or dinner! Try adding hardboiled eggs to a salad, or doing a quick scramble with eggs and any greens and vegetables that are in the fridge!

Eggs are used to bind ingredients in dishes such as meatloaves and to thicken sauces. Eggs also add color, flavor, moisture and nutrients to baked goods such as cakes and help baked goods to rise.

### Family Friendly Activities

Conduct an egg comparison and tasting contest! Purchase regular grocery store eggs, and some locally raised eggs from the farmers' market. How do the eggs compare in color, shape, size and taste?

### Farm2School Updates

Winner, Winner Chicken Dinner! For the third year in a row the Holmen School District will be serving a lunch that is composed of food grown by its students. Over 3,000 servings of student-raised chicken will be seasoned and baked then served to the entire student body in all 6 schools.

## Nutrition Facts

Serving Size 1 muffin cup (72g)  
Servings Per Container 12

### Amount Per Serving

**Calories** 110    **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g                      **9%**

Saturated Fat 2g                  **10%**

Trans Fat 0g

**Cholesterol** 135mg              **45%**

**Sodium** 370mg                  **15%**

**Total Carbohydrate** 3g        **1%**

Dietary Fiber 1g                  **4%**

Sugars 1g

**Protein** 10g

Vitamin A 4%                      • Vitamin C 0%

Calcium 8%                        • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Breakfast Casserole Bites

Serves 12 (1 muffin cup per serving)

### Ingredients:

2 pieces whole-wheat bread

8 eggs

½ cup milk

2 cups of roughly chopped spinach

salt and pepper

1/2 cup of shredded cheddar cheese

½ pound cooked and crumbed breakfast sausage, bacon or ham

### Directions:

Preheat oven to 350 degrees. Distribute 12 foil muffin holders into a muffin baking pan. Cut the bread into half inch squares and evenly distribute them on the bottom of the muffin cups. In a mixing bowl thoroughly whisk together the eggs and milk. Stir in the spinach. Add a few dashes of salt and pepper. Evenly distribute the egg mixture into each muffin cup and sprinkle with cheese and meat. Bake for 15 minutes or until eggs are set.

For more information on Farm2School visit [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org)

Color Eggs!

