



New York Harvest of the Month

Eggs

**Farm Fresh
Produced by a local farmer**

Popular Foods

- Scrambled Eggs
- Breakfast Sandwich
- Quiche
- Egg Salad
- Huevos Rancheros
- Omelet
- Poached Eggs
- Frittata
- Deviled Eggs
- Egg Custard Tart

Nutrition Content

- Excellent source of protein
- Good source of healthy unsaturated fats
- High in vitamins and minerals
- Contains all 9 essential amino acids
- Egg yolks are one of the only natural food sources of vitamin D

Fun Facts

- Westwind Farms in Ovid, home to Happy Hens eggs, is one of the largest hatcheries in NY
- Eggs from pasture raised chickens on local small farms have been found to be more nutritious
- On average, each hen lays 296 eggs per year
- Eggs come in a variety of colors, from white or brown to blue or spotted!
- Duck eggs are higher in fat and great for baking

