

# When you buy local certified organic & pasture-fed, what eggsactly are you getting?

**LOCAL**: A local egg is one that hasn't used prodigious amounts of fossil fuels to get to you. A local egg supports your regional economy. A local egg connects you to diversity, not monoculture. A local egg allows you to re-connect with your food and how it was produced in a way not possible at a big box food store.

**CERTIFIED ORGANIC**: A certified organic egg maintains sustainable and safe farming practices. It means that *everything* that went into making that egg from the day the baby chick was born to the day the egg was placed in the carton is traceable. It means accountability to you, the consumer. It means no toxic accumulations in the egg you eat, unlike eggs from chickens fed conventional feed and grains.

**PASTURE FED**: An egg from a pasture fed chicken will be vastly different from one produced by a factory concentration camp chicken. Pasture grasses are naturally high in wonderful things like folic acid, beta-carotene, and vitamin E. We can't digest grass, but chickens can, and all the goodness they consume goes right into those beautiful, rich dark yolks. The cholesterol in pastured eggs is lower, and Omega-3 levels are often through the roof! Talk about value for your money. Their feed is also real grains, not pellets.

*And there's more...*

**FRESH**: A local egg is usually purchased the day it was laid. A fresh egg tastes better, looks better, and cooks better. Make a meringue or soufflé like you've never made before! Cakes bake up better, and scrambled eggs will never be the same. The only thing a fresh egg is *not* good for is deviled eggs; A fresh egg will not peel. An egg needs to be about three weeks old or more before it will shell easily.

**SUSTAINABILITY**: An egg from a pasture-raised chicken creates healing on the land. We have seen this phenomenon first hand on our farm. We have pasture areas that were scraped by a bulldozer many years ago and left with only a sprinkling of topsoil. The dirt was hard, nearly lifeless, prone to weeds and suffered terribly during dry spells. Even after 10 years, no new life was emerging. Just one year of chickens pasturing and we now see many new, lush green pasture grasses coming back. The soil is holding moisture better, there are more earthworms, and there are less non-edible weeds.

**HUMANE**: An egg from a pastured chicken comes from a happy animal that has been allowed to exhibit its normal, natural and instinctive behaviors, has space to roam and forage, and complete access to fresh air and sunlight. A CAFO (concentrated animal feeding operation) chicken never sees the light of day, or a blade of grass. Imagine 1,000 chickens in your bathroom, or in a walk-in closet. That is the life of a CAFO chicken, a 6x8 room could house 1,000 chickens.

**CLEAN WATER**: An egg from a pastured hen is one that uses less water and doesn't foul our water. When proper pasture management techniques are used, the manure from the birds is put directly on the land. No fossil fuels are used to move it, the chicken does the work. The natural action of the chickens scratching in the grass causes the manure to be worked into the soil, where bugs and microbes can do their important work. CAFO animals contribute huge amounts of toxic manure to our water systems.