



FRESH EGGS - TIPS

Our eggs are fresh from the coop, hand collected daily. The date they were collected is written in pencil on the eggshell. Store them with the date side up (pointy side down).

Fresh eggs have what is called a “bloom” or “cuticle” which is an invisible protective membrane over the shell. It seals the egg from oxygen and bacteria. U.S. Grocery store eggs do not have this protective layer and thus do not last as long! (They are also usually 3-4 months old when they finally get to the store.)

Follow the below care tips for your fresh eggs. If your eggs are:

○ Not Washed

For the longest lasting eggs, do not wash them until you are ready to eat them. We recommend you refrigerate them however they are fine for about 3 weeks at room temperature and then 3 months in the fridge. If you do refrigerate the eggs, you must use them within 2 hours of taking them out of the fridge. Rinse with **very warm** (not cold) running tap water before you consume.

○ Washed

If your eggs are washed, or you wash them, keep them in the fridge until ready to use. Washed eggs are good in the fridge for about 2 months.

Once refrigerated, use eggs within 2 hours after removing from the fridge.

OTHER EGG TIPS

- ~ Store eggs pointy side down to increase shelf life.
- ~ The best eggs for baking are 1-2 weeks old.
- ~ Older eggs (2+ weeks old) are easier to peel when boiled (I recommend using the Instant Pot for boiled eggs).
- ~ Brownish and reddish spots (meat spots) and yolks with a white spot are safe to eat.

STORE EGGS vs. OUR EGGS




Our eggs range in color from white, blue, green, tan, dark brown, to even pink! Shell color is due to hen breed and has no effect on the inside of the egg (despite what the French might say). They're just pretty to look at! They also will not be uniform in size or even shape.

Our egg yolks will be more of a deep golden color and range in lighter to darker hues. This is due to the free-range lifestyle and a diet rich in carotenoids found in leafy greens, marigolds, and free-range finds. The nutritional value is the same in all yolk hues from our hens.

Our hens eat high quality organic feed and are antibiotic-free. We supplement their feed with fruits, vegetables, herbs, seeds, proteins, forage greens, and vitamins. Studies show that farm fresh eggs have less cholesterol and saturated fat than those purchased from the store. Additionally, they also contain 25% more vitamin E, 75% more beta carotene and up to 20 times more Omega-3 fatty acids.

Happy hens lay healthier eggs. Many studies have shown that not only diet but also a hen's stress level affects the egg's nutritional values. Our hens are part of our family, and we strive to keep them calm, stress-free, and happy.

Please visit us at **mmhobbyfarm.com** and on social media:

 @mmhobbyfarmhi  @mmhobbyfarm  /MMHobbyFarm

For more info & questions, please email:

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Mahalo & Enjoy!

~Melanie & Mark~