

Egg Bites, Chicken Run Inspiration and Do This Green Thing on St. Patrick's Day

Does the Color of Your Egg's Yolk Matter?

One day this past summer, a customer mentioned that her sons had become very picky about the eggs they would eat.

They only wanted eggs where the yolks were a vibrant orange-yellow color.

When cracking open a few of Nellie's Free Range Eggs the other day, one of the three eggs was a bright orange-yellow. The other two were just plain yellow.

That got me to thinking.

Were these kids onto something? Does the color of the yolk really matter? What does the color of an egg's yolk tell you?

I checked several sites and they all concur.

When it comes to the amount of protein and fat a yolk has, color means nothing.

BUT . . . what color does tell you is the type of food a chicken is probably eating.



If a chicken eats more orange-yellow carotenoids like carrots, tomatoes, and sweet potatoes, it affects and changes the yolk's color. Leafy greens are also a good source of carotenoids

Here at Strong Family Farm, our chickens get fed whatever is growing like cucumbers, melons, kale, tomatoes, and weeds.

Though we may not think that weeds are particularly appetizing, the chickens love them!

According to TheKitchen.com: *"Some studies have shown . . . that eggs from pasture-raised hens can have more omega-3s and vitamins but less cholesterol due to healthier, more natural feed."*

BUT . . . you still need to be very careful about the source of your eggs!

That's because chickens that don't get fed a natural food diet could still be having natural orange-yellow ingredients, such as marigold flowers, added to their food in order to create a more colorful yolk color.

Two of the farm's suppliers of eggs, Drigg's Hill Farm (chickens) and Aussakita Acres Farm (ducks) both have eggs from free range birds. (See resources below for contact and supply information.)

Chicken Run Inspiration!

You have ONLY 64 days left to prepare for this year's Chicken Run.



This rooster is already in great shape!

[Check out his 5-day-a-week running routine on our Facebook page.](#)

Do This Green Thing on St. Patrick's Day

St. Patrick's Day is one of the greenest days of the year.

People wear green, eat green Irish soda bread (which normally isn't green) , and drink green beer.

If you want to get green without going to any green extremes, then join Nancy and others at a FREE Raised Bed Gardening Seminar at Mackey's in Willimantic.

Keep the green going by setting up a carpool.

[Click here for more information and to register for this free seminar.](#)

Quinn Eurich, Editor

Resources

Duck Eggs

Aussakita Acres Farm, Tracy Longoria. 860-930-0895, Email - Aussakita-Acres@att.net

Chicken Eggs

Drigg's Hill Farm, Amy DeBaun, 860-250-6589 Email - driggshillfarm@gmail.com (To setup a self-service or delivery arrangement please call or email)