

**Abma's Farm** was established in 1929 as a small self-sufficient family farm consisting of Poultry-housing 20,000+ egg laying hens, and small crops such as strawberries, corn and tomatoes. Over the years we have vastly broadened our variety of vegetables and now house approximately 2,000 White Leghorn hens and a mix-breed of Rhode Island Reds and White Rock hens.

Our chickens are fed a custom feed made specifically for Abma's Farm. Consisting of an all natural grain, corn, soybean and flax mixture making it a rich source of Omega 3. Our feed contains **NO** antibiotics, **NO** growth hormones and **NO** animal biproducts.

Although it is more costly, we utilize Flax to incorporate a natural source of Omega 3. We never use synthetic Omega that is commonly used in commercial operations in effort to keep costs down.

This quality grain ensures our birds will remain extra healthy and happy!

**About our Chicken Coups:**

- **Cage Free**
- Consists of three levels
- Floor level– Has feed trays, water spigots and shavings, making a great area to scratch and nest. Our hens love nesting in these shavings.
- Second level– Contains individual nests. This is where our hens lay their eggs. Once the hen leaves the nest the egg rolls onto a conveyor belt to be collected at the beginning and end of each day.
- Below the floor level– Manure collects to be later used in our fields for fertilizer.

**Abma's Farm Eggs Are Sold Two Ways:**

**1) Nest Eggs:**

These eggs are collected fresh each morning from the coup (usually still warm), sold by the piece and are not graded or washed. What makes these eggs so special is that you're buying it completely in it's natural form. As the egg is laid it has a natural protective cover called the "bloom" also known as the cuticle. The bloom helps to prevent bacteria from getting inside the shell and reduces moisture loss from the egg. Egg Producers wash and sanitize eggs during processing, removing the bloom. About 10% of egg packers give eggs a light coating of edible mineral oil to restore the bloom. You will never have an egg as fresh as our nest eggs anywhere else! Enjoy the difference!

**2) Carton Eggs:** White and Brown

- Medium
- Large
- Extra Large
- Jumbo

Carton eggs are collected twice daily from the same coup, cleaned once a week and graded to be sold by a specific size. This ensures our customers have the freshest carton eggs available. Enjoy the benefits of a local flock in your back yard!

**Fun Egg Facts:**

- Helps keep your muscles strong
- Helps your brain and memory function
- Helps keep your immune system working properly
- Lowers your risk of Heart Disease
- Helps develop healthy babies during pregnancy
- Keeps you looking healthy
- Helps your body produce the energy it needs

**Egg-ucation**

- Shell color simply points to a different breed of laying hen and has no impact on taste or nutrition
- Hens with white feathers and white ear lobes lay white eggs; hens with red feathers and red ear lobes lay brown eggs.
- Eggs contain zero carbs and no sugar.
- Eggs contain the highest form of protein you can buy, more than chicken or steak!
- Eggs have all 9 amino acids
- Eggs are rich in choline. Choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body.
- Omega-3 or DHA eggs are from chickens that have been fed a diet supplemented by a source of omega-3 fatty acids (often flax seed)
- Eggs are gluten free

<b>Nutrition Facts</b>			
Per 1 large egg (53 g)			
Amount	% Daily Value		
<b>Calories</b> 70			
<b>Fat</b> 5 g			<b>8 %</b>
Saturated 1.5 g			<b>8 %</b>
+ trans 0 g			
<b>Cholesterol</b> 195 mg			
<b>Sodium</b> 65 mg			<b>3 %</b>
<b>Carbohydrate</b> 1 g			<b>1 %</b>
Fibre 0 g			<b>0 %</b>
Sugars 0 g			
<b>Protein</b> 6 g			
Vitamin A 10 %	Vitamin C	0 %	
Calcium 2 %	Iron	6 %	
Vitamin D 15 %	Vitamin E	15 %	
Riboflavin 15 %	Niacin	8 %	
Vitamin B12 50 %	Folate	15 %	

Our prices reflect the high quality and process of producing our eggs.

## The secret to easy peeling eggs!

**What you need:** A teaspoon of baking soda.

**What you do:** Submerge the eggs in a pot of cold water, then add the baking soda to the water and cook as usual. (Cook on medium-high until the water boils, then cover, remove the pot from heat and let it sit for 8 to 10 minutes.)

**Why it works:** The baking soda makes the cooking water more alkaline, helping to loosen the bond between the albumen (fancy word for “egg whites”) and the shell’s inner membrane. So when you go to peel it, it comes right off.

**OR**

Once the eggs are done boiling, drop them into a bowl of ice water until they are cool enough to handle. You can even store them in the fridge in the ice water. The ice water makes the eggs easier to peel because the egg shells are porous, so the moisture from the water prevents the membrane from clinging to the egg white.

Gently tap the base of the egg on the counter and all around the rest of the egg. Roll the egg across the counter to release the suction of the membrane. (Don't press too hard while doing this or you could break the egg!) Then, you can begin to peel, which should be easy.



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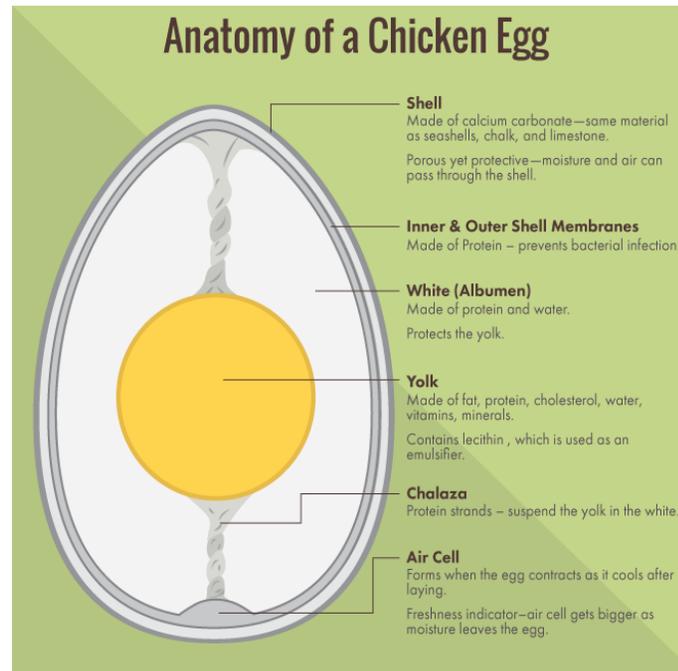
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*All About Our.....*

# EGGS



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