

Food

When buying eggs consider freshness

Canadians are fortunate to have a food supply system that is wholesome, nutritious and one of the safest in the world. Quality assurance, sanitation control and efficient movement of product from farm to table are under constant scrutiny and improvement, especially in the egg industry. Thanks to modern production methods, handling and transportation, today's eggs are top quality and still a wise food choice.

Ontario's Egg Producers and Agriculture Canada work to ensure that consumers can have confidence in the safety and quality of the eggs they eat. Within days of lay, eggs are shipped to a grading station. Here they are washed, sanitized and sprayed with a thin film of odourless mineral oil to help seal the porous shell and preserve freshness. The eggs are then graded, packed, refrigerated im-

mediately and shipped to retailers in refrigerated trucks. This whole process is done within 5 days so eggs will be farm fresh when they reach the supermarket.

When purchasing eggs, to ensure maximum freshness, look for the "best before date" stamped on the end of the carton. This date should be 10-15 days from the date of packing. When kept refrigerated, eggs will not "spoil", in fact they can be used up to 4-5 weeks after the date. However, as an egg ages, the white becomes thinner and the yolk becomes flatter.

So, older eggs are better used for scrambling, hard cooking, or in recipes rather than poached or fried.

To maintain the natural goodness of eggs, they should be stored in the egg carton, rather than in the egg tray in the fridge door. Porous egg shells absorb odours easily, so this protects them from strong smelling foods. The wide end of the egg contains the air sac, so store eggs with this end up to maintain a well centred yolk.

Always buy eggs that have clean, uncracked shells. If you do accidentally crack an eggshell before you plan to use it, break the egg into a clean container, cover, refrigerate and use within 2 days.

It's hard to beat eggs for easy preparation, great versatility, delicious eating and an economical price. They are one of nature's most nourishing foods.



How sweet it is

It's that time of year again when farmers, feeling the pinch of low grain prices, try to make some extra money selling sweet corn to passing motorists. Chris Carpenter of Limehouse was out Wednesday selling corn for Stamar Pony Farm on Hwy. 7. (Herald photo)

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