Humans have been eating eggs for millions of years. About 5,000 years ago, people in Asia domesticated the first wildfowl. It was so successful that the idea spread worldwide. Later, the Egyptians developed a method to incubate eggs in heated caves, freeing up hens to lay more. Today, 98% of US eggs come from factory farms, but the popularity of small-scale egg farms is increasing, and Vermonters are at the forefront of putting better eggs back on the menu.