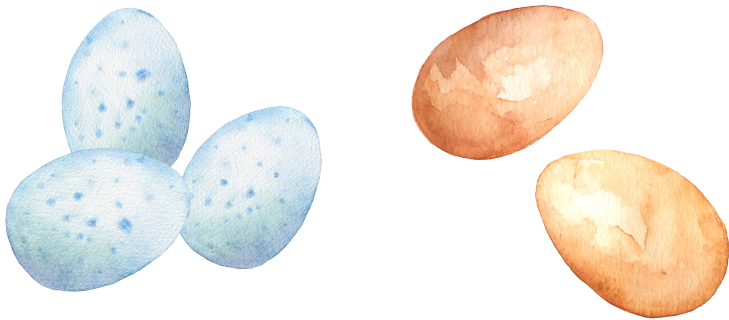


EGGS

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Storage Tips

Store-bought eggs have been washed of their protective coating and must be stored in a refrigerator. Keep eggs in their carton to protect them from absorbing odors and losing water. Refrigerated eggs can be stored for up to 6 weeks.

Tidbit

Humans and other predatory animals have been eating eggs for millions of years. Then, about 5,000 years ago, people in Asia domesticated the first wildfowl. It was so successful that the idea spread worldwide. Today, 98% of US eggs come from factory farms, which are cheap for the consumer, but criticized for poor animal welfare. In response, the popularity of small-scale egg farms is increasing, putting better eggs back on the menu.

Cooking Tips

Eating raw eggs is unsafe due to the risk of salmonella. For hard-boiled eggs, boil 7-8 minutes, then submerge in cold water until cool. For soft-boiled eggs, boil for 4 minutes, then submerge in cold water until cool.

Recipes

Emily's Pickled Eggs

Yield: 12 servings

Ingredients:

- 12 large eggs
- 1 cup white vinegar
- 1/2 cup water
- 1 medium onion, sliced
- 2 tablespoons coarse salt
- 2 tablespoons pickling spice
- 5 black peppercorns

Directions:

Combine vinegar, water, all but a few slices onion, salt, pickling spice, and peppercorns in a saucepan. Bring to a rolling boil, then pour over eggs in the jar. Place remaining onion slices on top and seal the jar. Cool to room temperature, about 1 hour, then refrigerate for 3 days before serving.

Source: <https://www.allrecipes.com/recipe/92433/emilys-pickled-eggs/>



Easy Shakshuka Recipe

Yield: 6 servings

Ingredients:

- Extra Virgin Olive Oil
- 1 large yellow onion chopped
- 2 green peppers chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon sweet paprika
- 1/2 teaspoon ground cumin
- Pinch red pepper flakes optional
- Salt and pepper
- 6 medium tomatoes, chopped
- 1/2 cup tomato sauce
- 6 large eggs
- 1/4 cup chopped fresh parsley leaves
- 1/4 cup chopped fresh mint leaves

Directions:

- Heat 3 tablespoon olive oil in a large cast iron skillet. Add the onions, green peppers, garlic, spices, pinch salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 5 minutes.
- Add the tomatoes and tomato sauce. Cover and let simmer for about 15 minutes. Uncover and cook a bit longer to allow the mixture to reduce and thicken. Taste and adjust the seasoning to your liking.
- Using a wooden spoon, make 6 indentations, or "wells," in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation.
- Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
- Uncover and add the fresh parsley and mint. You can add more black pepper or crushed red pepper, if you like. Serve with warm pita, challah, or crusty bread of your choice.

Source: <https://www.themediterraneanandish.com/shakshuka-recipe/>



Emily's Pickled Eggs

Easy Shakshuka Recipe