

# Munch ON THIS



## **Bad Eggs**

*By Marcia Rae  
August 18, 2010*

There is truth in our idioms. Dee Baker says you plant the corn when the oak leaves are as big as a squirrel's ear. She brought over 200 ears of corn to the Market this past Saturday and sold every one of them, so I guess she knows a thing or two about corn.

Margaret Rainbolt tells me she remembers her mama's saying, "do you think the rain will ruin the rhubarb?" Truth is that rhubarb doesn't much like cool weather and rain. Her rhubarb was gone in the first hour of the Market, proving that the early shopper gets the rhubarb.

Ever hear, "that one's a bad egg," usually referring to a friend that is bound to get you in trouble. Well if you buy your eggs from Costco, Walmart, Albertsons, Ralphs, or Safeway, or if the brand name is Lucerne, Mountain Dairy, Boomsma's, Sunshine, Hillandale, Trafficanda, Farm Fresh, Shoreland, Lund, Dutch Farms or Kemps, you could find out just how bad a bad egg can be.

Over 500 million eggs have been recalled since May in two separate and related bad egg outbreaks, traced back to two Iowa factory farms. These eggs could be carrying salmonella enteritidis which is not passed from hen to hen, but usually from rodent droppings to chickens. This strain of bacteria is found inside a chicken's ovaries, and gets inside an egg.

The most common symptoms of salmonella are diarrhea, abdominal cramps and fever within eight to 72 hours of eating a contaminated product. It can be life-threatening, especially to those with weakened immune systems. If you think you have purchased these recalled eggs, you can return them the store for a full refund. Do not eat them.

½ billion eggs is a lot of eggs, but only a drop in the egg bucket and the appallingly cruel conditions that are currently used to produce industrial eggs – tiny stacked cages inside huge buildings, dust full of bird poop and bacteria, rats, dead birds, and a constant intake of antibiotics which leads to super salmonella – is not news.

What is hard to understand is that folks choose factory eggs. But when I do the math – 1600 people in Brownsville must represent at least 500 eggs a day which is 300 dozen a week. And I know that we sold, maybe, 20 dozen at the Market this past week. Even though there are plenty of people who raise their own or get them from a neighbor, still that is a lot of eggs that are coming from the box stores and industrial egg production.

Rest assured that the eggs you find at our Brownsville Farmers Market DO NOT come from such squalid conditions. You know what they say -- you get what you pay for, or what goes around comes around. \$3.00 a dozen for fresh, happy eggs at the Farmers Market or salmonella – take your pick.

Munch on This – How's that egg working for you?

PS – See you at the Farmers Market this Saturday, 9 a.m. to noon. Support your local farmer. Music is the Patio Pickers.

PSS – OK, so this Brownsville Great Bread Bake-off is turning into a THING. Think you are the best bread baker? Show up with your bread and be judged by an "impartial" panel of bread experts, September 18 at 11:00 at the Farmers Market. Bring your own fan club and bribes. Sing a song, promise yard work, money, whatever it takes to sway the judges is fair game. Toasted bread, bread with jam, local goat cheese – just think of the possibilities. Two categories – yeast breads, and everything else. Ingredients must be mostly local. Stalford Seed Farm will give you a free sack of flour to practice with. They are located behind Randy's Main Street Coffee and are there on Saturdays.

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