

# Eggsaminer

Website

All About The  
Egg

Recipes

Iowa's Egg  
Industry

FAQ

Nutrition

March 25, 2016



It's Easter! Just in time for - the biggest hard-boiled holiday of all - the American Egg Board is introducing a new method to help make eggs not only easier to peel, but it takes 30 percent less time.

1. HEAT 1/2- to 1-inch of water in a large saucepan to boiling over high heat. Carefully place steamer insert into pan over boiling water OR proceed to Step 2, if not using a steamer insert.
2. Carefully add eggs using a large spoon or tongs. Cover pan. Continue cooking 12 minutes for large eggs (13 minutes for extra large eggs).
3. Drain immediately and serve warm. Or, cool completely under cold running water or in a bowl of ice water, then refrigerate.

This cuts the classic hard-boiling by nearly one-third. Making hard-boiled eggs fast and easy-to-peel is good news for the millions who search for "boiled eggs," one of the most popular search terms related to "eggs" in Google.

Modern designs on jewel-toned and spring-colored hard-boiled eggs are easy to make, and great to display at your Easter celebrations.



### Glitter Eggs

Add sparkle to your eggs by covering them in your favorite colored glitter. Brush craft glue over the egg until the entire egg is covered. Sprinkle a handful of glitter on paper plates and roll the egg in the glitter until it is completely covered.



### Perfect Polka Dots

Use the eraser end of a pencil to paint perfect polka dots on your egg. Dip the eraser into acrylic craft paint and dab onto the egg. Make different patterns and use different colors to create your whimsical designs!

## What's new at the IEC

The Iowa Egg Council has been out and about sharing the good news of the nutritional, versatile and delicious EGG! Below showcases just a couple of examples of our promotional events.



**Green Eggs and Ham:** The IEC held its first (annual) Green Eggs and Ham event on March 2, which happens to be National Read Across America Day, as well as Dr. Seuss' birthday. Schools across the state celebrate this special day by dressing up as their favorite Dr. Seuss character and sharing their favorite Dr. Seuss book. The IEC celebrated with 51 Capitol View Elementary students, the 2016 Iowa Poultry Queen Kambrea Davies and Lt. Governor Kim Reynolds. The Lt. Governor read the story "Green Eggs and Ham" to the children. After the story, the students were served a breakfast of scrambled green eggs, bacon, fruit and milk. Each child was sent home with their own copy of "Green Eggs and Ham," courtesy of Iowa egg farmers.



**Global Ag Summit:** The Global Ag Summit was held on March 3-4 in Sioux Center at Dordt College. The event, based on agriculture was designed to create connections and relationships locally and globally that lead to coordinated, market-based, community-building actions. The vision is flourishing farms, systems and communities - now and in the future - bringing restoration and reconciliation in a world of hunger and poverty. Approximately 600 people attended the event, which included local, regional and global producers, service-providers, students, faculty, pastors and businesspeople who are living, working and serving in agricultural communities. The IEC, along with the help of Center Fresh Farm, helped sponsor the omelet breakfast.



Look for the **Iowa Egg Council** at these upcoming events:

Living History Farms Family Easter Party, March 26, Des Moines - [Family Easter Party](#)

White House Easter Egg Roll, March 28, Washington D.C. - [White House Easter Egg Roll](#)

Taste of Iowa, April 9, Ames

Siouxland Health Expo, April 9, Sioux City

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Hello friends! We invite you to check out the Iowa Egg Council on Facebook, Twitter and Pinterest! There you will find incredible egg recipes, product and nutritional information, fun facts and lots more!

Kind regards,

Katie Nola  
Director of Consumer Affairs  
Iowa Egg Council

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