

The Cackler

The latest EFO news

Industry Updates:
AAC, FCC, LRIC,
OFA & PIC

Update: Layer
Leasing Program

Recipe of the Month:
Cheesy Ham and Egg
Turnovers

Outreach Update:
Fall Fairs



Wynette Family Harvest Herb Potato Latkes

Servings: 14 latkes
Prep Time: 10 minutes
Cook Time: 16 minutes

Single Spice Mix:
1 ½ tsp (7 mL) dried rosemary leaves
1 tsp (5 mL) garlic powder
1 tsp (5 mL) dried sage

Tip:
To remove liquid from grated potatoes, line a medium bowl with 2 sheets of paper towel. Grate potatoes with skin on if you like, place in lined bowl. Pull paper towel over potatoes creating a ball and gently squeeze out excess liquid from the potatoes.

Wynette Family
Egg Farmers
Perth County, ON

www.getcracking.ca 

Wynette Family Harvest Herb Potato Latkes

Fall for our latest spice card

Just in time for harvest season, EFO's latest crop of spice cards has arrived. *Harvest Herb Potato Latkes* is the featured recipe on the cards and is a favourite of the Wynette family (Zone 6).

There were 23,500 cards printed in English and 1,500 in French with the *Get Cracking*

logo and the Wynette family featured on the card. The cards have the recipe on the back and the spices needed to make the recipe on the front, and are a popular consumer resource.

Each year, EFO produces a fall and spring spice card for use at fairs, events and as

giveaways. In addition to Ontario's supply, 15,000 cards were printed for Alberta, Manitoba, New Brunswick, Newfoundland and Nova Scotia.

Cards come in quantities of 500/box. To order, contact Emma at emoralesneyra@getcracking.ca.

Upcoming Board of Directors Meetings: October 8 | November 4

With this issue:

FBCS Fall Update, LRIC News Release, Governments Strengthen Ontario Farms News Release

Industry Updates

Agricultural Adaptation Council (AAC)

The governments of Canada and Ontario have committed up to \$5 million to support small agri-food business as part of the *Food Safety and Growth Initiative*.

The program is to help small businesses in the agriculture and food industry enhance their food safety systems. Applications are now being accepted until December 1, 2025. Click [here](#) for more information.

The *Veterinary Incentive Program* is funded by the Ontario government for newly licensed vets who practice in food animals in underserved areas of Ontario. Interested applicants can apply to the program at adaptcouncil.org/program/vip.

Farm Credit Canada (FCC)

In their recent FCC Knowledge update, FCC shared a number of interesting resources on interest rates, including a 5 minute [video](#) on recognizing the factors that influence them to make sound business decisions.

They also shared [Farm Economics - The Basics](#) guide that shares core concepts and trends that can impact profitability.

The workplace is made up of all different types of people, and the same can be said about workers on the farm. Learn [How to deal with difficult personality types](#) in your farm workplace. For more helpful information and resources, visit fcc-fac.ca/.

Livestock Research Industry Council (LRIC)

Big changes have taken place at LRIC as Kelly Sommerville steps into the role of

CEO for the organization. To read her first CEO Commentary, click [here](#).

Mark your calendars for November 14th, when LRIC will be hosting a session on Getting Research into Practice in Elora.

For upcoming LRIC events, resources and articles, visit livestockresearch.ca/.

Ontario Federation of Agriculture (OFA)

In the most recent OFA [Viewpoint](#), they reminded everyone that patience on the road during harvest season will prevent accidents.

Through social media, billboards, signs and videos, OFA is reminding drivers to be patient around slow moving farm vehicles.

They would also like to remind farmers to always be cautious and courteous when taking farm equipment on the road during harvest season.

Want to learn more about OFA's *Home Grown* program to protect farmland in Ontario? Click [here](#).

For more information on upcoming OFA events, resources and partnerships, visit their website at ofa.on.ca/.

Poultry Industry Council (PIC)

It's not too late to register for the Poultry Service Industry Workshop, October 2-4 in Banff. The workshop features industry experts covering topics such as poultry health and advancements in technology. Click here to [register](#).

Don't forget to [register](#) for PIC's Annual General Meeting, October 24th at the Grandway Events Centre. Attendance is

offered both in-person and virtually.

PIC is offering PAACO Poultry Welfare Auditor Training October 29-31 in Cambridge. This course offers training in broilers, turkeys and layers and includes training by industry professionals. Visit [Certified Auditor Training :: PAACO - Professional Animal Auditor Certification Organization](#) to register.

Finally, PIC has made changes to the format of their Producer Updates, with each update to focus on specific management types per location. Mark your calendars for the in-person layer update on February 26, 2025. More details will be provided when available.

REMINDER: ACCESS INFORMATION ONLINE

Have you signed up to receive EFO's RSS feed yet? Receive weekly alerts of any information that is posted to EFO's member website, including monthly issues of *The Cackler*.

To sign up, visit getcracking.ca/members/member-farmer-news.



HOUSING TRANSITION

EFO would like to remind all farmers not to wait too long before implementing the necessary steps to transition housing units. Remember - builders, equipment and permits all take time to schedule.

The following dates should also serve as a reminder to get started on plans:

- **July 1, 2031** - capacity changes from 67/75 sq in/bird to 90 sq in/bird.
- **July 1, 2036** - no conventional housing will be allowed

As soon as your building plans are known, please let Pam Kuipers (pkuipers@getcracking.ca) know about the equipment specifications that show the anticipated capacity. If you have any questions, contact Pam Kuipers or your EFO Inspector.

Update: Layer Leasing Program

Program terminates on December 31, 2025.

At the start of the *Layer Leasing Program* (LLP), farmers were given until 2030 to renovate or sell quota in order to make room for the leased birds. EFO's Board recognizes that, as a result of the national allocation increases in the last few years, many farmers in the LLP program no longer have the capacity to house their leased birds. In order to make this program accessible to all eligible farmers, EFO's Board is removing the capacity limitation requirement to lease birds.

As a follow-up to the November 2023 updates to the *Layer Leasing Program Policy*: effective in 2025, all farmers eligible for the LLP will have the one-time option to buy out the remaining balance on their LLP lease to the maximum of 1,800 birds, regardless of capacity. After payment is received at the

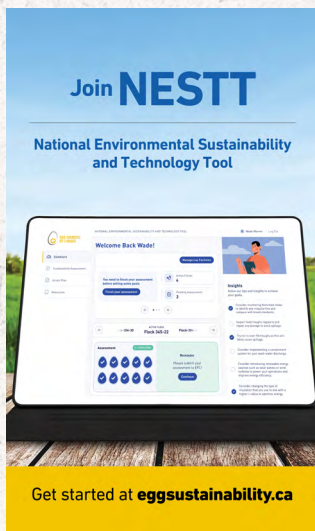
Board office, leased birds will be converted into fowl quota.

The LLP program will be terminating on December 31, 2025. All farmers eligible for the program will have the one-time option of buying out the remainder of their lease after the placement of their 2025 flock. Following this, there will be no LLP birds available effective January 1, 2026.

In the coming weeks, all farmers impacted by this update will be notified in writing of their remaining balance.

If you have any questions or concerns with the above, please contact Brian Yuen at byuen@getcracking.ca or (905) 858-9791, ext. 251.

EFC Update: NESTT



The National Environmental Sustainability and Technology Tool (NESTT), created by Egg Farmers of Canada, is a sustainability assessment tool that can measure, monitor and manage the environmental impact of Canadian egg farms and set farm sustainability goals.

NESTT is available to all Canadian egg farmers. It allows you to track measures such as feed and water usage and manure management, all on a flock-by-flock basis. This tracking can help towards more efficient on-farm processes and how new technologies can lead to a more sustainable operation.

You can learn more about the program by watching [An inside look at NESTT](#) that outlines how to sign-up and navigate the tool.

To learn more, visit eggsustainability.ca.

Zone 8 Farmer Inducted to Local Ag Wall of Fame

Joyce Pimmitt-Millar (Zone 8) was posthumously inducted to the Peterborough County Agricultural Wall of Fame during their August 25th induction ceremony. Her grandchildren Greg, Lisa and Ian Clark accepted the award on her behalf.

To learn more about the legacy of Joyce Pimmitt-Millar, visit ptboagwall.com/joyce-pimmitt-millar-1927-2021/.

STEM camp eggs-periments with eggs

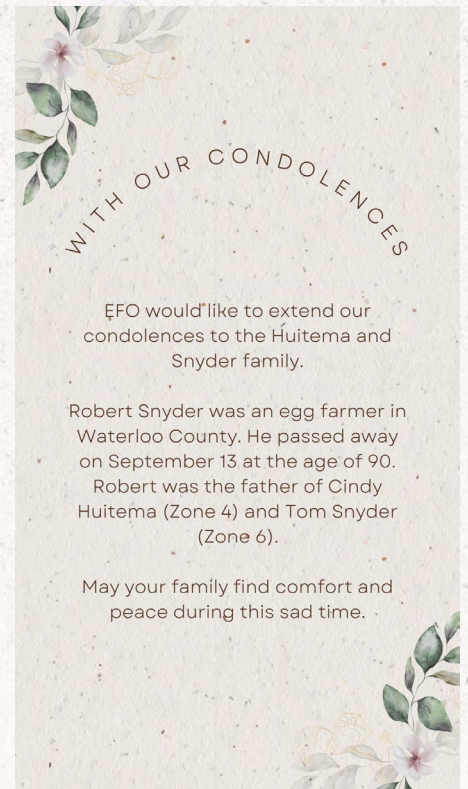
The STEM Camp (St. Thomas location) *eggs-perimented* with science during a camp activity late this summer.

The campers, ages 5-13, were tasked with an egg drop activity. Working in pairs of 2, campers were given paper cups, marshmallows, straws, tape, a paper plate, gummy bears, string and balloons and asked to create something to protect an egg dropped from a height.

Using scientific principles such as force, energy and momentum combined with engineering and problem-solving, the campers had to determine how to protect their egg using the materials provided.

Sarah McKillop (Zone 3) worked as a Camp Coordinator and explained to the campers that the structure of eggs makes them very strong when held the right way. Campers tested their strength by squeezing the egg at the top and bottom, none of which were able to break the eggs. Sarah says the activity was one of the more popular ones over the course of the camp, with all of the campers (and staff!) excited to protect their egg.

To learn more about STEM camp, visit stemcamp.ca.



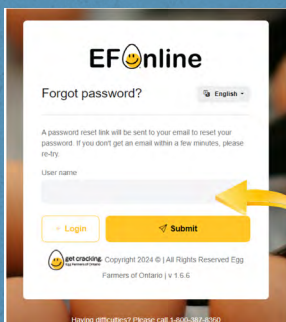
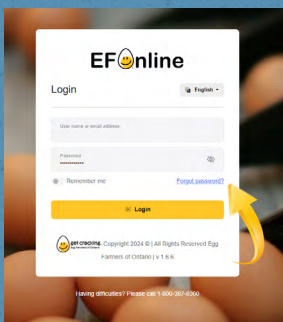
EFOnline

Did you know?

That you can reset your password or verify your information on *EFOnline*?

To **reset your password**, simply go to *EFOnline* and:

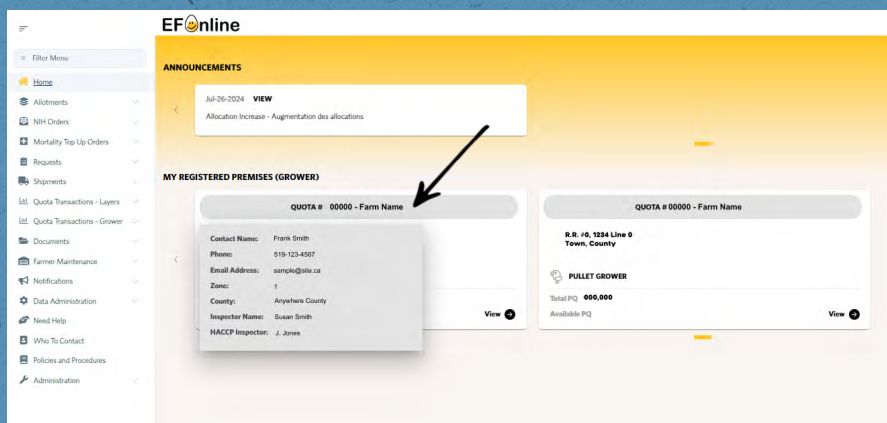
1. Click the text below the password box that says Forgot Password?
2. Enter your user name in the box that pops up and click submit.



3. Check your email for a password reset link to reset your password. If you don't get an email within a few minutes, check your spam folder or re-try.

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To **verify your information**, simply log into *EFOnline* and:



1. Click on your registered premises.
2. Select the quota number and farm name tab and information will appear pop down box.
3. Verify that your information is correct. If there are any errors, contact the office to make updates.

Still need help?

Don't worry - you can simply call us at:

1 (800) 387-8360

HAPPY *
THANKSGIVING

EFO will be closed on Monday, October 14th.

In case of emergency, contact Pam Kuipers at 519-827-6856 or Ryan Brown, EFO Chief Executive Officer at 519-831-1500.



PRODUCTION STATISTICS (in boxes of 15 dozen)

Ontario Production (week ending #32)

2024 - 12,417,966
2023 - 12,355,994

Ontario IP (week ending #32)

2024 - 1,657,159
2023 - 2,049,271

Ontario EFP (week ending #32)

2024 - 809,976
2023 - 832,537

US Shell Egg Imports to Ontario (week ending September 14, 2024 - #37)

2024 - 1,613,858
2023 - 1,200,417

Follow us online!



EFO's latest sponsorship is nothing but the Blues!

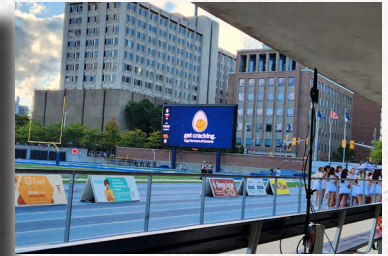
Egg Farmers of Ontario (EFO) has become an official sponsor of the University of Toronto's Varsity Blues program.

Varsity Blues is the university's intercollegiate sports program that consists of more than 40 athletic teams that regularly participate in competitions held by Ontario University Athletics.

As part of the yearlong sponsorship, EFO will be recognized on the Varsity Blues website and on social media.

Additionally, the sponsorship includes signage at various stadiums across campus and include: a 32-foot banner and fieldside A-Frame displayed at Varsity Stadium, logo inclusion in the digital LED ribbon partner rotation at Goldring Stadium and rink board signage at Varsity Arena.

Furthermore, there will be two activation opportunities on campus to engage with athletes and staff to promote the nutritional benefits of eggs!



Above: EFO's logo front and centre on the digital LED display.

Left (top): The Get Cracking logo on fieldside A-frame ad during the Varsity Football home opener.

Left (bottom): The 32-foot banner is put in-place at University of Toronto's Varsity Stadium.



Eggs in the News

Egg Study Links Egg Consumption to Reduced Alzheimer's Dementia Risk

by SYDNEY PERELMUTTER
September 5, 2024
X TALKS

A new study found that eating more than one egg per week was associated with a 47 percent reduction in the risk of developing Alzheimer's dementia.

A recent egg study published in The Journal of Nutrition has uncovered a significant association between egg consumption and a reduced risk of Alzheimer's dementia in older adults.

The study revealed that eating more than one egg per week was associated with a 47 percent reduction in the risk of developing Alzheimer's dementia. The participants were part of the Rush Memory and Aging Project cohort and were observed over an average follow-up period of 6.7 years. Notably, 280 participants (27.3 percent) were diagnosed with Alzheimer's dementia during the study.

Researchers attributed the primary driver of this association to dietary choline, a nutrient found abundantly in eggs. One large egg contains 150 milligrams of choline, providing 25 percent of the recommended daily value.

The egg study adds to a growing body of evidence that dietary choices, particularly the consumption of nutrient-rich eggs, can significantly impact brain health and reduce the risk of Alzheimer's dementia.

Dr. Taylor Wallace, the principal investigator, highlighted in a press release the potential of simple dietary interventions, like including eggs in one's diet, to support lifelong cognitive health.

As research continues, incorporating eggs into a balanced diet could prove to be a simple yet effective strategy for supporting cognitive health in aging populations.

ATTENTION EGG AMBASSADORS!

EFO has already started planning for the 2024 Royal Agricultural Winter Fair. The fair runs November 1-10, so don't miss your chance to connect! To volunteer, contact Kwesi at kjacob@getcracking.ca.

Cheesy Ham and Egg Turnovers

Servings 8

Prep Time: 40 minutes

Cook Time: 23 minutes

- 7 eggs
- ¼ cup garlic and herb cream cheese
- 2 tbsp chopped chives
- 1 tbsp Dijon mustard
- 1 tbsp butter
- 454 g frozen puff pastry (two 10x10-inch sheets), thawed
- 80 g Tuscan or rosemary deli ham (about 4 slices), sliced into ribbons
- 120 g extra-old Cheddar cheese, cut into 8 slices
- ½ tsp poppy seeds



DIRECTIONS

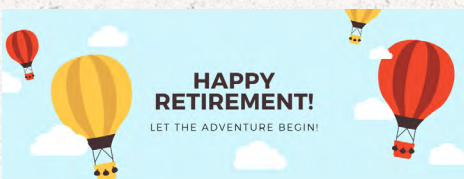
Preheat oven to 400°F (200°C).

In a large bowl, whisk eggs. Reserve 2 tbsp (30 ml) and set aside. Whisk cream cheese, chives and Dijon into eggs.

In a large nonstick skillet, heat butter over medium-high heat. Pour in egg mixture and cook, stirring gently to form large curds, for about 2 minutes or until eggs are about three-quarters cooked. Transfer eggs to a large plate and let cool.

On a work surface, cut each 10 x 10-inch sheet of puff pastry into 4 squares. Divide ham ribbons equally between the 8 squares. Top each with a slice of Cheddar and one-eighth of the cooked egg. For each pastry, fold up 2 opposite corners of pastry onto middle of egg, overlapping and pinching to seal. Arrange each pastry onto a parchment-lined baking sheet, spacing them apart.

Brush pastries with reserved egg and sprinkle with poppy seeds. Bake for 20 minutes or until pastry is golden.



Finance

Joan Davies, Accounts Payable & EFP Coordinator will be retiring from EFO, effective October 16, 2024.

She has been a valued member of the Finance team and a well-respected Egg Team member. Joan has been with EFO for 16 years. She will be missed!

We wish Joan all the best for the next chapter in her adventures with her family.

All the best Joan and thank you for your many contributions!

Egg farmers support leadership in women



Middlesex egg farmers were a sponsor of the Middlesex Women's Leadership Conference in London, September 14th, which included a display table at the event.

Monique Benedict (Zone 2) volunteered at the display where she handed out egg recipes and resources and had some great conversations about eggs and egg farming.

The conference was held to bring together and empower women to meet their full leadership potential. The conference key note speaker was Margaret Hudson, President and CEO of Burnbrae Farms.

Top (left to right): Sue Hudson, Monique Benedict, Tracy Benedict and Margaret Hudson.



Left (bottom): As part of the sponsorship, Middlesex egg farmers had a display at the conference.

Outreach Update

Everyone loves a fall fair!



Top (left to right): Tracy and Monique Benedict at the Western Fair egg exhibit.

Western Fair

The Western Fair ran from September 6th to the 15th and included School Ag tours where students could learn more about egg farming. Egg and pullet farmers volunteered at the busy event where the egg display drew in visitors with its interactive elements.



West Niagara Fair

The West Niagara Fair was held September 6-8 at the West Niagara Fairgrounds. Zone 4 egg farmers were on hand to attend the egg display during the event.

Breakfast on the Farm

The most recent Breakfast on the Farm event was held on September 14th at Hillmanor Farms in Dublin, Ontario. Egg and pullet farmers were on hand to volunteer at the egg display during the popular event, which typically anticipates about 2500 visitors.

Right: Farm and Food Care Instagram post promoting the breakfast.



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EGG FARMERS OF ONTARIO MISSION STATEMENT

To lead a progressive and thriving egg sector committed to high-quality eggs, consumer choice and sustainable practices.