

## Egg Labels Explained

From post by **5S Farms**, May 18 at 6:37 AM [slightly edited]  
Facebook group "Merritt Gardening and Homesteading"  
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I have been super frustrated over this lately, after seeing something like this floating around I thought this was a great time to share a little information on store bought eggs! And I wanted to take a second to educate on what the difference is.

**Free run**= not in a cage, but still in a community building. Think 10,000 chickens on the concrete floor of a large "barn". No access to the outside. But they aren't kept in cages, right?

**Omega-3** = an omega 3 powder supplement sprinkled in their processed feed. Much the same that we as humans would take in a vitamin supplement. Less than 3% of that translates to the eggs.

**Organic**= 20% of their feed is certified organic. Yup. That's it.

**Free range**= they aren't in cages. They MIGHT have access to a covered, outdoor run but it isn't mandatory. Free range just means no Cages. They are allowed to live in a community style. Often they have a covered outdoor run, but it isn't mandatory to have that in your advertising.

**Brown eggs** do not equal unbleached. All commercial eggs go through a bleach bath.

All of these eggs are similar in price to ours. With advertising that makes you think your getting the good, all natural stuff, when in reality....if you saw how these chickens were raised you'd cry over the mistreatment.

But for \$6(or in some cases as low as only \$5!) You can get eggs from Pastured Poultry. And what does that mean?

**Pastured Poultry** means our chickens are doing what you think Free Range Chickens are doing. Running around the grass, eating bugs, and soaking up the sunlight. (Because did you know, that a chicken that has access to sunlight lay's an egg that 50% higher in Vitamin D?) Our eggs are washed, but in lukewarm water, not bleach or other chemicals. Someone holds our chickens daily, most are hatched from eggs. And the love and care we put into all our animals can be seen in the color of the yolks, felt in the thickness of the shells and tasted in the creaminess of the eggs.

So if you are going to spend \$7/at a supermarket for "free run" eggs, why not spend \$6/at a local farm, support a small business, get them DELIVERED to your door, and get better quality? And it doesn't have to be through us. Support any of the many small farmers this summer and taste the difference for yourself.