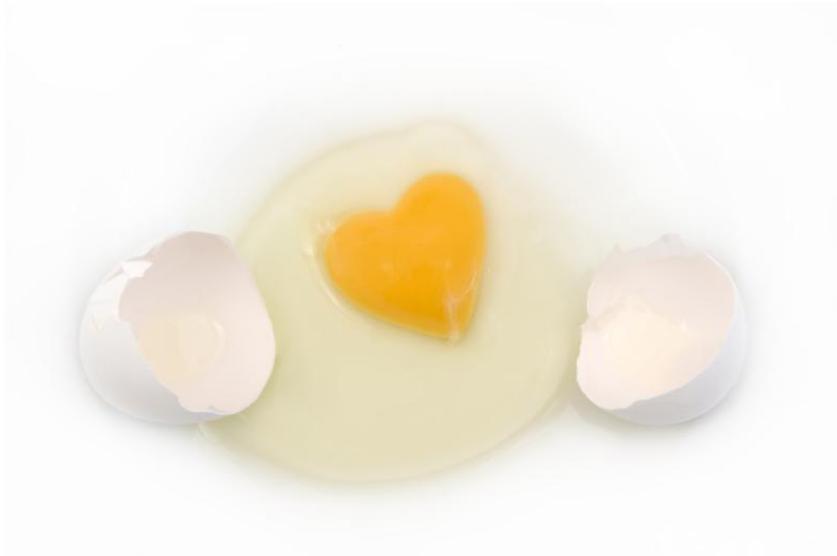


Eggsaminer

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May 23, 2016

May is....



A month to celebrate! It seems every weekend, in the month of May, there is a celebration going on...Mother's Day, birthdays, graduations, the list goes on and on! However, there is one celebration that is near and dear to our hearts and that is...EGGS! The month of May is recognized as National Egg Month - a time, during the year, set aside to honor the nutritious, versatile and delicious egg, as well as the hard-working egg farmers that produce nature's own miracle food for you, and your family.

One large egg has only 70 calories, 6 grams of protein and provides 13 vitamins and minerals that contribute to good health. Eggs contain the highest quality of protein found in any food, along with essential amino acids our bodies need. In fact, the quality of egg protein is so high scientists frequently use eggs as the standard for measuring protein quality of other foods! Not only do eggs contain the highest quality protein, but they are an affordable source of protein!

Celebrate May Egg Month by adding an egg, or TWO to your diet!

In the News

Local Egg Producer Receives 'Egg Person of the Year'



Local egg producer, Blair Van Zetten, President of [Oskaloosa Food Product Group](#) in Oskaloosa, Iowa was honored with one of the egg industry's highest achievements - the "Egg Person of the Year" award. The award issued by [Urner Barry](#), a company that provides timely price quotations and market conditions for poultry, egg, dairy, meat and seafood industries, is presented to an individual who has made outstanding life-long contributions to the betterment of these industries.

Van Zetten was honored at the annual executive conference Tuesday, May 3 for his 40 years of service to the egg industry.

In March, Van Zetten became chairman of the [American Egg Board](#). He is a committed husband and father of three, and has always been dedicated to being a good community neighbor, serving in leadership roles in several community and industry organizations.

"Incredibly Good Eggs Recipe Contest Winners Announced"

The Iowa Egg Council held its "Incredibly Good Eggs" Recipe Contest on May 4, 2016 from 1-4 p.m. at Iowa State University.

The top 5 recipes in each category, adult and student, were judged by a panel of judges. The judges included: Lester Wilson, University Professor; Linda Svendsen, Senior Lecturer; and Mickie Deaton, Academic Adviser. The panel of judges scored the finalists on taste, appearance, originality and use of eggs in their dish.



The 1st place winners received \$500, 2nd place \$350 and 3rd place \$200. The results are as follows:

Adult Division:

1. Erin Goddard, Linn Grove
2. Holly Houg, Urbandale
3. Arlene Vincent, Bettendorf

Student Division:

1. Neve Perdue, Griswold
2. Morgan Stockman, DeWitt
3. Jenna Weitzel, Northwood

New Recipe

Make it a sweet summer



Check out these show stoppers - [Strawberry Almond Cookies](#) - sweet, simple and full of satisfying flavor. Perfect for summer celebrations!

Coming soon...



IOWA EGG COUNCIL

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

Iowa Family and Consumer Science Conference, June 12-14, Cedar Falls - [Iowa Family and Consumer Science Conference](#)

Tour de Cure Diabetes, June 11, Des Moines - [Tour de Cure](#)

Marshalltown Health Fair, June 21, Marshalltown

Athlete Jamboree, July 17, Ames - [Iowa Games](#)

Plymouth County Poultry Show, July 27-31, Le Mars - [Plymouth County Fair](#)

Iowa State Fair, August 11-21, Des Moines - [Iowa State Fair](#)

Clay County Fair, September 10-18, Spencer - [Clay County Fair](#)

Hello friends! Please visit 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! Try the yummy recipe we've included, too!

Kind regards,

Katie Nola
Director of Consumer Affairs
Iowa Egg Council

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