

# Eggsaminer

Website

All About the Egg

Recipes

Iowa's Egg Industry

FAQ

Nutrition

December 22, 2016

Hi friends!

As the hustle and bustle of the holiday season is in full swing, we would like to take a moment to wish all of you a very Merry Christmas and a Happy New Year!!!

## HOLIDAY PROMOTION

### IOWA EGG FARMERS HATCH PROMOTION AT FAREWAY STORES TO PROVIDE DONATION TO LOCAL NON-PROFIT

*Food Bank of Iowa to benefit from buy two, give one campaign*

Iowa Egg Farmers, in partnership with Fareway Stores, Inc., announced a **buy two, give one promotion**. From Monday, December 19 through Saturday, December 24, when a customer buys two dozen eggs at any Iowa Fareway location, a dozen eggs will automatically be donated to the Food Bank of Iowa. The campaign aims to give back to individuals that are food insecure in the communities Iowa egg farmers live and serve.

"We are proud to partner with Fareway on this promotion to help the Food Bank of Iowa by providing eggs, an economical protein and essential ingredient," said Katie Nola, Director of Consumer Affairs with the Iowa Egg Council.

According to the Iowa Egg Council, eggs are one of the few foods that naturally contain vitamin D, which is important for bone health and immune function (Retrieved from [Egg Nutrition Center](#)). Additionally, eggs provide an essential nutrient for fetal development, cell and eye health, and contain 13 essential vitamins and minerals (Retrieved from [Egg Nutrition Center](#)).

"We encourage customers to purchase two dozen eggs of any brand during the campaign period," said Reynolds W. Cramer, CEO of Fareway. "The Food Bank of Iowa will directly benefit from the customer's purchase with a matching donation, up to a grand total of 21,600 dozen eggs."

"We greatly appreciate working with the Iowa Egg Farmers and Fareway," said Danny Akright, Communications Manager with the Food Bank of Iowa. "Eggs are a highly sought-after part of a nutritious and economical diet for many of the people we serve."

*Fareway Stores, Inc. is a Midwest grocery company currently operating 116 store locations in Iowa, Illinois, Minnesota, Nebraska and South Dakota. Fareway holds family values in the highest regard, demonstrating integrity, fairness and honesty in*

###

**Give an eggs-tra special gift to those in need this holiday season!**



**Buy any 2 DOZEN eggs during the week of 12/19-12/24 and one dozen will be donated to the Food Bank of Iowa.**



## HOLIDAY RECIPE IDEAS



### *Creamy Dreamy Eggnog*

#### Ingredients

Eggs - 6  
Sugar - 1/2 Cup  
Milk - 2 Cups  
Whipping Cream - 2 Cups  
Vanilla - 1 1/2 Teaspoons  
Cinnamon - 1/4 Teaspoon  
Nutmeg - 1/4 Teaspoon

#### Directions

In large saucepan, beat together eggs and sugar. Stir in 2 cups of the milk. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches 145°F and is held there for 3 1/2 minutes. Remove from heat. Stir in whipping cream, vanilla, cinnamon, and nutmeg. Cover and refrigerate until thoroughly chilled, several hours or overnight. Serve garnished with whipped cream and nutmeg!

## A RICH HOLIDAY TRADITION

Eggnog dates as far back as early medieval Britain. By the 13th century, monks were known to drink a posset (a drink made of hot milk curdled with ale, wine, or other alcoholic liquor and typically flavored with spices, drunk as a delicacy or as a remedy for colds) with eggs and figs. Eggnog became tied to the holidays when the

drink hopped the pond in the 1700s. American colonies were full of farms - and chicken and cows. Some historians say "nog" comes from "noggin," meaning a wooden cup, or "grog," a strong beer. By the late 18th century, the term "eggnog" stuck to describe what is now a holiday favorite (Retrieved from [Wikipedia](#)).

Try our Creamy Dreamy Eggnog, and other food favorites that are a part of our [Holiday Recipe Brochure!](#)

## A CHRISTMAS POEM



Photo credit: *Joe Murphy, Iowa Food and Family Project*

## CHRISTMAS ON THE FARM

'Twas the night before Christmas when all through the barn,  
Animals were stirring; cozy, comfy and warm.  
Chores were soon underway, as they are each morning and night,  
As heavy snowflakes fell beneath the towering yard light.

My dad pulled on his boots, his hat and his gloves,  
And set across the drive, making tracks from the snowfall above.  
I watched him head to the barn, my nose pressed to the glass,  
And awaited his usual return once two hours had passed.

By definition the evening was like any other,  
But little did I know what I soon would discover.  
There's magic, you see, in each Christmas Eve,  
And the spirit of the holiday comes to those who believe.

As I shook my presents, guessing what was in store,  
My dad rushed to the porch and through the front door.  
A calf would be coming, making his appearance tonight,  
And his new mother in distress, putting up a strong fight.

My mom called the vet and begged he venture out in the storm,  
To help this cow and her baby, soon-to-be born.  
We had to act quick, with her health on the brink,  
So mom got us bundled, without a second to think.

Then the vet arrived, without a moment to spare,  
As the mother was fading, becoming worse for the wear.  
'Send us a miracle,' my dad would plea,  
As he clenched tight to the hands of my sister and me.

I watched in wonder as they worked into wee morning hours,  
And take their prayers to the sky, asking He send down His powers.  
And just like that, it seems worry shifted.  
The vet turned to my parents, his spirits now lifted.

'They're going to pull through,' he said with a nod,  
As my parents embraced and sent thanks up to God.  
It wasn't long after that the calf and his mother would lay,  
And our family would spend our first Christmas in the hay.

I'll always remember the day not by games or toys,  
But by being together and the feelings of joy.  
Because while Santa may scurry down the chimney so swift,  
I know being raised on the farm is my best Christmas gift.

*-Lindsey Foss, Iowa Food and Family Project*

---

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!

Happy Holidays!

Katie Nola  
Director of Consumer Affairs  
Iowa Egg Council

**Stay Connected**



[Forward to a Friend](#)

[Join the mailing list](#)

---

---

| [katie@iowaegg.org](mailto:katie@iowaegg.org) |

Copyright © 20XX. All Rights Reserved.