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Eggs, Eggs, and More Eggs!

On average, 72.0 million dozen eggs are sold in United States supermarkets each week. However, approximately 76.1 million dozen are sold the week before Easter with another 93.4 million dozen sold the week of Easter. That is a mind-boggling amount of eggs! Many families enjoy traditions that involve decorating Easter eggs and using them as a part of their holiday meal.

Decorating eggs is a wonderful activity for the entire family. One of the techniques we are most familiar with is using the kits you can buy at the supermarket or discount store. This year why not try something new? You can paint the eggs with craft paint, glue beads, sequins, or rhinestones on them, or use other materials to create faces or animals on the eggs. Use your imagination and customize them to your favorite sports team! Let your eggs be a reflection of your hobbies, heritage, or interests. You are only limited to your imagination. If you use these types of materials, it is best to display these eggs and not eat them.

Remember your food safety rules when dealing with fresh eggs. It is really best not to eat the eggs you decorate. If the eggs have been at room temperature for more than 2 hours, they are not safe to eat. Also, if you plan on eating them, only decorate them with materials that are food safe.

Did you know that the fresher the egg, the harder it is to peel after you cook it? For easier peeling, buy them ahead of time and refrigerate them for a week to 10 days before you boil them.

So I encourage you to plan ahead this week to spend time with your family, whether it is decorating eggs, having a family meal, or simply spending time with one another. As always, if we can be of assistance to you, please call us at the Texas AgriLife Extension Service office at 903/473-5000, ext. 157.

Bunny-Faced Stuffed Eggs

Prepare your favorite deviled egg recipe. Then put the mixture in each of the two egg white halves and carefully press them together, with a small amount of the egg yolk mixture visible. Next, cut a whole carrot into thin slices and stick two slices into each egg to look like bunny ears. Dip a raisin into the yolk mixture from the inside of the egg and press it onto the egg to look like a nose and two eyes. Serve on a bed of lettuce and shredded carrots.

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