



Sundays 8 am—1 pm
New! Thursdays 2—6 pm

Main Street
Belgrade Lakes village

What's new at your local market?

27 August 2010

THE EGG RECALL – A CAUTIONARY TALE, AND LESSON IN LOCAL FOODS

Over half a BILLION eggs distributed to at least 14 states have been recalled in recent weeks due to contamination with salmonella. Over 2000 people have gotten sick so far. The culprit? Huge industrial egg farms that are nothing like what you picture from the brand names on the eggs: “Sunny Farms”, “Sunny Meadow”, “Country Eggs”, “Farm Fresh”, and even “Wholesome Farms”. Most of the eggs come from two Iowa egg factory farms owned and operated by Jack DeCoster, no stranger to poultry in Maine. DeCoster has been a habitual violator of animal welfare, worker safety, and environmental regulations going back more than two decades. And the problem may be broader, involving more farms. The egg mess is really a symptom of a larger problem in America’s food production system: industrialization of farming plus fragmented (and therefore ineffective) oversight by food safety agencies.

As has happened before, the salmonella outbreak is driving consumers to farmers’ markets and other sources of local eggs. Knowing that the eggs you buy come from chickens that aren’t shoved ten to a cage and are collected with attention minimizes your risk and supports local farmers at the same time. Yes, they’re more expensive, probably twice what you could pay for industrial eggs (say 13¢ vs 25¢ apiece) - but eggs are still a good buy regardless, and if we as a society are spending millions dealing with a salmonella outbreak, are those supermarket industrial eggs really cheaper? [More info, page 2](#)



Several vendors at our Market offer fresh, clean, local eggs.

A big THANK YOU to....

FARM FAMILY INSURANCE

who is proudly sponsoring our Market this year via a significant contribution to our premium. Way to go in helping Maine agriculture and communities stay vital and viable!



Recipe of the week – Easy Summer Vegetable Pie (ingredients in bold are available at the Market)



Modern day squash has been bred from wild squash that originated in Guatemala and Mexico. Columbus brought squash back to Europe, and like other native American foods, their cultivation was introduced throughout the world by Portuguese and Spanish explorers. Summer squashes are an excellent source of manganese and vitamin C and a very good source of magnesium, vitamin A (including beta-carotene), fiber, potassium, folate, copper, riboflavin, and phosphorus.

This makes a super-easy weeknight supper served with a fresh tomato salad. Vary the vegetables based on what’s on hand— the original recipe (from [Real Simple](#)) called for all zucchini, but the substitution of some leftover corn makes it even more tasty. What’s in your fridge?

- 2 c grated **zucchini**
- 1 c cooked **corn** (i.e. 3 c vegetables all together)
- 1 small **onion**, chopped
- 3 **eggs**, beaten
- 1/4 c oil
- 1 c flour
- 1 tsp baking powder
- 1 c grated **cheese** (cheddar and/or provolone are good, or whatever you like)
- 1/2 tsp salt and some freshly ground black pepper
- 1 Tbls chopped **basil**

Combine all (mixture will be thick) and turn into a greased 10” pie plate (a 9” works but takes longer to cook and is a little thick in the middle). Bake at 350 for 45–55 minutes. Sprinkle with 2 Tbls grated parmesan cheese when it comes out, and let it sit 10 minutes before serving.

(eggs, continued from page 1)

Some sources for more information on the egg recall and salmonella outbreak:

[Statement from FDA Commissioner Margaret Hamburg](#)

[Federal food safety website](#)

[ABC News piece from August 20 on industrial egg production](#)

[MSNBC piece from August 23 about increase in local egg sales](#)

[Anderson Cooper interview with Michael Pollan](#)

What will help change our food system, and reduce the risk of future outbreaks, is concentrated and sustained effort by you, our shoppers, who vote with your wallet. It's all well and good to buy local eggs when there is a salmonella outbreak, but the real key is continuing to buy local even after the furor has died down and people getting sick has faded from the news. Make small changes in your buying habits, stick to them, and build them up over time— it really will make a difference.

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