

Pasture Raised Eggs

Twin Brook Camillus Farm, LLC, is proud to offer eggs from chickens eating seeds, grass, worms, and insects. Each morning, our chickens stretch their legs and flap their wings and race across the green grasses. Our heritage breeds of White Rock, Barred Rock, Black Australope, Rhode Island Reds or Plymouth Reds, and Americana—all that we've raised up from baby chicks, lay medium or large brown (plus green & pink) eggs. We purchase 50 new baby chicks annually so that egg production can be maintained for our customers.

Besides the *salad-bar greens* that our chickens forage, we feed them natural non-medicated feed from Keystone. According to *Mother Earth News*, pastured eggs have 4-6 times more Vitamin D, 3 times more Vitamin E, 2/3 more Vitamin A, 7 times more beta carotene, 2 times more Omega-3 fatty acids, 1/3 less 'bad' cholesterol and 1/4 less saturated fat than the eggs of chickens crowded into small cages or in buildings where they never see the light of day. This is *Eggciting News* for our eggs! *Let your food be your medicine.*

We raise food organically but have never sought organic-certification. After learning that too many 'organic' chicken farms are enclosing 80,000 chickens inside buildings, the same as the corporate commercial farm, where hens barely see the light of day, we simply say, '*Get to know your farmer; visit the farm of the source of your food.*' We welcome you anytime! We offer 'hay rides' to families (limit: 12 people) if you call for an appointment. 315-380-8001, Craig's cell.

Three to four roosters roam with and protect the 100 to 150 hens and find foraged food for their *harem* of hens. Thus eggs will be fertilized, but no baby chicks can form inside the egg because roll-out nests prevent the hens from sitting on the eggs.

Portable pens (2) with slat floors, each housing ~50-75 hens, are moved every couple of days for a supply of fresh grass and clover, and which also distributes the manure around the fields. Insulated pens keep the hens cool in summer and warm in winter. During the darkest **winter months**, we add kelp to the feed and toss cabbage and/or other greens into their pens when snow covers the grass. Pens are stationary in winter with light on a timer so that production is maintained throughout the dark winter months. Pens are moved in Spring after artificial lights are no longer needed, and the tractor loader scoops up the poop into piles for composting.

Environmentally, **Twin Brook Camillus Farm, LLC**, at 5908 Bennetts Corners Road, Camillus, New York, maintains the cleanest pens and the cleanest eggs of any small farm that I've ever visited. We couldn't start out this way but we're proud to have improved standards of cleanliness.

Eggs are kept clean by the method of nesting. Any dirty eggs are fed to the Great White Pyrenees dog that was trained to protect the chickens against predators, such as fox or weasel or raccoon or mink or opossum. To maintain the outer 'bloom' on the egg that seals it and protects it against bacteria penetrating the pores of the egg, eggs are not washed. This 'bloom' coating also reduces moisture loss from the egg, keeping it fresh longer. Because the 'bloom' is not washed off the shell of the egg, it is not necessary to place the eggs in cold storage.

Eggs are stored in the Farm Center and sold prior to 20-days' old, most before that length of time. All cartons are labeled with our farm sticker name, and eggs are **sold 'self-service' to customers coming to the farm**. Eggs are not washed, graded, or candled; the owner eats the smallest ones. If you notice a yellow or even greenish tinge to the egg white, this indicates the presence of the B vitamin riboflavin, which is found on all pastured eggs.

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