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National Egg Month

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The Eggcellent Egg

In the past few years eggs have gotten a reputation as being bad for your health due to their high cholesterol content. Low cholesterol foods are all around us and they are associated with optimal health. Many who are worried about the heart risks associated with high cholesterol stopped eating eggs. Recent studies show eggs can play a healthy and safe role in our diets.

It is the amount of cholesterol in your blood levels and not the level in your daily intake that is important for good heart health. Research now shows that if you consume a low-fat diet you can also enjoy one or two eggs a day without much of a change in your blood cholesterol levels. How you cook your eggs is what can lead to problems. Frying them in butter or grease can cause unneeded risks. Try using a non-stick pan, boiling or poaching them, or use a non-stick vegetable spray.

There are also different types of eggs that vary in nutritional value. Organic eggs are a good choice and do not cost much more than regular eggs. If you consider how much each egg costs compared to what you would pay at a restaurant it can be a good value. Eggs are a great source of important nutrients, especially protein, and healthy dietary fats.

You can also look for eggs from local producers, farmers or families with extra to sell. Try to find out what they are feeding their chickens to make sure the feed is pesticide free. There are currently several brands being sold as Omega-3 high eggs that can add nutrition to your omelets. Omega-3 oils can decrease the risk of heart disease and is naturally found in fish.

Many people are concerned with Salmonella and other diseases associated with undercooked eggs. Bacteria

is a rare occurrence in eggs and would only show up in the white. Salmonella cannot grow under most circumstances (refrigeration, cooking, etc.) because it is a fragile strain of bacteria. If you use clean, fresh eggs that have no visible cracks you are very unlikely to be at risk. Be sure and wash your hands and any surfaces used when preparing eggs. Long slow cooking will destroy most harmful bacteria.

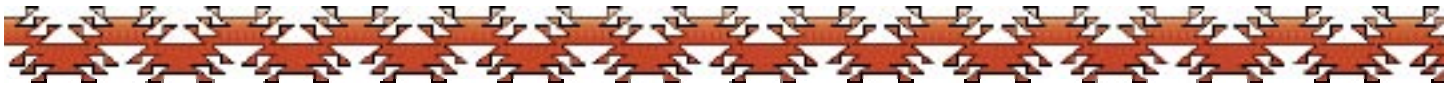


For more information on health concerns and eggs please see: <http://www.aeb.org/safety/index.html>

WHAT CAME FIRST?

Eggs existed long before chickens, according to *“On Food and Cooking: The Science and Lore of the Kitchen”* by Harold McGee. These all-in-one reproductive cells, incorporating the nutrients to support life, evolved about a billion years ago, they began producing an egg with a tough leathery skin to prevent dehydration of its contents on dry land. The chicken evolved only about 5,000 years ago from an Asian bird.

The contents of this newsletter are for information purposes only and should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider. Additional information, research, resources and links can be found at: www.ncidc.org/food/pdfs.html



Raising Your Own Chickens for Eggs

You can start with chicks that are just a day or two old. These are available from local farm supply stores. There are mail order sources too, but they often have minimum numbers of chicks (often 20 to 25 or more), so you may have to find others to go in with if you are just going to start with a few. While you can get both meat and egg chickens, we are focusing on egg-producers in this article.

Leave the roosters alone, unless you know exactly what you are doing, you **DON'T** want a rooster! They are loud, mean, and you will find that the hens produce more eggs without a rooster around. Make sure you only get female chicks.

You will need a brooder box set up for when the chicks come home. This can be as simple as a wooden or plastic box with a lamp hanging over it. For a handful of chicks, just use a regular 75-100 watt bulb. You can use heat lamps for larger numbers of chicks. Move the lamp up and down to adjust the heat in the box. If the chicks are huddled together and do not seem to want to move away from each other, that is your clue that it is too cold, move the lamp closer or get a hotter lamp. Don't get it too close, it **IS** possible to cook them alive! As the chicks grow, gradually raise the lamp. Keep the brooder box in a garage or an enclosed space while the chicks are small, and unless you are raising them as feline appetizers, remember to keep the cat away too!

Put down straw or wood shavings on the bottom of the box and change it regularly. You will also need to buy a waterer and feeder for the chicks from the farm supply outlet, as well as some chick starter feed. Always keep the feeder and waterer full.

As your chicks grow, and the weather warms, they will need to be moved into an outside coop. There are many different sources of coop design on the web and



in the library, they virtually all have an enclosed coop with nesting boxes and a fenced-in outside run. Some general tips to remember when coming up with your coop design are:

- The design should include at least two square feet for each chicken inside the coop and 6 to 8 square feet per chicken for the run.
- Chickens get cold too, use insulation in the coop if it gets cold where you live.
- Use old salvaged building materials, like doors or windows, to let in light and air in the summer.
- Decide on the size of your fenced-in run (your chicken's "front yard") for the coop.
- Use good mesh chicken wire and posts around perimeter of run. Chicken wire comes in lots of lengths and sells by the running foot. Measure the perimeter of your pen and add a few extra feet to allow you to tack wire to the coop.
- Buried chicken wire in the ground and a wire roof overhead helps to keep predators and rodents from digging or flying into the coop and chicken-run. Use good quality chicken wire with small holes to keep rodents out.
- Provide nests for your hens - build your own out of milk crates or wooden boxes. Add a couple of broom poles or something similar for perches and roosts in the coop, allow 7 to 10" of perch space per bird. Never use treated lumber.
- A dirt floor is fine for your coop. A cement floor may be easier to clean but is more expensive to install, and your chickens will like the dirt. You can use cement blocks as a foundation for the coop building.

Adult birds will need a larger feeder and waterer. Using a commercial grade waterer helps keep the water supply clean, but you still need to always insure that the waterer is working and that they have water! Feeder and waterer should be placed conveniently in the pen for the bird's access. Place the bottom of the waterer and top lip of the feeder at the bird's back height. This will keep the feed and water clean and prevent waste.



...Continued from pg. 2

In addition to their feeder full of “laying mash” which you will buy at the farm supply and feed store, your hens will love your kitchen scraps, clippings and weeds. You should give them a crushed oyster shell supplement to provide extra calcium for strong eggshells and a source of grit for digestion.

The young hens (or “pullets”) will start laying eggs when they are about 20 to 24 weeks old. You may get them to lay five to six eggs a week. This means four hens could give you nearly two dozen eggs a week.



As daylight hours shrink in the fall, egg production will decline and the birds will molt. In the spring, they will grow new feathers and start to lay again. Each year, their annual egg production will drop by about 20 percent.

Some folks use a light in the chicken coop to keep the chickens laying through the winter (they need 14 hours a day of light to keep laying) as well as a source of heat in the winter.

Chickens love to take dust baths, and the dust helps prevent parasites on their feathers and skin. If you let your birds run free part of the time, they will probably find a good dusting spot on their own. You can give them some help by placing a deep boxful of dry, loose dirt where it won't get rained on, but near their pen. If you keep them in a coop all the time, place the dust bathtub in the coop once a week or so.

Finally, don't forget to check your local laws and regulations regarding raising chickens, some cities and towns have rules and limits on chickens and other farm animals.

http://www.ehow.com/how_8527_supplies-build-chicken.html

<http://www.ext.vt.edu/pubs/poultry/factsheets/designs.html>

<http://www.ext.vt.edu/pubs/poultry/factsheets/10.html>

http://www.motherearthnews.com/top_articles/2003_Febuary_March/Building_Mother_s_Mini_Coop

Senior Section: Eggs Are Egg-Ceptional

By: Kay Kerrigan

The December 2004 issue of this newsletter stressed the importance of including protein rich foods in our diets. It was noted that as we age we sometimes tend to cut back on protein consumption. Eggs, available year around and easy to prepare, are an excellent source low-cost high-quality protein, providing 5.5 grams of protein in one egg and only 68 calories. Eggs are also a good source of Vitamin B2, B5, B12, Vitamin D, Vitamin K and many other nutrients.

A recent study says people are better able to absorb eye-healthy lutein from eggs than from any other dietary source. An egg a day may help keep age-related macular degeneration and cataracts away. Eggs are also a source of choline, a nutrient needed in good supply for brain function and good health. Eating eggs may also help lower the risk of a heart attack or stroke by helping prevent blood clots.

While eggs are high in cholesterol, and health experts in the past counseled people to limit their egg consumption, nutrition experts have now determined that people on a low fat-diet can eat one or two eggs a day without measurable changes in their blood cholesterol levels. It was found that saturated fat in the diet, not dietary cholesterol influences blood cholesterol levels the most. Remember to cook eggs in a non-stick pan.



While studies have shown that eggs do not significantly affect cholesterol levels in most individuals you may want to talk to your health care provider before making dietary changes.

My mother-in-law, who is 80, did increase her egg consumption last year due to signs of the beginnings of macular degeneration and her cholesterol levels have remained excellent.



Dr. Coyote's Clinic*

Answers on food and exercise

Dear Mrs. Coyote: I am looking for a different type of opinion, as this is a purely feminine kind of question. What can a modern Native woman do to be as healthy as she can? I have been confused about all the conflicting ideas in ladies mags about exercise, good eating habits and healthy relationships, etc.

Signed, Determined Sister

Dear Sis:

I can offer advice from my guide, "The Divine D. LMan":

10. Watch as many soaps a day as possible
9. Girls night out 5 times a week keeps you grounded
8. The couch is your best friend
7. Three words; Bon Bons & Beer
6. Cigarettes will curb your appetite
5. Look brown, lay in the sun and get a tan
4. My two best friends are Ben & Jerry
3. Don't lift weights (unless you want to get huge)
2. Natives should not drink milk
1. Diets will cause you to yo-yo and gain weight

P.S. This picture is not altered by any digital photo enhancing program, that's me, for reals, trust me, would I lie to ya...? Aaaayeeeeee!

Reasonable Practioners Response:

10. Live life: find activities and hobbies that you take pleasure in to help you grow as a person, be artistic, creative, and follow your tribal traditions, look for a special someone to share your passions.
9. Friends are important but time with family can help you enjoy life more also. Help guide your children, cousins, nephews and nieces or find a child who needs a "big sister" as a mentor.



8. Try to exercise 30 minutes a day 3 times a week, focus on aerobics and flexibility, yoga is great.
7. Enjoy the occasional treat but do not over-due it, also take a daily multi vitamin with iron. Remember alcohol is a major problem for American Indian people and should only be used in moderation, if at all.

6. This is an urban rumor, cigarettes kill Indians and commercial tobacco has to many other health risks.

5. Sun screen can help you stay crease free (SPF 15 or more). Being outdoors can help your frame of mind and also makes vitamin D. Your ancestors lived and worked al fresco and they looked marvelous.

4. See # 7 (also realize that good communication with others is the key to healthy people relationships).

3. Weight bearing exercises can help prevent osteoporosis, a program like Pilates can be helpful.

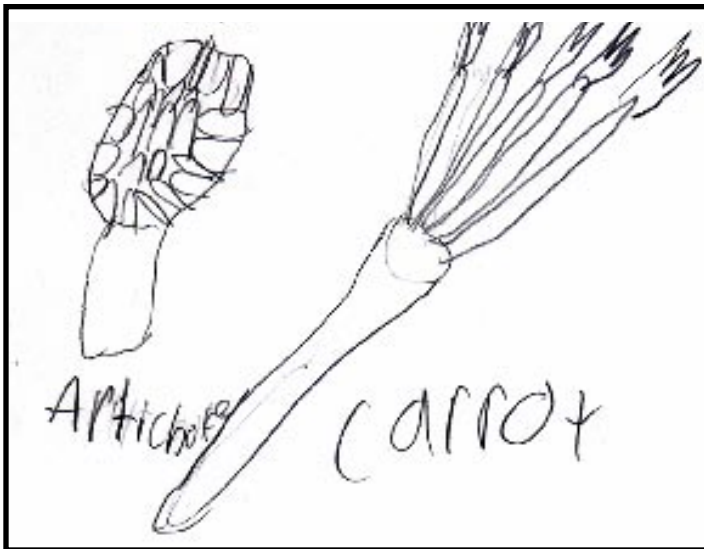
2. Women need calcium if you are lactose intolerant use enriched soy, rice or almond drinks, or add 1500 mgs of calcium supplements per day. Salmon, canned sardines and dark greens are high in calcium.

1. Eat a well-rounded healthy diet, concentrate on low fat, high fiber and protein. This combined with activity will give you energy and help keep your figure the way YOU want it. Also see your doctor for routine visits such as mammograms, bone density scans, anemia checks, cholesterol levels, and pap tests.

**Coyote is complex and devious, hence the title Trickster. Some Tribes call him (in this case her) Nanapush, some Inktomi, some see the deceiver as tarantula, others say Pihneefich or Saygap. Just realize that Coyote is a very powerful teacher, but one who usually speaks out of all sides of their mouth at once. If you have anything you would like explored such as health, love or life in general, please feel free to contact coyote@ncidc.org If you want to go beyond what the Trickster will tell you and find out the real nature of illness or nutrition please see your own Doctor or healer.*



Picture By: Kyle
Age: 9
Tribe: Karuk/Tohono O’Odham



Family Factors: Be a Healthy Role Model

Good nutrition and a balanced diet will help your child grow up healthy. The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the path of the adults. If they see you every day eating fruits and vegetables and not overindulging in the less nutritious stuff, you’ll be sending the right message.

Another way you can be a good role model is by limiting portions and not overeating. Talk about your feelings of fullness, especially with younger children. You might say, “This is delicious, but I’m full, so I’m going to stop eating.” At the same time, parents who are always dieting or complaining about their bodies may foster these same negative feelings in children. Try to keep a positive approach when it comes to food.

Kids, especially younger ones, will eat mostly what’s available at home. That’s why it’s important to control the supply lines – the foods that you serve for meals and have on hand for snacks. Follow these basic guidelines:

- Work fruits and vegetables into the daily routine, aiming for the goal of 5 servings a day.
- Make it easy for your child to choose healthy snacks by keeping fruits and vegetables on hand and ready to

eat. Other good snacks include yogurt, peanut butter and celery, or whole-grain crackers and cheese.

- Serve lean meats and other good sources of protein, such as eggs and nuts.
- Choose whole-wheat breads and cereals so your child gets more fiber.
- Limit fat intake by avoiding deep-fried foods and choosing healthier cooking methods, such as broiling, grilling, roasting, and steaming.
- Limit fast food and other low-nutrient snacks, such as chips and candy. But don’t completely ban favorite snacks from your home. Instead, make them “once-in-a-while” foods, so your child doesn’t feel deprived.
- Limit sugary drinks, such as soda and fruit-flavored drinks. Serve water and milk instead.

Butter vs. Margarine

Butter or margarine-which one is better for our health? To determine which one is better for you, let’s look at the fat content of each.

Butter as an animal fat contains saturated fat and cholesterol, the two dietary ingredients that can raise blood cholesterol. Cow’s milk normally contains up to 3.7% milk fat, but milk with 2% and 1% fat can be commonly found in grocery stores. Skim milk contains about 0.2% milk fat.

Vegetable oils are the base for margarines. Soybean, olive, corn and canola are common oils used in the manufacturing of margarines. Oils become liquid at room temperature, so in order to produce solid margarine, unsaturated fats get turned into saturated fats.



Butter has less trans fats than margarines, but when the total of trans and unsaturated fat is compared, traditional vegetable margarines come out ahead of butter. Even better are margarines that are not hydrogenated. These products should be trans fat free.

....Senior Section-Continued from pg. 3

Serving ideas for eggs:

- Mix chopped hard-boiled eggs with fresh lemon juice and olive oil, leeks or green onion, and dill (salt and pepper to taste) for a healthy egg salad
- Place a poached egg on top of a whole grain English muffin lined with steamed spinach. Top with salsa or any of your favorite seasonings
- Add chili peppers to scrambled eggs and serve with black beans and corn tortillas

Most of the information contained in this article is taken from the World's Healthiest Foods website. This site contains information on how to select and store eggs, recipes, in depth health benefits, a nutritional rating chart, etc. For more information please visit:

www.whfoods.org

Egg-stravaganza Quiche

This is a great meal to make people think you are a chef. You will have friends and family asking you to make it over and over again. The "secret" is this it is really easy to make.

- 1/2 cup or more jack or swiss cheese, coarsely grated
- 1/4 cup sharp cheddar cheese, coarsely grated (*the sharper the cheddar, the less you need*)
- 9" deep dish unbaked pastry shell (*whole wheat*)
- 1 cup cottage cheese (*nonfat or lowfat*)
- 1 tbls. green onion, chopped
- 4 eggs
- 1/4 cup milk (*nonfat or lowfat*)
- 1/2 tsp. salt
- 1/8 tsp. pepper

Optional Items: (*Chop up in bite-size pieces*)

- Dash of hot sauce (*green or red*)
- Bacon (*who doesn't like bacon?*)
- Alder Smoked Tofu
- Smoked Salmon (*traditional quiche? Aaaaay*)
- Spinach
- Broccoli and Pine Nuts

Other Types Of Eggs

Native people have used eggs from lots of different animals. They eat them and use them in a variety of ways. Salmon eggs do not preserve well for eating and will get wormy but some tribes used fresh salmon roe in soup with pieces of salmon for added protein. Salmon eggs are also used as bait for fishing. Many tribes gathered eggs of birds from their environment to add to their diet.



Salmon Roe

Commodity eggs are something that is a recent part of American Indian diets. USDA egg mix is a dried

blend of whole eggs, nonfat dry milk, soybean oil, and a small amount of salt. To reconstitute, blend 1/4 cup eggmix with 1/4 cup water to make one "egg." You can also use the powdered eggs in any recipes to add protein into bread, cakes, pancakes, smoothies, etc.

Today you can find quail, duck, goose and even sometimes ostrich eggs in specialty markets. Caviar is used around the world as a gourmet treat and is nothing more than the eggs of sturgeon.

Eggshells can be used as mulch in your garden as it contains many nutrients. The water from boiling eggs (when cooled) has lots of minerals for your plants. When you think of eggs think outside the shell.

Sprinkle grated swiss or jack cheese in bottom of pastry shell. Then scatter into the shell the onions and any filler items from list above, (or invent your own). Combine cottage cheese with eggs, milk, and seasonings in blender, beat on high till smooth and frothy, pour over cheese, onions and filler items in pastry shell. Do not overfill. Sprinkle cheddar cheese over top of quiche after first 30 minutes in oven so it melts all over the top during last 15 minutes of cooking.

Cook at 350 for 45-50 min (or more). Use a knife to test if done. If it come out clean, it is done Allow to cool and set for 30 minutes or more before serving.