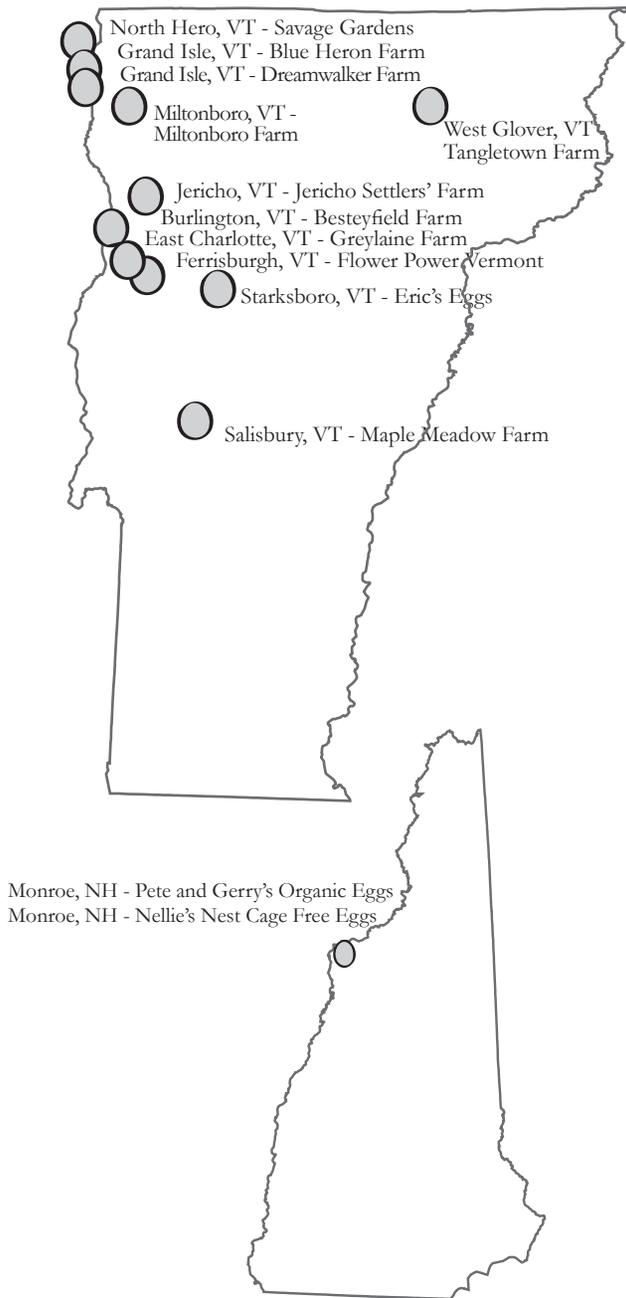


Where do our Eggs come from?



Tips About Different Types of Eggs

Certified Organic: Organic farmers feed their hens an organic, all-vegetarian diet that is free of genetically modified (GMO) grains, antibiotics, and pesticides. Organic standards require the chickens can't be kept in cages and must be allowed to go outside. Organic farmers keep extensive records, and an inspector visits the farm each year to verify the farm is meeting organic standards.

Certified Humane: This certification means the hens are not kept in cages, are provided with nest boxes, and are allowed space to perch and dust bathe. The birds may or may not be able to go outside.

Omega-3 Eggs come from hens that are fed a special diet containing flaxseed or marine algae, both rich in omega-3 fatty acids. Egg producers claim these eggs contain more omega-3 fatty acids than a regular egg. The total fat and cholesterol content per egg remain about the same.

Brown, blue and white eggs are no different – they're just from different breeds of hens.

Pullet eggs come from young hens that are just beginning to lay eggs. These eggs are smaller than regular eggs and are known for being creamy and having rich yolks. They are great for baking with.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,500 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Downtown Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

City Market's Eggs



Choosing the right egg can be complicated! We recommend learning about these 3 issues to find an egg that fits your budget and your values:

- Chicken Living Conditions
- What the Chickens are Eating
- Antibiotic Use

To learn more about individual producers, please visit the Local Producer Profiles on our website. Visit www.citymarket.coop/local-producers

	Farm Location	Flock Size	Chicken Housing	Chicken Feed	Antibiotics	Artificial Growth Hormones
Organic and Pastured						
Blue Heron Farm	Grand Isle, VT	200	Chicken coop on pasture	Organic, GMO-Free	no	no
Flower Power Vermont	Ferrisburgh, VT	300	Chicken coop on pasture	Organic, GMO-Free	no	no
Summer's Gale Farm	Middlebury, VT	50-100	Chicken coop on pasture	Organic, GMO-Free	no	no
Pastured						
Eric's Eggs from Rockville Market Farm	Starksboro, VT	3000	Chicken coop on pasture	Conventional	no	no
Dreamwalker Farm	Grand Isle, VT	900	Chicken coop on pasture	Conventional	no	no
Jericho Settlers' Farm	Jericho, VT	2000	Chicken coop on pasture	*GMO-Free	no	no
Maple Wind Farm	Huntington, VT	2000	Chicken coop on pasture	*GMO-Free	no	
Miltonboro Farm	Miltonboro, VT	50-100	Chicken coop on pasture	Conventional	no	no
Savage Gardens	North Hero, VT	2600	Chicken coop on pasture	Conventional	no	no
Besteyfield Farm	Burlington, VT	1000	Chicken coop on pasture	Conventional	no	no
Tangletown Farm	West Glover, VT	500	Chicken coop on pasture	Conventional	no	no
Greylaine Farm	East Charlotte, VT	300	Chicken coop on pasture	Organic, GMO-Free	no	no
Organic						
Pete and Gerry's Organic Eggs	Farms in NH and VT	110,000	Barns with access to the outdoors	Organic, GMO-Free	no	no
Cage Free						
Nellie's Nest Cage Free Eggs	Farms in NH, NY and VT	100,000	Barns with access to the outdoors - "Cage Free"	Conventional	no	no
Maple Meadow Farm	Salisbury, VT	11,000	Barns, no outdoor access - "Cage Free"	Conventional	no	no
Conventional						
Shadow Cross Farm	Vermont Sourced	52,000	Cages	Conventional	no	no

Chickens' Living Conditions

Cages

90% of chickens in the US are raised in wire "battery" cages, each cage housing 5 to 8 hens. The cages have been criticized as inhumane by The Humane Society of United States – they don't allow birds space for their natural behaviors such as stretching their wings, nesting, perching, or dust bathing. Large-scale producers use these cages because they are efficient, reducing production costs which allow them to sell eggs more inexpensively.

Cage-Free

Cage-free chickens are generally kept in big barns or warehouses but are not confined to cages. The birds can walk around and typically have 2 to 3 times more space than caged hens. Some cage-free birds have access to the outdoors but most are not allowed to go outside.

Pastured

Small-scale farms keep their chickens in mobile chicken coops, called "chicken tractors", outside on grassy fields. During good weather, the birds are outside all day, protected from predators by an electric fence. At night, the birds take shelter in the coop. Many farmers rotate their pastured chickens, moving them to fresh grass frequently. This provides the birds with fresh grass and

spreads their manure, fertilizing the fields. Pastured chickens do eat grass, worms, and bugs, but still get most of their nutrition from grain-based chicken feed (see *What the Chickens are Eating*).

What the Chickens are Eating

Egg farmers feed their chickens a grain-based diet consisting corn and soybeans, supplemented with vitamins and minerals. Unlike pastured cows which can be entirely grass-fed, pastured chickens still eat grain to satisfy their dietary requirements – grain usually accounts for 80-95% of their calories.

Organic, GMO-Free Feed

Certified organic eggs come from chickens fed certified organic feed. The corn and soybeans are non-genetically modified (GMO) varieties and are grown without synthetic pesticides and fertilizers. If you're looking to avoid GMOs, look for certified organic eggs. Certified organic grains are expensive, meaning farmers need to sell their organic eggs for a higher price to make ends meet.

*GMO-free feed is not the same as certified organic feed.

Conventional Feed

Non-certified organic chickens eat conventional feed. The majority of conventional grains grown in the US are now genetically modified (GMO): as of 2011, 94% of the soybeans and of the 88% of the corn.

Antibiotics

While some industrial-size farms feed antibiotics to their chickens on a daily basis to encourage growth and prevent illness, none of our egg producers use them. Instead our farmers use preventive practices such as ordering chicks from trusted hatcheries and keeping the hen houses clean.

Artificial Growth Hormones

It's illegal for farmers to feed their chickens artificial hormones under federal law. None of our egg producers use them.

Note: Due to the seasonal nature of egg production, we may not have all these eggs in stock. If you have questions, please contact our Perishables Buyer, Jason Schatz at jschatz@citymarket.coop.