

Learn more about...

Diet

While grain usually accounts for 80-95% of a chicken's diet, many farmers supplement their feed with other vitamins and minerals or even food scraps.

Organic, GMO-Free Feed - Certified organic eggs come from chickens that are fed certified organic feed as required by the USDA organic standards. The feed is not genetically modified (non-GMO) and is grown without synthetic pesticides and fertilizers. If you're looking to avoid GMOs, look for certified organic eggs.

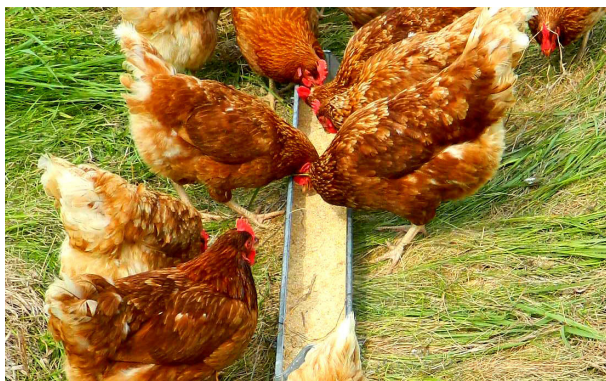
GMO-free feed is not the same as certified organic feed.

Conventional Feed - Non-certified organic chickens eat conventional feed. Because many of the crops that go into feed are approved for GMO production in the US (like corn and soybeans), the best way to avoid GMOs is to purchase organic or look for a producer that uses non-GMO feed. Check out the table for more information on each of our local and regional producers.

Antibiotic Use

While some industrial-size farms feed antibiotics to their chickens on a daily basis to encourage growth and prevent illness, none of our local egg producers use them.

Note: Use of antibiotics is prohibited in organic production.



Blue Heron Farm Chickens



Flatlander Farm

Starksboro, Vermont

Looking for a twist on the traditional omelet? Look no further than **Flatlander Farm** in Starksboro, Vermont. Flatlander Farm produces duck eggs seasonally from December-September. These layer ducks eat organic grain (though the farm itself is not certified organic) and the eggs are antibiotic free.

Duck eggs are coveted for their rich creamy yolks as well as the fact that they are nutrient dense and alkaline producing. They are generally larger in size, more nutritious and have a bigger yolk than chicken eggs.

Eggs

in Vermont & Beyond



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End
www.citymarket.coop



About Our Eggs

We're lucky to have a wide variety of options when it comes to choosing a carton of eggs. However, sometimes the decision can be daunting. Whether you're looking for local or organic, pastured or cage-free, all of the labels can sometimes be overwhelming. Check out this brochure to learn more about each of these attributes and our local producers.

Living Conditions

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 the claim does not require it. "Eggs packed in USDA

grademarked consumer packages labeled as cage-free must be produced by hens housed in a building, room, or enclosed area that allows for unlimited access to food, water, and provides the freedom to roam within the area during the laying cycle."(USDA)

Free-Range - This claim requires that hens have continuous access to the outdoors during

their production cycle. "Eggs packed in USDA grademarked consumer packages labeled as free-range must be produced by hens housed in a building, room, or area that allows for unlimited access to food, water, and continuous access to the outdoors during their laying cycle. The outdoor area may be fenced and/or covered with netting-like material." (USDA)

Pastured or Pasture-Raised - Many 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. The majority of our local producers offer pasture-raised eggs.

Egg Producers

For an up-to-date list of our vendors visit: www.citymarket.coop/learn/resources

Farm Location	Flock Size*	Chicken Housing	Chicken Feed	Antibiotics	Artificial Growth Hormones
Organic and Pastured					
Blue Heron Farm <i>Grand Isle, VT</i>	200	Chicken coop on pasture	Organic, GMO-Free	No	No
Doolittle Farm <i>Shoreham, VT</i>	300	Chicken coop on pasture	Organic, GMO-Free	No	No
Flower Power Vermont <i>Ferrisburgh, VT</i>	300	Chicken coop on pasture	Organic, GMO-Free	No	No
Pastured					
Dreamwalker Farm <i>Grand Isle, VT</i>	1,500	Chicken coop on pasture	Conventional	No	No
Jericho Settler's Farm <i>Jericho, VT</i>	1,200	Chicken coop on pasture	GMO-Free**	No	No
Pegasus Meats <i>South Hero, VT</i>	2,000	Chicken coop on pasture	GMO-Free**	No	No
Maple Wind Farm <i>Huntington/Richmond, VT</i>	1,800	Chicken coop on pasture	GMO-Free**	No	
Savage Gardens <i>North Hero, VT</i>	3,000	Chicken coop on pasture	Conventional	No	No
Schoolhouse Farm <i>East Calais, VT</i>	1,500	Chicken coop on pasture	Organic, GMO-Free	No	No
Organic					
Pete and Gerry's Organic Eggs <i>Farms in NH and VT</i>	110,000	Barns with access to the outdoors	Organic, GMO-Free	No	No
Conventional and Cage Free					
Maple Meadow Farm <i>Salisbury, VT</i>	11,000	Barns, no outdoor access	Conventional	No	No
Conventional					
Shadow Cross Farm <i>Colchester, VT</i>	52,000	Cages	Conventional	No	No

*Flock Size = average yearly flock size. **See "Organic, GMO-free feed" under "Diet" on the back panel.