

# FARM FRIDAY FUN

## WITH ARIZONA AGRICULTURE

### EGGS & RECYCLING

- Eggs are full of protein and nutrients like iron, zinc, folate, and vitamins like A, D, and E.
- Half of an egg's protein and nutrients are found in the yolk.
- White and brown eggs have the same nutrient content. They just come from different breeds of chicken.
- Female chickens are called hens and male chickens are called roosters.
- It takes a hen between 24 and 26 hours to develop an egg.
- Chickens don't produce one egg at a time. They normally have several eggs in different stages of development.
- Hickman Family Farms recycles 3 water bottles to make 1 egg carton.
- 1 million water bottles are recycled every week for Hickman's cartons.
- Hickman's Family Farms recycles the chicken manure through composting to produce a high-quality fertilizer.

