

The Country Hen



FARM NEWS

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Anatomy of an Egg from the Outside Inward

The Shell – The egg shell is nature's most perfect, natural packaging. An eggshell is largely made of calcium carbonate and is very porous, which allows the egg to breathe: carbon dioxide escapes and air enters the shell.

The Air Cell – The little indentation you notice when you peel a boiled egg is the result of the air cell. The air cell is located between the two membranes.

Shell Membranes – Two thin, skin-like membranes that provide defense against bacteria.

Chalazae – (Ka-lay-zee) String-like strands that anchor the yolk in the thick albumen. Fresher eggs have thicker & more pronounced chalazae.

Thin Albumen – A narrow layer of fluid that surrounds the thick albumen.

Thick Albumen – This is a dense, gelatinous fluid that surrounds the yolk. It is rich in the egg's riboflavin and protein. A Country Hen egg's albumen stands distinctly tall, making it visibly superior.

Vitelline Membrane – A clear membrane that encapsulates the yolk.

Yolk – An egg is a nutritional powerhouse and the yolk contains the most benefit. An egg has 13 essential vitamins and minerals, mostly in the yolk. The yolk is where the Country Hen's extraordinary Omega-3s, Choline, Lutein and Zeaxanthin reside. It also boasts almost half the protein of the egg. The yolk is an egg's golden treasure of nutrients.

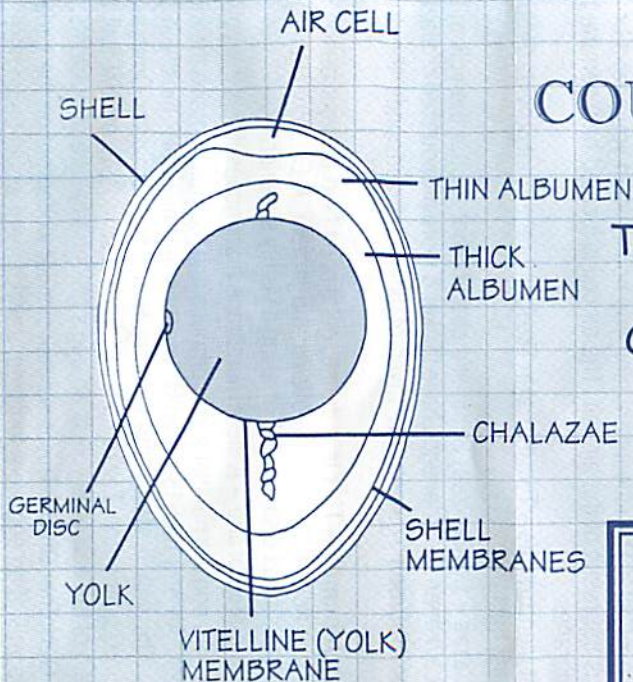
The Germinal Disc – This is a small circular white spot on the surface of the yolk. If an egg were fertilized, development would begin here.

www.countryhen.com

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THE COUNTRY HEN EGG

THE ORIGINAL
ORGANIC,
OMEGA-3 EGG



A Large TCH Egg contains:

Omega-3s	300mg
Choline	160mg
Lutein & Zea	550mcg
Vitamin D	125 IU