

KNOW YOUR FOOD?!

Look down at that fresh egg in the fridge and what do you see? A near-perfect capsule of energy and protein? What don't egg industries tell us about their production?

Many times we see terms such as "free range" or "farm fresh" written on ordinary industrial egg boxes, but is it always true?

There are two main types of egg farming: the conventional industry and organic. They are quite different from each other in many ways, which I'm going to write a bit about. The first big difference between these two types of egg farming is that organic hens are truly raised free range and conventional industrial ones spend their whole lives, beginning from the day they are born, in tiny cages with many other hens. Chicks are born in large incubators and shortly after birth the males and females are separated from each other: the males are tossed into trash bags to suffocate and the females have their beaks cut off with a hot blade and head to a life in the egg industry. The organic chicks are born in mobile houses with plenty of fresh air, sunshine and open space to roam in. They can live active lives for 7 to 15 years while industrial hens live 2 because of the terrible living conditions. Obviously the factories don't want us to know about those decomposing bodies lying next to eggs covered in excrement and other horrible facts but they are still facts that people should know about.

Organic egg producers believe that by putting the hen's needs first and access to daylight will contribute to good quality eggs. The young hens start to lay at 18 weeks old and spend the first week being trained to lay in nest boxes. They start by laying small eggs that will get larger throughout the laying years and they produce 5 or 6 medium sized eggs per week in average. A hen will last two years before she becomes commercially unviable but, instead of killing them after this period just like industries do, they sell the hens on to people who would like a few in their garden.

What can I do? Please show kindness and respect to chickens and other animals by buying organic eggs!



References: <http://www.upc-online.org/freerange.html> <http://www.laydila.co.uk/chick-rearing/> <http://www.peta.org/features/egg-industry-cruelty/>

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