

## What's in season

### FARM FRESH EGGS

Eggs from Fickle Creek Farms in Efland, the ones used at The Refectory, are never more than a week old when they are sold, said Noah Ranells, farm partner with Ben Bergmann. Although the farm is not certified organic, the farmers follow organic practices. The chickens are free-range, roosting at night in a portable "egg mobile" with a mesh floor, which is moved to a different part of the Fickle Creek pasture every week. The chickens are given a feed that contains no animal byproducts, but also forage and scratch for up to 30 percent of their nutritional needs.

### BENEFITS

Egg whites are an excellent source of protein and riboflavin. Egg yolks, which contain all the fat in an egg, are a good source of protein, iron, vitamins A and D, choline and phosphorous.

### BUYING

Look for eggs with clean, uncracked shells. Fickle Creek sells its eggs at the Durham and Hillsborough farmers markets for \$3 for a regular dozen and \$3.50 for a jumbo dozen. Fickle Creek eggs are sometimes available at Weaver Street Market in Carrboro for \$3.49 for a regular dozen.

### STORING

Eggs should always be refrigerated. Store large-end up in the carton, never near odoriferous foods (because they absorb odors easily). For best flavor and quality, use within a week.

### SERVING

Eggs are wonderful by themselves or used in various dishes. They are used as a leavener in cakes, breads and souffles, a base for mayonnaise, a thickener in sauces and custards and a coating for breaded or battered foods.

### WANT TO GO?

The Refectory is open to anyone, not just Duke students. Summer hours started this week: Monday through Friday 9 a.m. to 2 p.m.

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