

# HICKMAN'S family farms NEWSLETTER

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1ST QUARTER

MARCH 2007



## "Here Comes the Bunny"

by *Gertie Hickman*

That Easter Bunny would be standing in the unemployment line instead of hopping down the bunny trail if it weren't for millions of laying hens!

There are so many wonderful memories during Easter season; Ash Wednesday at Arizona State with friends, what we were giving up for Lent, freezing at Sunrise Services, family egg hunts, and luncheons that lasted until dark!

Having five children, we enjoyed the hunts at home, until the children outgrew the event. Our dog "Kate," was tied up during the hunt. We discovered her eating eggs before the hunt began. She was a real "Hickman dog," preferring hard cooked to the chocolate eggs.

With the arrival of grandchildren, the hunts began once more. As the head count grew, so did the number of invitations to family and friends

with children and grandchildren. First hunt of the morning was for the toddlers and little ones, then the 4-7 year olds, ending with 8 to preteens.

Phyllis Bicknell, (Doc's wife), stood by the front gate and made



sure all children had lots of eggs. She colored eggs at home and as they walked past her, she would slip more into their baskets.

Audrey had a "Special Egg" as you can tell from the photo- Glenn Michael and Grant were searching for the special egg! It was Onyx and was dropped so often it is probably more glue than stone.

Entertainment consisted of Bounce houses, water tank dunking, air filled slides, golf cart rides and races around the ranch.

Tia and Grant Gunkel watched as their twin sons were strapped in like golf bags and then taken for a ride. Then all of the smaller



children wanted to ride that way! Sorry we don't have pictures, it was so cute!

Our sons purchased water balloon launchers and bombed the teenagers in our front yard. They stood in Audrey and Glenn's yard, launching them over the parking lot and cars. The water fight was on! Too bad they didn't buy enough balloons!

Bill was nervous during the fun and festivities as his pool table was used as a buffet table holding meats, salads, and side dishes. The antique poker table was used as the dessert table in the living room. Carpeting was cleaned the following week.

As the sun was setting, everyone picked up dishes and children and left for their homes.

### Happy Easter!

Get ready for 2007- as the First Food Alliance & Arizona Association of Food Banks will be



given a truckload of eggs to distribute for the less fortunate. We'd like to get families back to the traditions of Easter egg coloring and holiday cooking and away from the candy and stuffed bunnies!

Speaking of the Easter Bunny coming, Bashas, AJ's, and Sprouts grocery retailers will be selling marbled, dyed eggs. Look in the fresh egg sections- the unique packaging demonstrates the vibrant colors, without having to open it!



Full-time Mom and Career Woman, Mrs. Leah Kraemer, caught by the camera getting a "jump" on egg coloring! Thank you to Bashas in Litchfield Park for allowing us to catch her in the act.

Check out our new and improved web site at  
**www.hickmanseggs.com**



While you're visiting the website, you can also sign up for the Hickman's newsletter. Go to News, and click "Newsletter." There is a simple form to fill out and return. It's just that easy.

# What's Cookin'?

## Mom's Corn Casserole

2 sticks butter, melted  
16 oz. sour cream  
2 Hickman eggs, beaten  
1 can creamed corn  
1 can whole kernal corn,  
drained  
2 boxes Jiffy corn muffin mix

Mix all ingredients together and pour into greased 9 x 13 pan. Bake at 350 for 1 hour until set and brown.

*Kim Sylvester, Sales Director for The Pampered Chef, 623-853-2250*

## Chile Quiche

10 eggs, beaten  
2 cups flour

1 teaspoon baking powder  
1/8 teaspoon salt  
4 oz cans chopped green chile  
2 cups Shamrock cottage cheese  
4 cups grated jack cheese  
1/2 cup melted butter

Preheat oven to 400 degrees. Grease a 9x13 pyrex baking dish or something similar.

Combine all ingredients. Bake at 400 degrees for 15 minutes. Then lower oven temperature to 350 degrees and bake for 20-30 minutes. If you move the quiche and it jiggles, it's not done baking. When the quiche stops jiggling when you move it, it's done!

# Kids Coop *Brown bagging it everyday?*

## Break up lunchtime routine with healthy alternatives

October 24, 2006,  
By Catherine Schneider Does your child have the same thing for lunch every day? "Brown bagging it" does not have to be boring — it can be a great opportunity to introduce more variety in your child's diet. Include a form of protein in each lunch menu. Hard boiled eggs, lean roast turkey or beef, tuna fish, tofu, soy or reduced-fat cheese, beans, natural peanut butter; nuts and seeds all supply some protein and can be served in different ways.

<http://www.norwichbulletin.com/apps/pbcs.dll/article?AID=/20061024/LIFESTYLE/610240554/1024>

## Healthy treats? Horrors!

*The Boston Globe By Jane Ulman* All year long, I angst over my kids' nutritional needs, curtailing Big Macs, Pepsis, and Cinnabons, and stocking the refrigerator with hard-boiled eggs, carrots, and low-fat plain yogurt. I try to balance the four food groups in ways I can never balance my life as the mother of four boys.

[http://www.boston.com/news/globe/editorial\\_opinion/oped/articles/2006/10/27/healthy\\_treats\\_horrors/](http://www.boston.com/news/globe/editorial_opinion/oped/articles/2006/10/27/healthy_treats_horrors/)

# Special Legislative Tour

by Clint Hickman

On February 10th, Arizona House of Representatives Ed Ableser (Dist. 17) and David Lujan (Dist. 15) along with Mr. Ed Hermes, Public Information Officer for the State Dept of Agriculture came out to meet us at our Jackrabbit offices.

After a quick meeting discussing our animal welfare practices, we took a guided tour of our Arlington Ranch. I was very happy to answer their questions, and was very pleased they decided to take the time out of their busy schedules on a Saturday to learn about us.

Clint, Ed Ableser, David Lujan, Ed Hermes, Dr. Ed Bicknell touring the breaking plant



# Customer Spotlight

by Clint Hickman and Maria Smith

On Friday, February 23rd, Mark Schnitzer and his sales staff from Custom Food Service came out to tour our Arlington facility. Custom Food Service has been a wonderful distributor of our eggs for several years now, and wanted to see where all of their eggs come from. We are pretty sure that they saw more chickens in two minutes than they have seen in all of their lifetimes combined. We are honored that Custom has chosen us as their sole egg supplier!



# Community Friends

## Scouts Den 10 Bears, honor Hickman's by scoring 100% on egg knowledge

These scouts get badges! They asked Hickman's to present the history and background of Arizona's only family egg farmer. In addition, parents stayed to provide expert answers, just in case their scouts needed some hints.



Parents, Tiffani and Paul Hamstra-behind chicken and Sharman, stick around to provide "Expert" answers for Hickman gifts!

## Palo Verde Nuclear Plant Christmas boxes packed with food for 2006

Thank you to Mirna Ruiz, Director of Community Relations and our neighbor to our Arlington farm, included Hickman's fresh eggs in their food boxes for needy residents living near the Palo Verde Nuclear Power Plant.



Palo Verde Nuclear Plant staff help feed 100's of surrounding neighbors. Hickman's donated an entire pallet-so 900 folks got a chance at a free dozen eggs for the holidays.

## Arizona's Third Annual White House Easter Egg Competition at Banner Estrella Medical Center

Congratulations to Marsha Rossell of Phoenix. Marsha intends to fly to Washington DC to join First Lady, Laura Bush for the Easter Festivities during Easter Week-April 1st-April 8th, 2007. Our returning Judge Arlene Kulzer, and new judges: Blake Edwards, CEO of the Arizona Rattlers, Dr. Charles Agee and Stacey Jaffey represented Banner Estrella for judges, Sharla Simmers, a 2nd generation Arizonan, Kim Martinez On-air Talent for Channel 3 awarded Marsha's egg 56 out of 60 possible points. Thank you to Maria Smith for her tabulations! To keep informed of upcoming egg crafting workshops, email [shickman@hickmanseggs.com](mailto:shickman@hickmanseggs.com)

## Farm Bureau's 85th Annual Convention

Farm Bureau members from throughout Arizona set policy, hear informational and political speakers, recognize membership achievements, participate in educational conferences and attend an industry trade show.



Congratulations to 2007 winner-Marsha Rossell of Phoenix, Arizona. Marsha plans to send us her photo with First Lady, Laura Bush and her winning egg. Marsha is the tallest artist, centered in the middle!



Thank you to the Cattlemen for requesting EGGs for breakfast!

Farm Bureau shares your hopes and dreams, strives to make farming and ranching easier, your quality of life better and your income higher.

## The Arizona Nationals spotlights Arizona Farming with fun activities

From December 29th 2006 thru January 1st, 2007 the Arizona National's provide a myriad of educational and fun activities. The event kicked off with the Cattlemen's Breakfast. Cook's racing pigs ran 3 races daily, with opportunities for fans to win prizes. An authentic bull bucked some adults off but no kids! There are several Arizona youth that are practicing their roping skills with a rope they made at the event. "We start here first, because at the end of the day-this is the longest line!" Event attendee, Mom of 3 boys, Carey Dahlstrom, Litchfield Park, AZ.



## Arizona Ag Day paints more than just a pretty picture!

Special thanks go to Shauna Hobson for sending these photos and explanation of safety to the animal on their "cow painting" contest for March 3rd, 2007's Arizona Ag Day at Saguaro Ranch Park. Teams will compete and be judged on Arizona Authenticity. Don't miss this event celebrating the Arizona Ag. Arts. Come hungry, because the lunch is only \$1. Admission is \$2 or bring 2 cans of non-perishable food for the food bank.

# Emails & Questions



Just had to tell you... Hickman's at Circle K saved the day. Christmas morning I was making my "famous" egg dish and asked my mom if there was anything she would need eggs for later on. She replied that she wouldn't, so I added a couple more eggs to my dish and continued on...UNTIL Mom and my daughter started to put together the ingredients for the wonderful yeast rolls they are known for. No eggs!

My dear husband volunteered to go to the nearest Circle K and see if, by chance, they had eggs. Sure enough, our favorite Hickman Eggs were there waiting for us. Mom and Amelia made their incredible rolls and the Hickman family saved the day!

Happy New Year to you and yours!

*Valerie Riedler, Chandler*

I think the Target at 40th Street is violating Hickman's guidelines. I can't always find your label. Give someone a call so I can buy your eggs.

*Bill Hobaica, Phoenix*

I have a dozen frozen eggs. Is it okay to use them?

*Bekki Stupey, Kayenta, Arizona*

Dear Bekki,

Should eggs in their shells accidentally become frozen, discard any with cracked shells. Keep uncracked eggs frozen until needed, then thaw in the refrigerator. Use uncracked eggs immediately after thawing. Thawed whites can be

separated from the yolks for use in any recipe; yolks and whole eggs can be hard cooked.

However, yolks frozen without the addition of sugar, corn syrup or salt may partially or wholly gel, depending on how long and how solidly they were frozen. Gelation may make it difficult to evenly beat thawed yolks or whole eggs and combine them with other ingredients, thus impairing their performance in some recipes. To determine their usefulness, break frozen whole eggs individually, separating the yolk, if desired. If the yolk appears normal to the eye, beat the yolk or whole egg to gauge the yolk's fluidity before using it in a recipe.

*Elisa Maloberti,  
American Egg Board*

How about your hens are they injected with hormones or other additives? thank you!

*David Baker*

Dear Mr. Baker: First, the answer is no. We have never used hormones/additives that you asked about in our laying feed. Our competitors brands (Safeway/Frys brand) do not use any laying stimulants either.

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