

HICKMAN'S family farms NEWSLETTER

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4TH QUARTER

DECEMBER 2006

The Holiday Season Begins

by Gertie Hickman

For several years the senior Hickmans came in from Kansas and Missouri for the holidays.

Early November marks warm-up time for Hickman family and friends to start "Big Group Cooking." Beginning with Bill



Top: L to R. Glenn Hickman, Columbus KS, Ruth (Hickman) Soldanel, Kansas City, MO, George Hickman, Phoenix, AZ, Guy Hickman, Youngtown
Bottom: Some of the Kitchen Crew L to R. Me, Jennifer #1 & Edith Hickman

senior and the "Birthday Shrimp Fry," and continuing with Thanksgiving and Christmas dinners.

Having a large family and therefore, a large kitchen, the dinners were always at our home. Besides, Bill and the children always wanted to be home with favorite chair, TV controls, and open spaces to ride bikes, motorcycles, play football, basketball and use the pool table.

I've always been fortunate in having lots of help in the kitchen. Sandy Almond, Aunt Edith's niece, made things easier by stating, "If you are going to use real plates, I'm not coming." She washes the heavy-duty roaster pans, potato kettles and anything else she can fit into the sink. So paper it is! The dishwasher ran full time for two days before due to extra baking and cooking. Even the cornbread for stuffing was home-baked.



Top: Uncle Glenn playing pool
Bottom: Nell, Edith & Ruth

For Christmas it was alright to use the Christmas china and we sat at a lovely Christmas table.

There were always exciting times with special memories. Uncle Happy (George) cracking his ribs playing

THANKSGIVING 1971



L to R. Tava Hawkins – Aunt of Guy, Glenn, George & Ruth, Aunt Tava, George, Edith, Ruth, Harvey, Nell, Guy, Glenn, Lena & Sharman



New 91st Ave. Home – Lena Hickman, Columbus, KS

football and breaking his glasses. Aunt Edith never let him play again. Everyone was leaving, when Bill's parents opened their car door and there was a man hiding between the front and back seats on the floor. He jumped out and ran away down 91st Ave. One event was when our Grandson Grant, Glenn and Audrey's second son, climbed higher than everyone else in



New 91st Ave. Home Pool Room – Glenn Hickman

the grapefruit tree. The limb broke and dumped him onto the ground, breaking his arm. They left for the E.R.

Everyone took home leftovers and the birds were boiled for broth for soup.

Happy Holidays!

What's Cookin'?

Parade Magazine published August 20th, 2006 – Medical News That Matters.
Second Opinion™, By Dr. Isadore Rosenfeld

It's OK To Eat Eggs – Enjoy!

Here's what I tell my patients: If you are healthy and your cholesterol level is normal, eat as many eggs as you like.

However, reduce your intake of saturated fats (bacon, red meat, whole milk and other dairy products) and avoid the trans-fatty acids in junk foods, fried foods and potato chips. Eggs are one of the healthiest foods you can eat.

For more than 30 years, I've been telling my heart patients- and anyone who was vulnerable to cardiac disease and hardening of the arteries- to avoid eating eggs. In so doing, I was following the advice of the medical establishment and nutritional scientists. Their logic was that, since the plaques that narrow arteries in the heart, brain and elsewhere contain cholesterol, it made sense to avoid cholesterol-rich foods.

One egg contains 212mg of cholesterol. That's a lot- especially considering that the daily upper limit of cholesterol consumption is just 300mg a day.

However, now we've learned that the cholesterol we eat has very little effect on its level in the blood. What's more important is how much saturated fats and trans-fatty acids we consume. (Eggs may have taken a bad rap because of the other foods people eat with them, such as sausages, ham, butter and margarine.) So doctors are rethinking their advice about not eating eggs.

Recent data obtained from long-term studies of dietary habits in more than 100,000 men and women have shown that one egg a day has no effect on the future development of cardiovascular disease in healthy men and women.

(For diabetics, however, it can increase the risk of heart disease.)

In More "Related" News: provided by Clint Hickman & Dr. Bicknell Special Courtesy of Tom Bryan: They've Cracked It! - The Self Timing Egg

July 31, 2006. Scientists are close to cracking the age old problem of cooking your boiled egg just right...step aside the clock and the running sand granules - here comes the self-timing egg.

Using the latest heat sensitive technology, Lion Quality egg producers asked boffins to create a foolproof way to guarantee the yolk comes out the way you want it - soft, medium or hard boiled - every time. Carrying a special label, the egg goes into your pan as normal and when it is perfectly cooked the Lion logo appears

as if by magic confirming your chosen preference.

"We are still perfecting the technology, but we are very excited at the prospect of sorting a problem that has wound people up at breakfast time for decades," said Gilly Beaumont of B&H Colour Change.

Source:><http://www.npr.org/templates/story/story.php?storyId=5598862>

Eric Gingerich, DVM, dipl. ACPV, Staff Veterinarian and Adjunct Assistant Professor

University of Pennsylvania School of Veterinary Medicine Laboratory of Avian Medicine and Pathology New Bolton Center 382 West Street Rd. Kennett Square PA 19348

Customer Spotlight

by Clint Hickman and Maria Smith

Stern produce friends "strike up" a party for bowling.

These tough gentlemen make up a bowling team, bowling with the Thursday Men's at Christown Bowl on 19th and Bethany. We heard that Dee Dee Garrett at Stern Produce is their biggest fan.!

Shamrock Tucson Show Success "Fore" Sure

Dago Ortiz, Jr. and Jessica Johnson put a Grade AA effort on booth design. This was their first show without the aid of Maria Smith, who needed to stay close to Banner Estrella



L to R: Dana, Rich, Charlie & Mark Garrett.

Hospital! Mini-crème brulees in chocolate boats with Raspberry Chambord mousse sauce debuted for samples. Thank you to Norman McClelland for playing our chicken-themed putting game. Our team is set to take the booth trophy next show!



L-R: Dago Ortiz, Jr., Sharman, and Jessica Johnson

Cackel for a Quarter

Flown to us by Carol Raney

Why did the chicken cross the road? DR. PHIL: The problem we have here is that this chicken won't realize that he must first deal with the problem on "THIS" side of the road before it goes after the problem on the "OTHER SIDE" of the road. What we need to do is help him realize how stupid he's acting by not taking on his "CURRENT" problems before adding "NEW" problems.

Community Friends

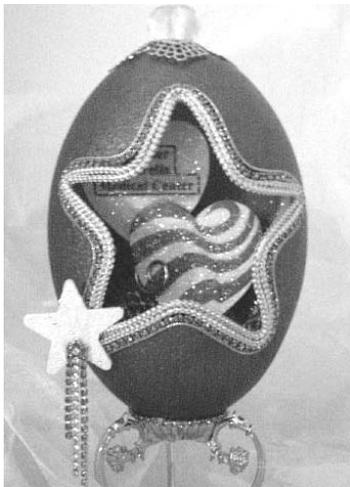


PBS to feature Hickman's family story on America's Heartland Series

Special thanks to Jeannette Fish and Paul Bryerly from our Arizona Farm Bureau offices for recommending Hickman's to their producer. Steve Martin, our Arlington farm production manager, provided an inspirational interview. Grandma Gertie, talked about how we keep hens comfortable for laying and how to cook the eggs in your own kitchen. We have been told the segment will broadcast sometime toward the end of this year.



Back L-R-Marie Trombi, Ethan Trombi (in wagon), Sharman, Nancy Hegadorn, Shireen Swagel, Sharon Bushong Front L-R Marta and Sarah Gonartz , Kari Tambs, Cheryl Meirtz
Missing: John Jaquemart



Egg Artist's "Non-Breaking" news, open invitation

Banner Estrella Medical Center will host the event January 3rd, 2007 in the lobby. Judging begins at 9 a.m.

First Watch Omelets for St. Vincents, 19th year 'beats' Tom Lux goal!

By eating breakfast out at one of the 4 valley locations of First Watch Restaurant's, patrons funneled the cash to St. Vincent's to supply meals to the people they serve. Owner, Tom Lux, created this annual



Alexis DelChiaro, Howard Helmer and Mayor Phil Gordon race to complete their omelets live on Fox 10!

event to benefit St. Vincent's 19 years ago. Proceeds from each breakfast are donated by First Watch locations. The event

help offset food costs. The World's Fastest Omelet Maker, Howard Helmer raced against Mayor Phil Gordan,

kicked off Tuesday, October 17th, with an evening omelet benefit, providing 550 omelets to patrons. Shamrock Farms provide the fixins' to

Kim Martinez from Channel 5, a Phoenix Fire Department crew, and Alexis DelChiaro from Fox Channel 10. Tom Lux and his staff donated over \$12,000 for 2006, which St. Vincent turned into over 14,500 meals! This year they "whipped" 1202 omelets up to equate to First Watch \$9572 in donations which will be matched by First Watch. (Photos by Jennifer Brine, St. Vincent's Communications Manager)

Susan G. Komen 5K recruits new Chicks!

Kari Tambs and Shari Swagel recruited new walkers. Ethan Trombi was our youngest at 4 years of age. Congratulations to his Mother, Marie, for starting the community support early. Hickman's raised over \$500 for this walk. Nancy Hegadorn, Co-Owner of Kiss the Cook Restaurant, made her walk debut, "I was so happy to actually get to meet some of the recipients of our Breakfast Buck\$ and walk for the cause for the first time!"

Kids Coop

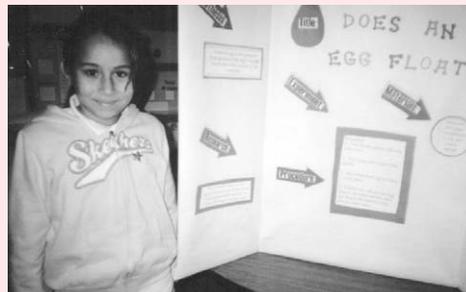


Photo supplied by Kari Tambs.

SunRidge Elementary 3rd grader provided her Science results on the egg floating theory.

Emails & Questions



My sister and I love the Super Jumbo eggs. We were wondering what kind of chicken lays those?

Emilee - Happy and Healthy Hickman Hens!

Emilee, Wigwam Cabana Service, Litchfield Park

Sharman, I read this in my Elks magazine, I thought you would want to know that the Elks support Hickman's.

Thank you to Mr. Mike Madea for submitting this photo!



You'll be happy to hear that I used 6 Hickman's eggs today to make a "Happy 1st Day" cake for the boys and cupcakes for dad. I just love the high frequency of double yolks with my Jumbos!

Mrs. AnnEve Figueroa-regarding "back to school!"

By the way, I saw Morgan's picture in the Hickman's newsletter; thank you. :) She started Kindergarten and already took it to class to show her teacher.

Heather Innis-Arrowhead Community Bank

I make a special grocery trip to Fry's because Safeway doesn't offer your eggs. I believe in supporting the local businesses.

Sheri Derryberry-Co-Owner of Sabotino's in Litchfield Park

Are the Fry's stores still carrying your eggs? We shop at the Ray/Chandler store.

Valerie Riedler

Yes they are. It would be nice if the dairy managers would put them out!

We always pickup your eggs at Costco!

Mike and Sabrina Stallone-Co-Owners, Il-Primo Restaurant, 59th/Bell

I am so amazed at the amount of promotional items and goodies that you brought to Marcos! Thank you SO MUCH! It is such a thrill to be able to talk about

local food related industries in the valley. I think it is so important the my students understand where the food comes from... along with the careers behind the industry of culinary arts! I will also share your information with all the other foods teachers in the district! Thank you again so much!

**Lisa Berkley
Foods Instructor
Marcos de Niza High School**

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