
Living Homegrown Podcast – Episode 143 All About Eggs with Jennifer Sartell

Show Notes are at: www.LivingHomegrown.com/143

- Theresa Loe: This is The Living Homegrown podcast, episode 143.
- Announcer: Welcome to The Living Homegrown podcast, where it's all about how to live farm fresh without the farm. To help guide the way to a more flavorful and more sustainable lifestyle is your host, national PBS TV producer and canning expert, Theresa Loe.
- Theresa Loe: Hey there everybody, welcome to the podcast. I'm your host, Theresa Loe and this podcast is where we talk about living farm fresh without the farm and that includes organic, small spaced food growing, canning and fermenting the harvest and artisan food crafts like baking your own bread. It's all about the different ways that we can live closer to our food and take small, delicious steps towards living a more sustainable lifestyle. If you'd like to learn more about any of these topics or my online courses, my coaching or my Living Homegrown membership, just visit my website, livinghomegrown.com.
- Theresa Loe: Today's episode is all about eggs. Now it doesn't matter if you are a backyard chicken keeper or you are just curious about the eggs that you might be purchasing at the farmers markets or even at your local store or co-op, I wanted you guys to understand more if the information on how chickens work and what we can do if we want to buy certain breeds and get certain colors of our eggs.
- Theresa Loe: I brought on author Jennifer Sartell and the name of her new book is called *Epic Eggs*, the Poultry Enthusiast Complete and Essential Guide to the Most Perfect Food. Now this is not a cookbook, it is more like a book on how eggs work. It was really fascinating to me and I loved the beautiful photographs of the different colored eggs. She talks about everything from different breeds to ways that we can take care of the eggs after we bring them in the house.
- Theresa Loe: It's not a cook book at all, which what I expected it to be, so I don't want you guys to think that. What we talk about in today's episode is everything from some of the breeds that you can get, the difference between Araucana, Ameraucana and Easter Eggers, what we can do if we want to hatch some of our eggs also, what to do if we find some old eggs in the back of the refrigerator, there's a test that we can do on them to make sure that they're still fresh and viable and what we can do if we get a whole bunch of extra eggs in the springtime, how we can preserve them for later.

-
- Theresa Loe: Let me tell you a little bit about Jennifer. Jennifer Sartell and her husband Zach manage their 14 acre iron oak farm where they raise angora and dairy goats, heritage black spanish turkeys, ducks, geese, bees and of course, chickens. Jennifer graduated from Oakland University in Rochester, Michigan. Her writing, illustrations and photography have been published in numerous books and magazines both in print and online. She is regular contributor to Ogden Publications Community Chickens Blog spot.
- Theresa Loe: Now everything that we talk about in today's episode is in the show notes for the episode and to get to that, you just go to livinghomegrown.com/143. I should also point out that although this book Epic Eggs has a focus on chickens, Jennifer knows a lot about all different types of birds. She talks about other eggs as well in this book.
- Theresa Loe: Now before we dive into the interview, I just want to tell you that today's podcast episode is brought to you by my Living Homegrown Institute, which is my membership site. Now I believe that living an organic farm fresh lifestyle is really a journey in learning and as we learn different skills such as food fermentation, food growing or even critter keeping, there are three distinct stages of growth.
- Theresa Loe: We start out with curiosity, we move into experimentation and eventually we grow into mastery of these skills. Now, if you're working on creating your own farm fresh lifestyle and you're curious where you fall on that growth scale, I've got a free resource for you, it's my Farm Fresh Success Path that my students use inside my learning institute and it will help you decide where you are on your own journey, the characteristics of that stage and some action steps that you can take to get to the next level. To get my Success Path PDF, just go to livinghomegrown.com/path and you can download it there for free.
- Theresa Loe: Okay so with that, lets dive into my interview with Jennifer Sartell, the author of Epic Eggs.
- Theresa Loe: Hey Jennifer, thank you so much for coming on the show today.
- Jennifer S.: Hi Theresa, thanks for having me, excited to be here.
- Theresa Loe: Well your book was so intriguing to me and it was not what I thought it was gonna be when I first read the title so I think my listeners are gonna be really intrigued by this book as well. Before we dive into everything about eggs, I would love to have you tell everybody a little bit about your background and how you got interested in poultry eggs.
- Jennifer S.: I started raising chickens when I was about 14 years old and it was ... we didn't, I didn't come from a farming family or a farming community but my dad and I had gone to a local co-op to get some bird feed for the song birds and they were selling chicks and I didn't know anything about raising chickens, we just picked up six little yellow chicks and they actually ended up being meat birds and we didn't know what to feed

them, this was before the internet, before you could look up every fact that you needed to know about a chicken. We fed them corn, they got huge.

Jennifer S.: It was a happy go lucky kind of endeavor and I just fell in love after that and I started renting books from the library and I found out that there were tons of different breeds of chickens that you could get into and I've been hooked ever since.

Theresa Loe: I totally understand because I love chickens as well. I have right now, I just have three 'cause I have a very tiny ... I have one tenth of an acre in the heart of Los Angeles so I just have three-

Jennifer S.: Oh wow, yeah.

Theresa Loe: Yeah, I just have three birds and I can have up to five as long as I don't have roosters but I have loved every minute of having backyard chickens its been nine or ten years now that I've had them and the eggs are wonderful and they're beautiful and they're definitely conversation starters when people come over.

Theresa Loe: You have a lot of other animals and you actually have a hobby or functioning farm, what exactly do you have going on with your homestead?

Jennifer S.: Right now, we have a U-Pick lavender farm that we're opening this summer. Last year, we did sunflowers, U-pick sunflowers, we're gonna do that again this year. It was a way bigger success than I ever imagined and we also have ... we raise dairy goats and fiber goats and I spin and sell the yarn on Etsy and then we raise six different breeds of chickens and I'm in the process right now of getting your farm NPIP certified, which will allow me to ship to most states, hatching eggs and chicks.

Jennifer S.: I'm probably just gonna do hatching eggs 'cause I feel like that's easier but there's rules that you have to follow when you ship across borders. Actually within borders too. We're in the process of doing that right now.

Theresa Loe: Oh wow, that is so fascinating. With the eggs, you're saying it's a little bit easier to ship the egg versus the live chick that was just born.

Jennifer S.: I think so yeah. It's easier I think in packing and you don't have to supply a heat, you don't have to ship a minimum ... the chicks are jostled around during shipping. There's nothing wrong shipping chicks but I just find that hatching eggs are easier. If you have a mishap, it's an egg, not a live chick.

Theresa Loe: Right. And I think its fun you have kids and you're able to do that with them, its kind of a fun experience. Yeah, absolutely.

Jennifer S.: Yeah, yeah.

Theresa Loe: Let's talk about your book because in the promo material that I first got, it said very clearly, "This is not a cookbook." That's what I thought it was gonna be. It's called Epic Eggs, the Poultry Enthusiasts Complete and Essential Guide to the Most Perfect Food.

Theresa Loe: My first thought was, "Oh, an egg cookbook," but it's not at all and then when I started reading it, I found it really fascinating because it was all about ... and you cover more than chicken eggs. You cover other poultry but its all about eggs in general and chickens especially. I thought it was just really great.

Theresa Loe: How would you describe the book to people?

Jennifer S.: I feel li the book is sort of ... it does cover beginners but I feel like its sort of a transitional book. It's for beginners who are interested in eventually having a rooster and breeding. There's lots of information about eggs but I would say that that would be my target audience is that it talks about how you breed chickens to get certain egg colors, what breeds to get if you want certain egg colors. It talks about fertility and how an egg is formed.

Jennifer S.: That, I would say that would be the audience. It's less about getting started with backyard chickens and more about what you can do with your flock to get the egg color or the egg quality that you want from your chickens.

Theresa Loe: Yeah, and I think actually even though I don't want to do any breeding, I found it interesting because it would help me understand what I might to purchase.

Jennifer S.: Right, yes. Yep.

Theresa Loe: From a consumer who would just be buying from somebody, I just found it really interesting and anyone who is even thinking about going into backyard chickens or even homesteading or farming with chickens, there is such a huge variety of egg color and they're so beautiful.

Theresa Loe: Let's talk about that first. What are some of the colors and the different breeds that we could go for?

Jennifer S.: My absolute favorite egg color and one of my favorite breeds are the Murans, Murans lay the darkest egg of any chicken, particularly the french black copper Muran and there's actually an egg color chart that the Muran breeders of America have and they've assigned different numbers showing the darkness of the eggs and I believe it's a nine that is the darkest, it's like this deep, deep chocolate, burgundy color. It's gorgeous and so that's what every Muran breeder is after is that dark, dark color.

Jennifer S.: You can get green blue and even some pink eggs with the Easter Eggers. You can get blue eggs from Cream Legbars or Ameraucanas and

Araucanas. Most chickens lay a brown egg. The variation in color from light brown to dark brown is different with each breed but even though white is our most common grocery store color, most chickens actually lay brown eggs.

Theresa Loe: I didn't even know that. That's really interesting. The Muran egg is absolutely gorgeous and I think that that is one of the reasons I would want one is that it does create a absolutely gorgeous egg and if anyone's ever seen those beautiful like Instagram photos that people do where they have the mix of colors, you always can pinpoint the Muran egg in there, they're just absolutely lovely.

Theresa Loe: You mentioned Easter Eggers and I'd love to talk about that because I have an Easter Egger and I think, especially if someone is new to backyard chicken keeping, they may not know really what an Easter egg is ... or Easter Egger is, it's kind of like a ... I call them a mutt.

Jennifer S.: Yeah, exactly, yup.

Theresa Loe: Yeah. Could you explain the two breeds, the Ameraucana, Easter Egger and the Araucana and how that all fits together?

Jennifer S.: The Araucana is a heritage breed that originated from Chile and it's a rumpless, tufted breed that lays blue eggs and they're very sought after because of the blue egg laying, however, the gene that causes the tufting is also deadly. It's actually a mutation that can kill some of the chicks and they don't have a great hatch rate. It's sort of a tough breed to proliferate.

Jennifer S.: In the 1970s, a group of Americans tried to change the genetic makeup of the bird and they created the Ameraucana, which resulted in a blue laying bird that has muffs and a tail. The two breeds are connected with the same lineage but they tried to improve on that deadly mutation.

Jennifer S.: That's where Araucanas and Ameraucanas come from. Now when you go to pet stores or feed stores or sometimes even hatcheries, they'll be selling, a lot of times they'll either call them either Araucanas or Ameraucanas and what they actually are, are Easter Eggers, which can be an assortment of different interesting egg color layers, anything from green, blue, even some pink. It's sort of a mutt collection of different genes and so when you get an Easter Egger, they can look different from one another, they can lay different colored eggs but a lot of times they have that genes of the Ameraucana and the Araucana which is why they sometimes look like, especially Ameraucanas. They're essentially just a mutt.

Theresa Loe: Yeah, when I got mine, I knew full well it was an Easter Egger, even though it had been labeled an Ameraucana because I had read up on it beforehand and it was actually really kind of exciting for us to wait and see what color her egg was and she ended up being army green-

-
- Jennifer S.: Oh, that's cool.
- Theresa Loe: Which thrilled my two little boys at the time. They were very young, they thought that was the coolest egg color ever.
- Jennifer S.: Sure, yeah.
- Theresa Loe: If someone doesn't know, when you're talking about muffs and tufts, you're talking about the little puff of feathers on their cheeks, right?
- Jennifer S.: Right, yup, yup.
- Theresa Loe: They definitely have that. They're actually ... I think the Araucana actually look a little odd. They have kind of a weird look to them but the egg colors are so beautiful. If you want to get something like that, getting an Easter Egger, they're a really great temperament-
- Jennifer S.: They are.
- Theresa Loe: At least mine is. Yeah. It doesn't mean that it's a lesser breed. To me it's just kind of you have the fun of ... it's kind of like not knowing if your baby's gonna be a girl or a boy, you don't know what color egg you're gonna get.
- Jennifer S.: Yeah I mean it's just what you want with your chickens. Some people are into breeds, standard imperfection, some people just want colorful eggs. There's no good or bad chicken. It's just whatever you want with your flock.
- Theresa Loe: Right, right. Okay.
- Theresa Loe: If someone wants to have their backyard chickens, one of the questions that I get from people is, and you probably get this too, is how many eggs do I get with each chicken? Is that the most common question that you get for-
- Jennifer S.: It's pretty ... yeah, it's up there.
- Theresa Loe: I'll have you explain how that all works.
- Jennifer S.: Chickens, for the most part will never lay more than one egg a day. Each hen will lay one egg and then it takes her body 24 hours for her cycle to complete again and then she's ready to lay another egg. During their first year, they usually won't lay a ton 'cause all of their energy is going towards growing and making ... growing up and things like that.
- Jennifer S.: A lot of times you won't start getting eggs until after you first winter, if you live in a cold climate. Sometimes you get ... late summer, early fall, sometimes your hens will start laying a little bit but in the winter time, egg production will kind of drop off and that has less to do with the cold

and more to do with the amount of daylight that the chickens are exposed to.

- Jennifer S.: Birds have a real sensitivity to the number of daylight hours, it's what prompts the wild birds to fly south, it's what prompts the molt. As the chickens enter into those shorter daylight period, they will start dropping off their egg productions.
- Jennifer S.: Eggs are actually a seasonal product. They lay the most in the spring and summer and then usually the molt will happen in the fall and your flock will stop laying during the molt because they're conserving energy to create feathers and then sometimes you'll get a little bit before winter starts, oftentimes nothing again until spring or at least few and far between.
- Theresa Loe: Yes absolutely and the next question I get from people is, "Well then how can I buy eggs all year?" But that's because the commercial farmers of eggs will put artificial light and ... I know some people do that, I do not. I like to let my girls rest.
- Jennifer S.: Yeah, we do too.
- Theresa Loe: A lot of people do put artificial light into the coop so that they have the numbers of hours I guess, of light.
- Jennifer S.: Yup.
- Theresa Loe: Okay.
- Jennifer S.: Yup, yup, yup.
- Theresa Loe: Okay, perfect. If we have a rooster in our group, or in our flock, how many days would it take for me to hatch an egg, if it had been fertilized?
- Jennifer S.: How we do our hatching is, if you only have a few chickens, you might have to collect eggs for a couple days actually, fill up your incubator. If have a fertilized egg, that egg will stay viable for about 10 days, which means ... it's kind of like a seed, your seed is fertilized and it won't start growing until you add water and warmth and things like that and an egg is very similar.
- Jennifer S.: You can collect your fertilized eggs and out them in the incubator all at the same time and those cells won't start dividing until the heat and the moisture is actually applied. Your chickens will all hatch at the same time. It take a chick 21 days to turn into a chick in the egg and it will hatch after 21 days.
- Theresa Loe: If we wanted to hatch our own or if someone were to purchase fertilized eggs from you and want to hatch their own, is it a fairly inexpensive thing to get a little hatchery?

-
- Jennifer S.: Yeah you can ... there's even plans online where you can make your own incubators, you need a constant heat source, you need a source of humidity and you need time and you have to turn the eggs so that the yolk doesn't adhere to the out shell.
- Jennifer S.: You can get incubators that are foolproof that will turn the eggs themselves that regulate the humidity, that regulate the heat, or you could get something real simple like a wooden box and a light bulb ... it's a little bit more into it than that. You'll have to look up some plans online.
- Jennifer S.: I would say ... If I was gonna look for breeds that weren't in my local feed store, my next place to look would be from hatching eggs. You can have them shipped in and then you can put them in your incubator and for relatively inexpensive, just the cost of running heating element, you can hatch out your own chicks.
- Theresa Loe: Okay, okay great 'cause that's something I have never done but it always sounded fun now the-
- Jennifer S.: It's fascinating.
- Theresa Loe: I'm sure, I'm sure it is. The only risk is that you don't know ... they haven't been sexed so you wouldn't know if you're getting male or female but even in sexed chickens that we buy as baby chicks, there's always the risk of a rooster 'cause it's not an exact science. This would be very fun and if you have larger area where you could have a rooster, here in the city, we have laws like I can't have a rooster.
- Jennifer S.: Sure, 'cause of crowing.
- Theresa Loe: Yes, exactly and so if I did get a rooster, I have a rooster plan. I have someone who can take it-
- Jennifer S.: Nice.
- Theresa Loe: I always tell people, if you're going to do this, and you absolutely cannot have a rooster, you have to have a rooster plan. Some people, that might mean, they're gonna cull the chicken but a lot of people are doing this for pets with kids and they don't want to do that so you have to have a place for this rooster to go and don't just let it go out in the wild because it cannot survive.
- Theresa Loe: I know a lot of people who do that and think, "Oh, I'll just let it run free." No you're just feeding the coyotes. Don't do that if you are trying to save its life then don't do that.
- Jennifer S.: That's a great point. If you're gonna do it, you have to be responsible. [crosstalk 00:20:59].

Theresa Loe: Absolutely, absolutely. But if you can have a rooster for you have a place or have a friend who has a farm or whatever that you could ... if all roosters, you'd have a place for them to go, then it's definitely would be a fun thing to do, absolutely.

Theresa Loe: Something I forgot to ask you though, when we were talking about the colors of the eggs, I know that sometimes the earlobe color is a match to the egg or is that a myth?

Jennifer S.: No it is true, it's not true with every single breed but it is a good indicator. If you are at a poultry show or something and you want to buy a chicken and you can't look up what color egg that breed is gonna lay, a good indicator, it's probably right maybe 75, 80 percent of the time, is if the chicken has a red earlobe, its more likely to lay a brown egg. If the chicken has a white earlobe, its more likely to lay a white egg.

Theresa Loe: Okay cool, yeah I was wondering how accurate that was. About 80 percent, that's pretty good. That's about the same of how likely you'll get a rooster. You have about a 20, 30 percent chance I guess.

Theresa Loe: Okay so one of the questions I wanted you to answer for people is about egg freshness and I loved that you had this in your book because I had learned this also just from being an owner is that if you have ... lets say we're keeping our eggs in the refrigerator and we have some kind of in the back of the refrigerator and we're like, "Hmm, how old are these?" You have little test that we can do, it's called the float test.

Theresa Loe: Can you explain how that works?

Jennifer S.: Sure. As an egg ages, the shell of an egg is not a sealed container, it actually has microscopic pores where it allows oxygen to flow through so as an egg ages, oxygen goes through those pores and actually will dehydrate out some of the eggs contents so the older the egg, the more air that's inside the shell.

Jennifer S.: With that air, if you want to check how old an egg is, if you float the egg, a fresh solid, thinking inside of it, moist egg inside will sink right to the bottom. As the egg ages, it will start to sort of tip up to where the pointy end is up on end, that's okay. Those are still edible but if the egg is completely buoyant and floats at the top, then I wouldn't eat those eggs. Sometimes they're okay but I wouldn't chance it.

Theresa Loe: Yeah, yeah.

Jennifer S.: I would just discard them.

Theresa Loe: Yeah, 'cause they're pretty old at that point. I thought that was great because once you have your own chickens, you're rotating those eggs through your refrigerator and if you don't have a good system or someone places like some fresh brought in eggs and they put them over in the corner and you ... I've had it happen many times where I'm like,

"How old is this egg?" No idea, maybe one of my kids just brought it in 'cause there was only one and the put it in a bowl and stuck it to the back and now I have no idea if it's even good.

Jennifer S.: We free range our chickens and a lot of times our girls will end up in our barn in the hay barn and they'll lay a great big clutch of eggs and we find it and it's like, "Well how old are all these eggs now?" We didn't know she had these in here. That's a great way to test those too.

Theresa Loe: Yeah, absolutely. That's a really good point.

Theresa Loe: Let's talk about temperature for a minute since we're kind of on that and refrigeration. I refrigerate my eggs but in know that there's a ... this is big controversy, some people are like, "You do not have to refrigerate," and other people, "You do have to refrigerate," and actually, from my research, there seems to be really good documentation on both ends but America, I went through culinary school so they really drill into to you to refrigerate and we have different standards than England. In England, they don't refrigerate. They have the same amount of salmonella that we do from what I understand.

Theresa Loe: I was just curious, do you refrigerate or do you not refrigerate?

Jennifer S.: I refrigerate after I wash our eggs and I would like to say that I feel like there are as many different opinions about this and there's many different standards to this as there are chicken people and I feel like there's a pretty big window of variance in your practices.

Jennifer S.: We do refrigerate, I refrigerate after I wash just because when the egg is laid, it's coated in a bloom, which prevents bacteria or a lot of bacteria from flowing in and out of the egg pores. Once I wash it, that bloom is removed so the egg actually spoils faster. If you cool your eggs before you wash the bloom, there is some things that say that it can draw bacteria into the egg. Now how much bacteria, what are your real chances of getting sick from an egg like that, I mean obviously not very much because you refrigerator your eggs before you wash them and you're fine.

Theresa Loe: Yeah.

Jennifer S.: Its really just ... I kind of like to say how paranoid do you want to be.

Theresa Loe: Yeah, no I think that's really good and that's really the point I wanted to make 'cause we do it differently. I do not wash my eggs, I put them because I harvest first thing in the morning. They aren't sitting in the chicken poo all day and rolling around in a dirty thing.

Theresa Loe: I keep it very clean, I pick them up every morning and then I immediately refrigerate and I don't wash them 'cause I don't want to wash off the bloom but I wash them just before I use them. You do the

opposite, you bring them in, you wash them first and then you refrigerate.

- Theresa Loe: The biggest point an egg has little tiny, tiny microscopic holes, like you said, the bloom that's on there from the chicken does provide a protective layer but with time, that bloom deteriorates and it's not like it's ... like its Fort Knox, it's still ... things can get in there.
- Theresa Loe: Definitely, compared ... to me, compared to the commercial, industrialized chicken egg where there's ... first of all, they're probably shot up with antibiotics but also the conditions that they're in and the health of the birds versus the health of my birds, I feel very comfortable and I've never been sick from my eggs and I know you haven't either.
- Theresa Loe: Definitely a personal choice though and I think you're right, it's like how paranoid do you want to be and I don't feel like there's really a right or wrong because everybody has data to back it up. That's why I wanted to bring it up because we do it differently and I have no problem with the way you do it and I know you don't have problem with the way I do it. Everyone just has to pick what works for them, [crosstalk 00:27:44].
- Jennifer S.: Yeah, I think they need ... just do some research, learn why to refrigerate and why to wash or why not to wash. Learn about the bloom and decide what's right for you and use some common sense and I think you'll be fine.
- Theresa Loe: Yep, yep, exactly. Good, I'm glad we talked about that.
- Theresa Loe: One thing I wanted to ask you about because I loved that you had this in the book as well is when you have your own chickens and you know I only have three and you have a lot more than that but we end up getting a lot of eggs sometimes in the spring time and you had a way of freezing them. Could we talk about that? How do you preserve your extra eggs?
- Jennifer S.: Yeah, it's really easy. If you have a cupcake tin with the non stick coating on the cupcake tin, just crack an egg in each of the up cake tins and then freeze it, uncovered or anything until they're frozen solid, maybe like two, three hours and then I take them out and I just crack them like ice cubes and you can store them in zip lock bags in your freezer and they don't make a great fried egg. The yolk encasing kind of breaks down in the freezing process so if you put it in your frying pan, it's gonna be ... it's just not gonna be like a fresh fried farm egg.
- Jennifer S.: They work great for scrambled eggs, they work good in baking or anything that you're gonna not want that beautiful presentation for a fired egg.
- Theresa Loe: Yeah, very cool. The trick though is do not keep them inside the shell because the shell will ... I imagine they expand and it explodes anyway.

-
- Jennifer S.: Yeah. I mean anyone who's raised chickens even in cold climates, if I don't get out there first thing in the morning right after the girls lay, the eggs will freeze and they'll break open just 'cause the contents expands. Sometimes we have to get rid of eggs that are broken in the nest box. The shell will open up and some of the insides will start to push out.
- Theresa Loe: Yeah, okay well I think that's a great way to do it and I like the idea of then taking them and putting them in baggies so if you need two eggs, you could just pull them right out of the bag. Very cool.
- Jennifer S.: Yeah, yeah just thaw them out in the refrigerator like over night or whatever, if you know you're gonna have scrambled eggs in the morning, take your eggs out the night before and put them in the fridge.
- Theresa Loe: Perfect. Okay. Something else I wanted to ask you about was that you cover other poultry, other birds besides chickens and so one of the birds that you talk about, you know you talk about ducks and geese and everything but you also talked about quail and I was really fascinated by that because they do sell quail eggs and quail at my local feed store here in Los Angeles. I always thought it would be fun, because I love quail eggs and I always thought it would be fun to have some quail but I'm sure, because they're not ... they're wild so you can't let them run around like you do your chickens.
- Theresa Loe: If I wanted to raise quail, they just have to have their own enclosure, I wouldn't keep them with the chickens.
- Jennifer S.: Right, yeah. They're pretty tiny and you might get some pecking if you kept them with chickens. Quail also eat a different diet than chickens so it might be challenging to keep the two different feeds separated.
- Jennifer S.: Quail should be fed a game bird feed, which has a higher protein content, I believe it's 28 percent protein. That might be difficult, keeping quail with chickens. I would keep them in their own separate pen. I kind of look at quail like raising rabbits. They can stay in a smaller pen, they're a smaller bird but the nice thing about quail is that they ... everything's fast tracked. They mature faster, they hatch quicker. Their hatch rate, their hatch period is 14 to 18 days.
- Jennifer S.: Depending on the breed, there's different breeds of quail but its anywhere from 14 to 18 days and they can start laying at six weeks. You get smaller eggs but you get them quicker. It's kind of a ... I think they're a great addition to a farmstead.
- Theresa Loe: Yeah, and they're so cute.
- Jennifer S.: They are. They're really cute. Especially when they're [crosstalk 00:31:49]-
- Theresa Loe: I know people eat them, but I think if I were to ever do it, I would want them of the eggs. It would just be a fun little side project.

-
- Theresa Loe: Yeah, okay well that's really cool. So if people are interested in other types of eggs, you do talk about other eggs in the book, which I thought was really great.
- Theresa Loe: Well Jennifer, thank you so much for coming on the show today, this was really fascinating information and I just really appreciate you taking time to share it with my listeners.
- Jennifer S.: Well thank you for sharing my book, it was fun.
- Theresa Loe: Well I hope you enjoyed that interview with Jennifer Sartell, the author of Epic Eggs. I found her book really fascinating and if you are raising backyard chickens or thinking about it, I think you'll enjoy her book as well.
- Theresa Loe: To get more information on Jennifer and her book, you can just go to livinghomegrown.com/143 and remember that today's podcast episode was brought to you by my living homegrown institute, which is my membership site. If you would like to get a copy of my Farm Fresh Success Path, you can go to livinghomegrown.com/path and download it there for free.
- Theresa Loe: That's it for this week, I hope you enjoyed that episode, I have lots more that I am working on right now that it can't wait to share. I love bringing you people who are living the same lifestyle that we are striving to have for ourselves.
- Theresa Loe: Until next time, just try to live a little more local, seasonal and home grown. Take care everybody.
- Announcer: That's all for this episode of The Living Homegrown Podcast. Visit livinghomegrown.com to download Theresa's free canning resource guide and find more tips on how to live farm fresh without the farm. Be sure to join Theresa Loe next time on The Living Homegrown Podcast.