

At Sunset View Farm, our Chicken Eggs are from Pastured Chickens and are Corn and Soy Free

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Corn and soy-free eggs are high in omega 3 and can help balance the omega 3/6 proteins to a healthier diet. Eggs in general have an amazing amount of protein and nutrition value that are helpful to the digestive system.

When it comes to eggs, market shelves are filled with terms like “cage-free” and “free-range.” But the term “pasture-raised” is relatively new and many health professionals – not to mention, consumers – confuse the term with others.

Caged: Hens are confined to cages with a 67- square inch space each. They never see the light of day and consume a corn or soy diet. Over 90 percent of eggs in the U.S. come from hens that are kept in cages for their entire egg-laying lives.

Cage-Free: These ladies have more room than caged hens since each is given less than 1 square foot. Still, they’re not entirely “free,” since they’re confined to barns and consume a corn or soy diet. Free- Range: Allotted less than 2 square feet per hen, these animals have more space than their caged and cage-free peers, but they don’t get outdoors as much as you may think. Some seldom get to see the light of day and many eat a corn- or soy-based feed.

Pasture-Raised: These ladies are given at least 108 square feet each and consume some feed and lots of grass, bugs, worms, and anything else they can find in the dirt. They tend to be let out of the barns early in the morning and called back in before nightfall. Pastured-raised hens also produce healthier eggs, according to a 2003 study out of Pennsylvania State University. In it, researchers found that one pasture-raised egg contains twice as much omega-3 fat, three times more vitamin D, four times more vitamin E and seven times more beta-carotene than eggs from hens raised on traditional feed. From an agricultural standpoint, pasture-raised eggs are often superior too. When hens graze, manage their own feed and spread their own manure, farmers have less work and need less equipment.

Both corn and soy are incredibly rich in inflammatory omega-6 polyunsaturated fatty acids (PUFAs). As a result, hens that were fed a corn and soy-based diet produce eggs that are higher in omega-6 than those of hens that had a different diet.