

LOCAL FARM FRESH EGGS VS COMMERCIAL EGGS EXPERIMENT

I picked up some local free range eggs from The River Country Store more or less on a whim. I could not recall if I have ever had non-commercial eggs before, so I decided to give them a try. I was slightly put off at first because they looked a little dirty. I was also a bit puzzled as to why they were not refrigerated. (Is it obvious yet that I am not a country boy?) I did a bit o' research on the ol' interwebs and found that this was normal. Not only normal, but a huge benefit. It turns out that you do not have to refrigerate farm fresh eggs because of the natural protectant on them. If you super clean them, you clean off the protectant too and then have to refrigerate them. This is exactly why you have to refrigerate commercial eggs.

Anyways... I hear tell that farm fresh, free range eggs have a much superior taste as compared to commercial eggs, but can I tell the difference?

PROBLEM STATEMENT

Do local farm fresh eggs taste better than commercial eggs bought in main stream grocery stores?

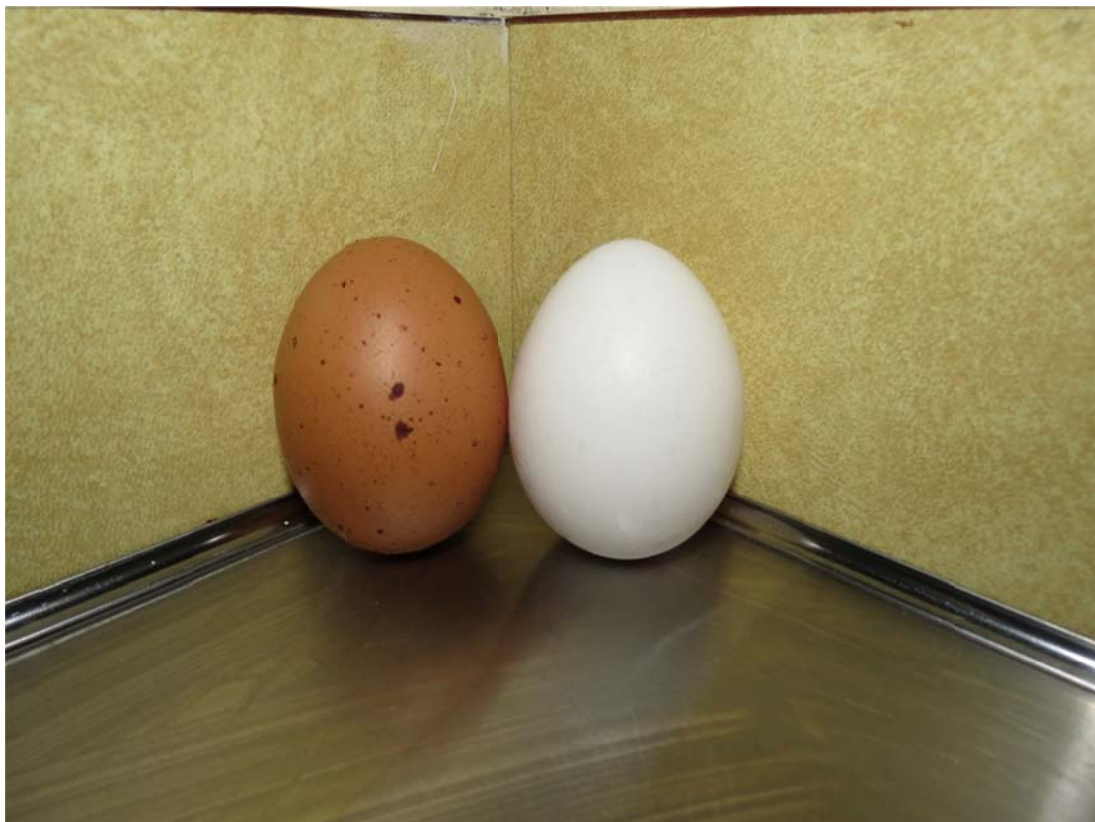
HYPOTHESIS

I have NO idea... Maybe??? Some people dig them, but I really don't know!

EXPERIMENT LOG

20170505 (FRIDAY)

I fried them up over easy with some salt, pepper, and garlic powder. Now I am not great with eggs, but I think they turned out decently. Could I taste a difference? I thought maybe at the first bite there was something different about the local free range eggs, but I may have been imagining it. Overall, I could not really discern a difference. I suspect that was mostly due to my generous use of seasoning. I was also not entirely happy with my methodology; the pans were roughly the same size, but slightly different and they were cooked on separate burners so the heat was probably not exactly the same. I bought another one of those little egg pans and was planning on trying that, but now that I think about it, the temperature controlled electric skillet would be a better choice.





20170604 (SUNDAY)

I tried again today. My goal was to minimize any sort of subconscious bias, so I designed the experiment accordingly.

Description:

I was going to do sunny side up, but I broke one of the yokes, so scrambled it was! I cooked them at the same time on a temperature controlled electric griddle using egg rings. I did not use any seasoning. When finished, I put them on plates, with the bottoms labeled, on a lazy susan. I then blindfolded myself and spun the lazy susan in both directions several times. I then sampled each egg a little bit at a time (still blindfolded) making notes as I ate.

PRELIMINARY Conclusion:

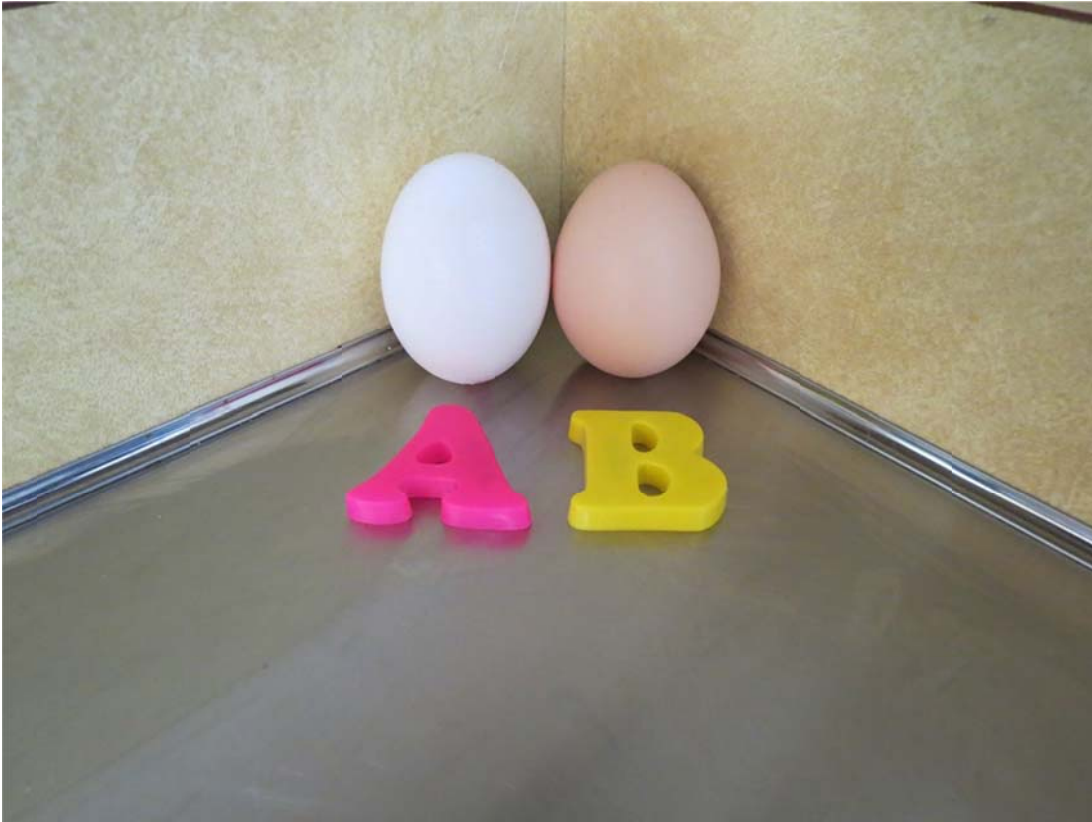
I found that there was maybe the subtlest of difference between the two, but not what I would necessarily call significant. I did, however, wind up choosing the Local Farm Fresh eggs.

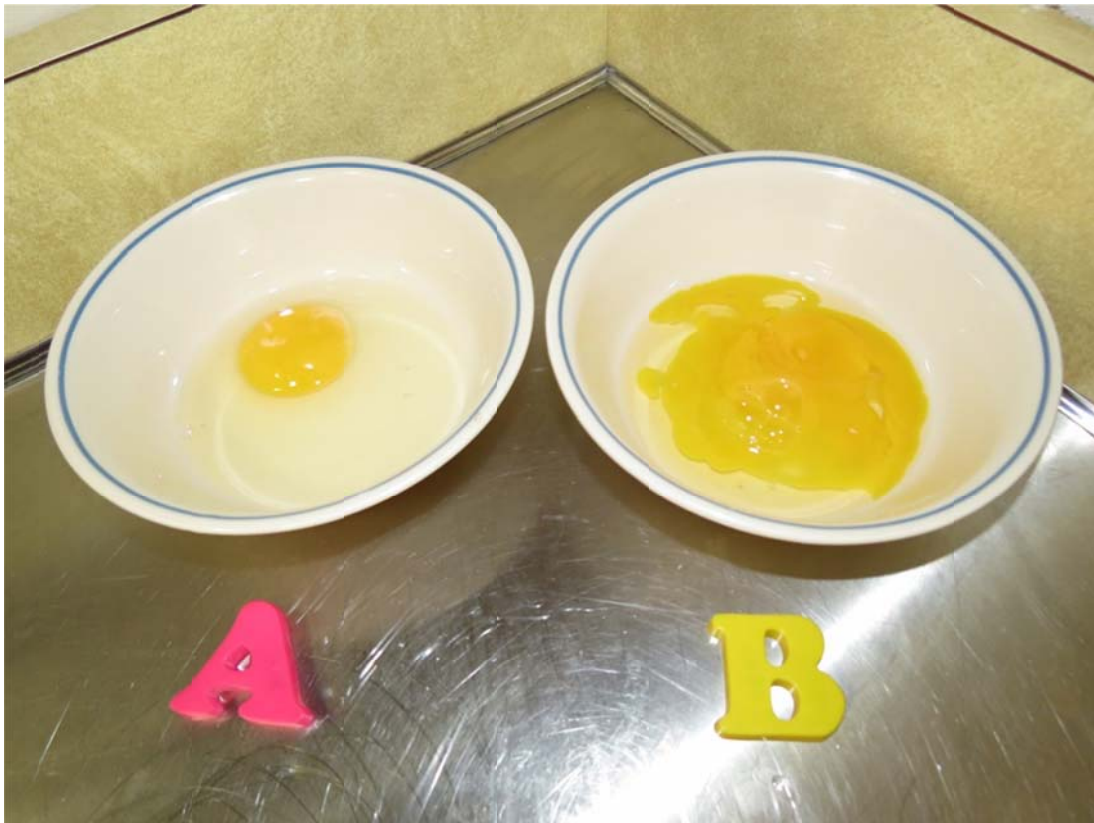
Discussion:

This is obviously not a super strict setup, but I think it is reasonable given the limitations. So far, I have only one data point (I am not counting the first one), so we can't really draw any conclusions. I think I will need to do more tests and see how the results trend. One thing I will do next time is let the commercial egg warm to room temperature before cooking; the commercial eggs are stored in the fridge, while the local farm fresh are not.

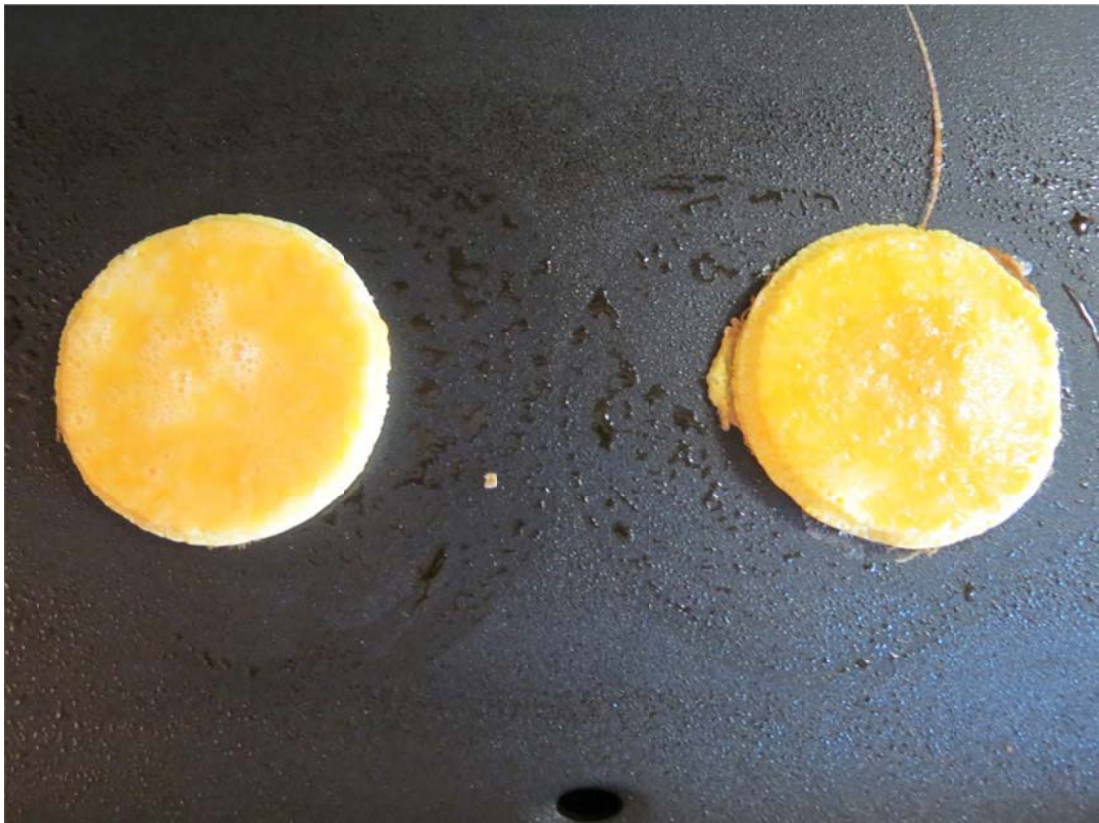
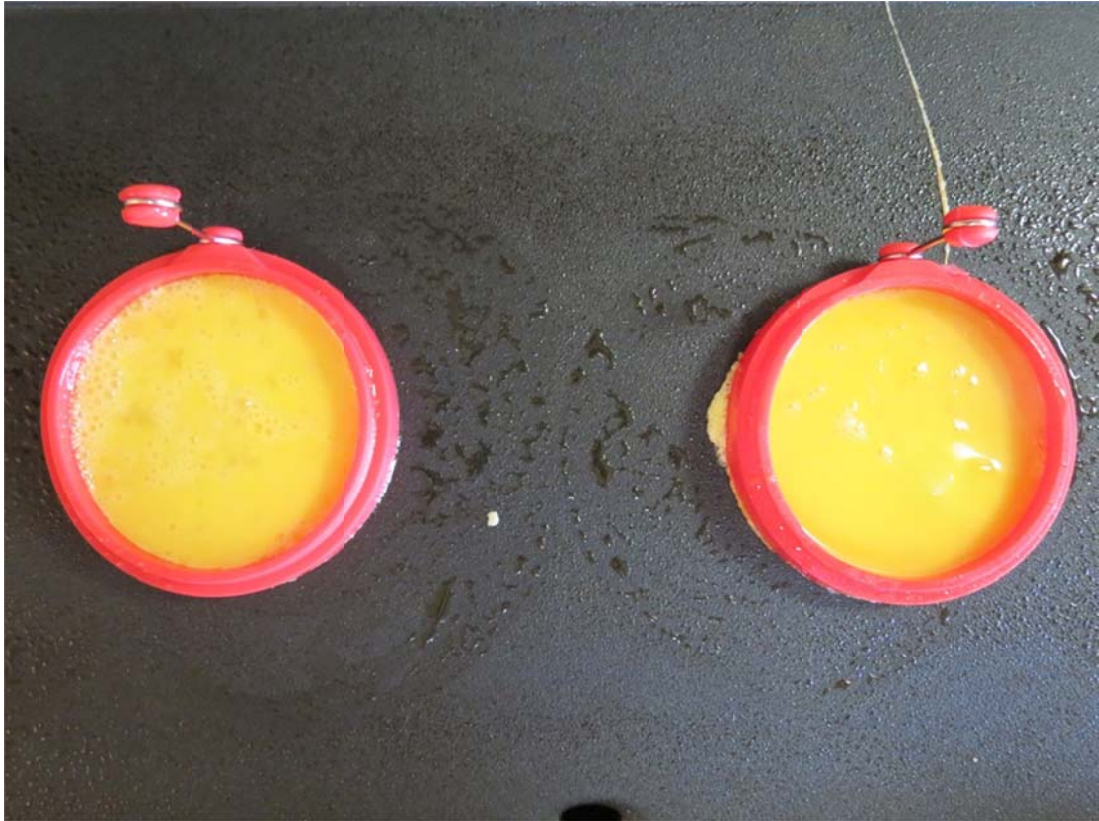
A couple of other things to note....

- 1) I am not an expert at cooking eggs
- 2) I probably do not have the most "refined" of palates.











20170610 (SATURDAY)

I tried again today. Same setup as last week, but I left the store bought egg out on the counter for a while to give it a chance to warm to room temperature before cooking. Eggs were cooked at 300 deg. F on an electric skillet in egg rings for about 3 minutes then flipped and cooked for an additional minute.

Observations:

I believe the egg yolks for the farm fresh eggs were yellower (if that is a word). It also broke easier which meant I had to go with scrambled again. The farm fresh also cooked faster, but that may have been due to its smaller size.

PRELIMINARY Conclusion:

Once again, I found that there was maybe the subtlest of difference between the two, but not what I would necessarily call significant. Once again, I picked the farm fresh egg.

Things to Try Next Time:

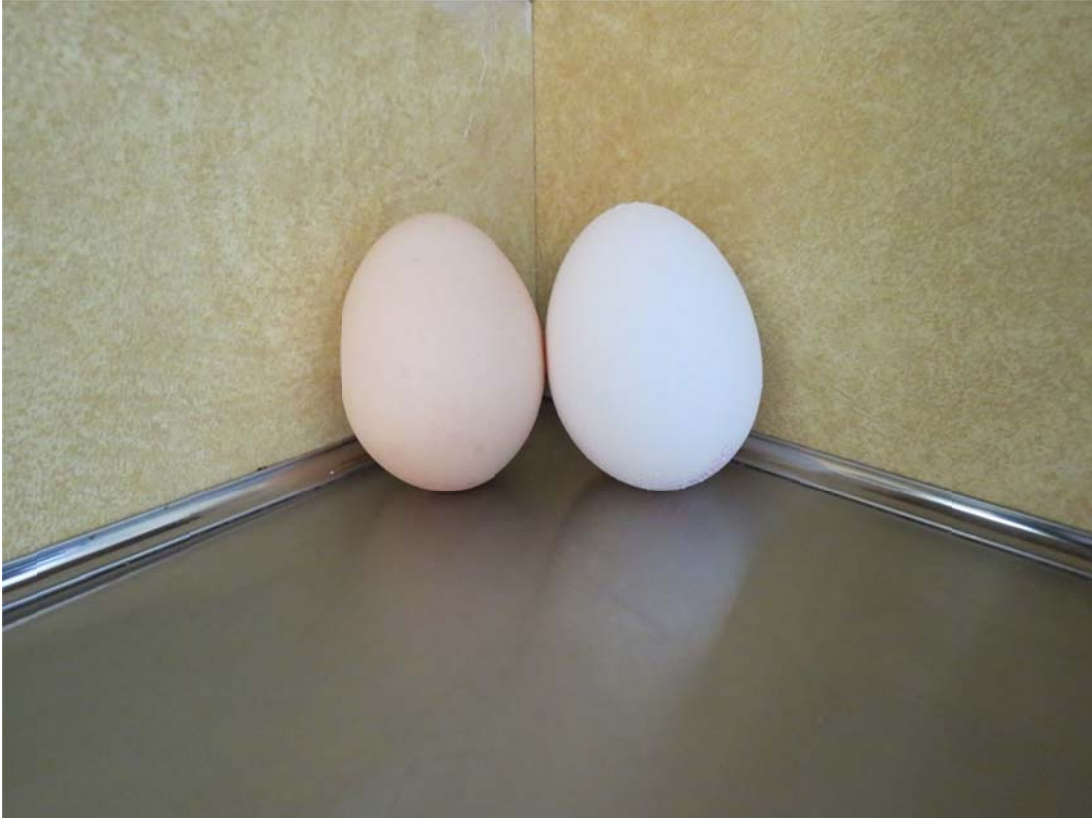
I will either get smaller store bought eggs or start the farm fresh eggs cooking a little later than the commercial eggs.

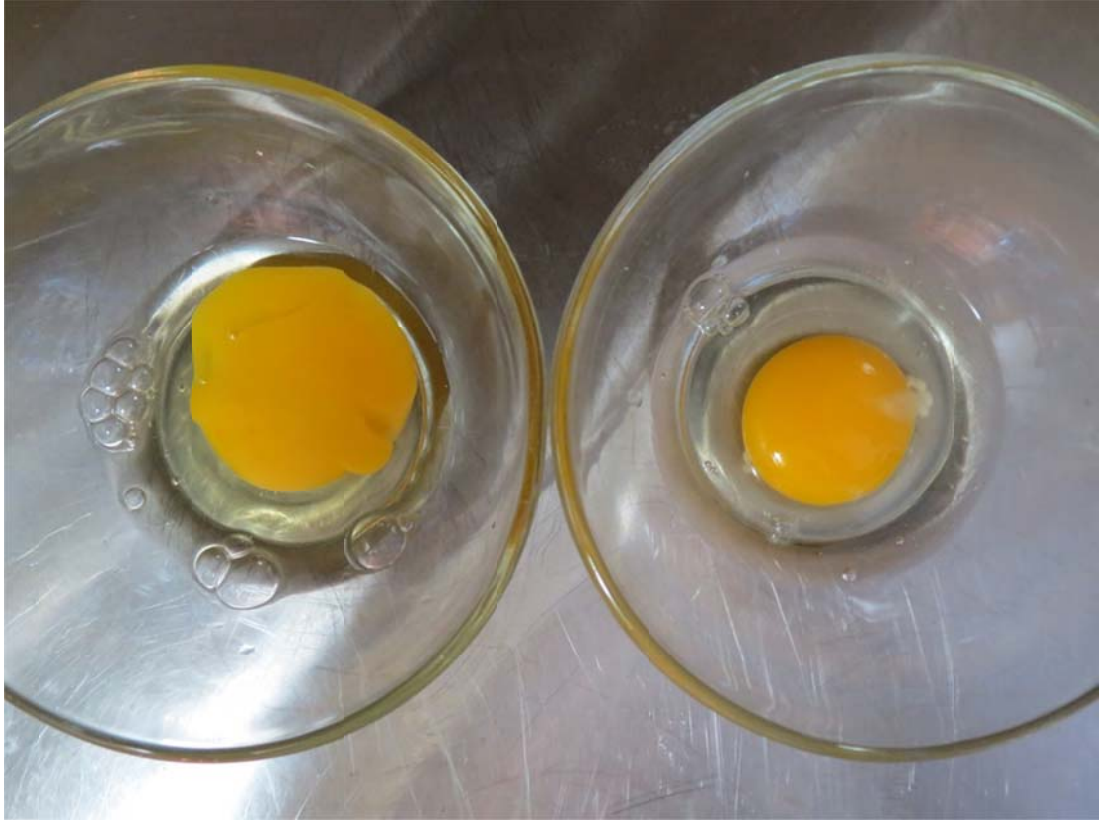
At some point I also want to try eggs from different farms. I am told the farm that the eggs come from can make a world of difference.

Discussion:

Even if I cannot taste significant difference between the local farm fresh and commercial eggs, I will still buy the local farm fresh. Why?...

- 1) Convenience Getting Them - They sell them at The River Country Store which is RIGHT on my way home.
- 2) Convenience Storing Them - They can be stored at room temperature and can last for several weeks (depending on who you talk to).
- 3) I Dig the Colors - Almost a silly thing, but I like all the different colored eggs.
- 4) Support Local Businesses - Not only is the store local, but so is the farm.









CONCLUSION

So far.... No, local farm fresh eggs do not taste significantly better than commercial eggs bought in main stream grocery stores.

Maybe I can taste the subtlest of difference, but nothing that knocks my socks off. However, I will still buy the local farm fresh. Why?...

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