

## Labonsky eggs (pickled)

First and foremost, review the safety and storage instructions recommended by the National Center for Home Food Preservation.

[http://nchfp.uga.edu/how/can\\_06/pickled\\_eggs.html](http://nchfp.uga.edu/how/can_06/pickled_eggs.html)

The above website also includes 6 different recipes for pickled eggs.

The activity possibilities are endless!

- Choose one of the recipes, gather supplies, and prepare the eggs as a science experiment. Keep an observation log of the step-by-step process. Did the eggs turn out as expected? Were any problems encountered? Be sure to eat the eggs for comments on texture and taste.
- Enlist the help of other adults to prepare several different recipes and conduct a straightforward taste test since the majority of children have probably never seen pickled eggs.
- The above taste test could be graphed to determine the most popular recipe.
- Conduct a contest! Divide children into groups and allow them to prepare a pickled egg recipe (the same recipe and supplies for each group). Engage a judge or judges to conduct a taste test and declare the top chefs.
- Eggs are not the only food item that is pickled, nor even the most popular. A study of the different types of produce and the process of preservation might be interesting for children who have never thought about how those canned green beans got to the grocery store. Use this “Stuff of Genius” video clip to introduce the topic.  
<http://shows.howstuffworks.com/stuff-of-genius/41738-napoleon-and-canned-food-the-story-of-nicolas-appert-video.htm>
- If you know a gardener and preservationist, they could be asked to speak on the process, from seed to dinner table.
- An older person with experience of being more self-sufficient in their food production, could be asked to speak about life before supermarkets and the easy availability of prepared foods.