



CWD Healthy Update

CWD Nutrition
Services Department

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All About Eggnog

According to food expert Alton Brown, eggnog is a stirred custard—a mixture of dairy and eggs similar to ice cream. However, the amount of alcohol in eggnog does not allow it to freeze.



Eggnog dates back to the 14th Century when medieval Englishmen drank a hot cocktail containing milk curdled with ale or wine and often sweetened or spiced. Over the years, eggs were added to the drink.

When the drink was

brought to America, colonists added rum, which was less expensive than liquors shipped from England. Since most colonists had milk and eggs on hand, it became a drink that was affordable for people of all classes.

Where the name came from is debated. One explanation is that the rum used in Colonial America was called “grog”, so the name may have been a combination of the ingredient names “egg-and-grog”. Others think the name refers to

“noggin”, which was a small wooden mug that was often used to serve the drinks at the tables in the taverns.

If you choose to make your own eggnog, keep food safety in mind. Use pasteurized shell eggs.

FDA regulations require at least 1% of eggnog’s final weight be from egg yolk solids.

If you enjoy eggnog, consider portion size—a 4 oz. serving of commercial eggnog may contain 170 calories, 10 grams of fat, and 70 mg of cholesterol.

Weekly Produce Update

Avocado’s—Mexico continues to limit harvest reducing the volume imported into the US.

Cauliflower—we are in a harvest gap & supplies are limited.

Lettuce—supplies are limited compared to recent weeks & demand is up. Romaine supplies are good.

Tomatoes—supplies continue to be tight. Cold weather in Florida has impacted production fur-

ther stressing the empty pipeline due to the impact of Hurricane Irma.

Strawberries—Mexican production is expected to keep supplies steady.

ProMark

CWD will be closed on Christmas Day & New Year’s Day. Check with your CWD DSC for your holiday week order & delivery schedule.

Celebrate December!

- Fruit Cake Month
- Egg Nog Month
- Winter Begins
- Hanukkah
- Christmas
- Kwanzaa
- New Year’s Eve

