WELCOME TO THE EGG-CELLENT WORLD OF

Redmond REPURPOSED

Discover how utilizing eggshells for plants, pets, and humans not only provides incredible health benefits but also contributes to a zero-waste lifestyle.

This new edition of Redmond Repurposed harnesses sustainability practices, **making every shell count!**

MATERIALS NEEDED

Pasture-raised eggshells

Baking sheet

Oven

Blender or food processor

Airtight container or jar

INSTRUCTIONS

01

Clean and Remove Membrane from Eggshells:

Rinse the eggshells under running water to clean them.

Gently peel away the membrane from the inside of the eggshells using your fingers or a knife.

02

Dry the Eggshells:

Preheat your oven to 200°F.

Place the eggshells on a baking sheet, spread out in a single layer.

Bake the eggshells for about 10–15 minutes to dry them out.

03

Crush the Eggshells:

Transfer the dried eggshells to a blender or food processor. You can also use a mortar and pestle.

Pulse or grind until finely crushed into a powder-like consistency.

04

Store the Calcium Powder:

Transfer the crushed eggshells to an airtight container.

Store in a cool, dry place, away from sunlight.

If stored properly, this supplement will be good for several years.

HOW TO USE THIS SUPPLEMENT

FOR HUMANS:

- Incorporate the calcium powder into your diet by adding it to smoothies, juices, or recipes for calcium supplementation.
- Take it as a dietary supplement by mixing the powder with water or adding it to capsules.
- Use it as a natural toothpaste or mouth rinse to strengthen teeth enamel and promote dental health.

FOR DOGS:

- Mix the calcium powder into your dog's food to provide them with a supplemental source of calcium for strong bones and teeth.
- Sprinkle it over homemade dog treats or mix it into homemade dog food recipes.
- Consult with your veterinarian for proper dosage and integration into your dog's diet, especially for specific health conditions or dietary requirements.

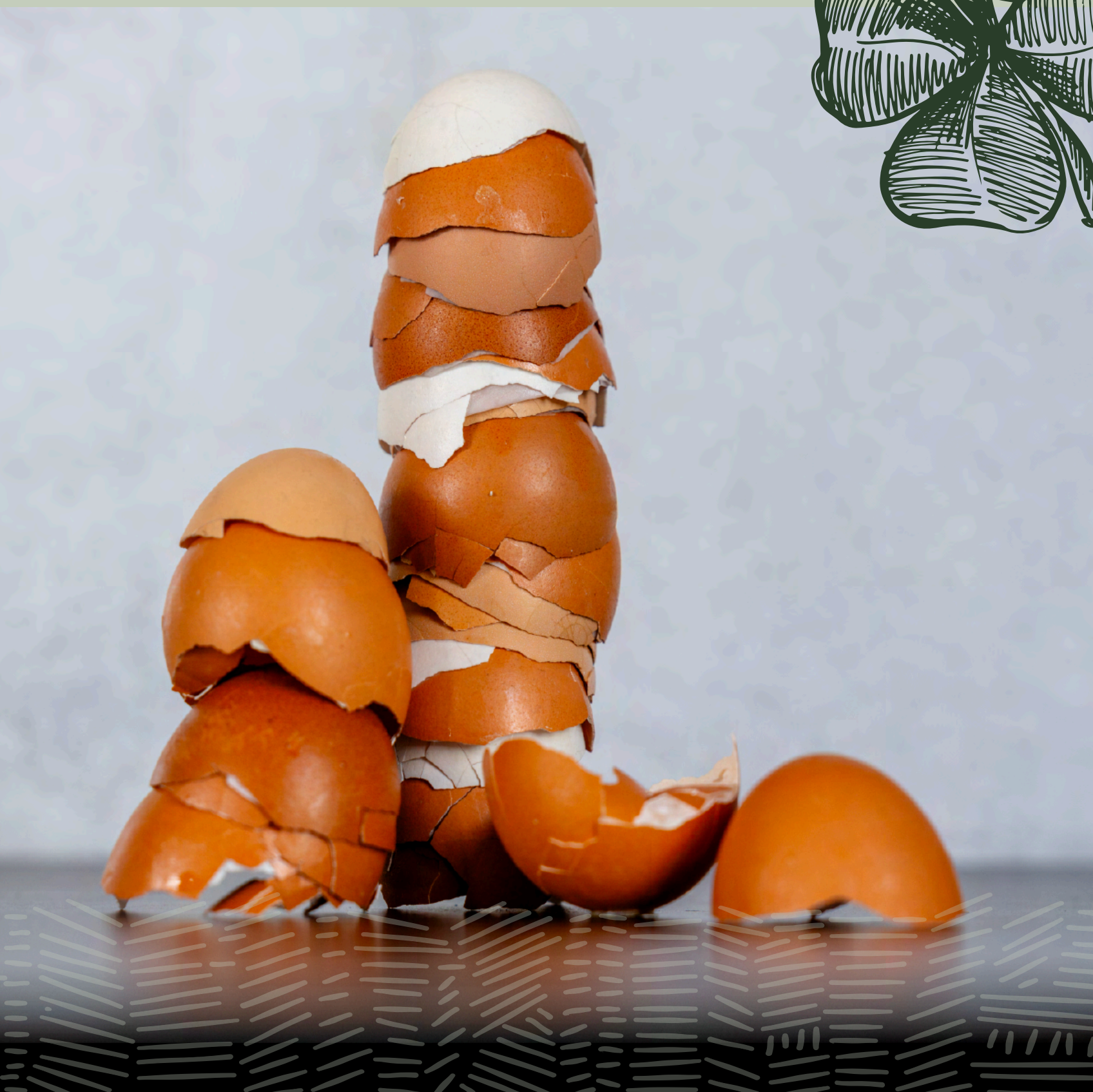
FOR PLANTS:

- Blend the calcium powder into the soil before planting or mix it with organic fertilizers to enrich the soil with essential calcium.
- Apply it as a foliar spray by diluting the powder in water and spraying it onto the leaves of plants to provide a direct source of calcium.
- Incorporate it into compost piles to enhance nutrient content and improve soil health for optimal plant growth.

BENEFITS

Eggshells are a treasure trove of calcium carbonate, similar to the composition of popular calcium supplements.

Incorporating crushed eggshells into your diet offers a natural and sustainable way to bolster your calcium intake—vital for bone health, muscle function, and nerve transmission.

This emphasis on calcium is no surprise, as it makes up the predominant component by mass. In even better news, eggshells from pasture-raised eggs boast even higher calcium content, thanks to the nutrient-rich diet of the hens.

This mineral dominance makes eggshells a prime candidate for enhancing your nutritional intake.