

Dairy

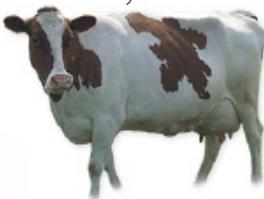
Holstein



Brown Swiss



Ayrshire



Guernsey



Jersey



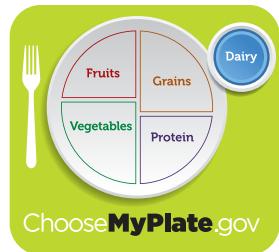
Milking Shorthorn



Did You Know

- All dairy products are derived from animal milk. Although we most commonly think of milk coming from cows, Montanans also drink goat's and sheep's milk! In many other cultures, people drink milk from other animals including donkeys, horses, oxen, buffaloes, and camels.
- Only female cows can make milk. But she must have a calf first. Calves are baby cows that drink milk made and stored in their mothers' udders.
- Milk can be used to make a variety of dairy foods, such as yogurt and cheese. Common types of cheese include: fresh or unripened (mozzarella), soft ripened (Brie), semi-hard (cheddar), hard (Parmesan), and blue-veined (Gorgonzola). What is your favorite kind of cheese?
- There are six main dairy cattle breeds in the United States: Holstein, Ayrshire, Brown Swiss, Milking Shorthorn, Guernsey, and Jersey. The Holstein cow make the most milk of all breeds – more than 100 glasses of milk a day!
- The black and white spots on a Holsteins are like fingerprints—no two cows have exactly the same pattern.
- In 2015, Montana was home to approximately 13,000 dairy cows on nearly 65 dairy farms. A farm in Montana usually has about 210 cows in their herd. Have you ever met a cow on a farm or in a petting zoo?
- Dairy foods and drinks like milk, yogurt and cheese are packed with vitamin D and calcium. These nutrients help us to grow strong bones and help our heart, muscles, and nerves to work correctly.

- Do you know anyone who is lactose intolerant or can't drink milk because it makes their stomach hurt? Some people have trouble digesting lactose. Lactose is a type of sugar found in milk and dairy. If you can't have regular dairy foods, you can try different foods that still taste like dairy such as fortified lactose-free yogurt or alternative milks, like soy or almond milk.



ChooseMyPlate.gov

Agriculture & Processing

- The average dairy cow spends most of her time either resting or eating. She can eat up to 14 meals a day! Dairy cows are housed on farms, fed high quality cow feed, and milked two times a day. The milk is then taken from the farm to one of several Montana dairy processing plants, where it is pasteurized. Pasteurization kills bad bacteria, making it safe for you to drink. Milk can also be turned into foods like cheese, yogurt, or sour cream. These foods and drinks then go to your grocery store or school, where they are stored in cold, refrigerator shelves.
- How does yogurt get its special flavor? Yogurt is milk that is fermented with lactic bacteria. This is good bacteria that gives yogurt its sour taste! Cheese is created from the thickening and draining of milk, cream, or both. Like yogurt, cheese requires good bacteria to separate into curds (solid) and whey (liquid). Cheese is harder than milk or yogurt because the liquid has been drained out!

Buying Tips

Dairy products include milk, yogurt, cheese, ice cream, butter, and other products. Milk is perishable, so use the sell by dates to select milk that is fresh. Dairy products should be refrigerated at or below 40°F and not be left at room temperature for any longer than two hours. Avoid storing milk in a refrigerator door where the temperature may fluctuate.



Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.

Book Nook

Fudge the Jersey Cow, by Farmer Bryan, Simon Chadwick



Farm to Table: Milk, by Ann O. Squire

Milk From Cow to Carton, by Aliki

Cody the Allergic Cow: A Children's Story of Milk Allergies, by Nicole Smith

The Complete Cow, by Sara Lindsay Rath

All About Dairy, by Vic Parker

The Milk Makers (Reading Rainbow Book), by Gail Gibbons

Razzle Dazzle Smoothie

Create-a-Smoothie, New England Dairy and Food Council

Servings

6

Ingredients

1 1/2 cups  Fat-free milk

3 cups  Vanilla yogurt, low-fat

1 1/2 cups  Mixed berries, frozen

1  Banana, frozen

Preparation

1. Collect and measure all ingredients.
2. Add the fruit and yogurt to the blender.
3. Pour the milk into the blender.
4. Blend for about 30-45 seconds until smooth.
5. Refrigerate leftovers immediately. Drink within 2 days.

Tools



Blender

2 Montana Harvest of the Month: **Dairy**



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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