

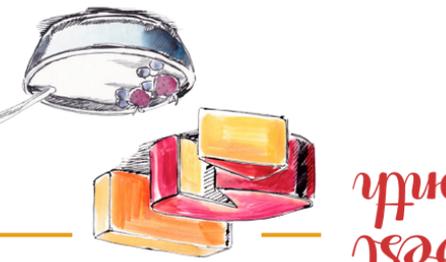
The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth). Funds were provided in part by USDA Team Nutrition Training grants and Dairy Milk; USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veterans' Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 US8DP004818-03-01 & US8DP004818-03-00.



- Combine plain low-fat or fat-free yogurt and granola for a delicious breakfast, snack, or dessert.
- Add low-fat or fat-free milk and fresh berries and fruit to hot or cold cereals or substitute milk for water to prepare hot cereals, such as oatmeal.
- Use low-fat or fat-free yogurt combined with herbs, spices, or peanut butter as a dip for fruits or vegetables.
- Enjoy milk, yogurt, or cheese for a calcium-rich snack or use to add nutrients and flavor to casseroles, soups, stews, or vegetables.

### Cooking

Dairy products may be used in a variety of ways. Try a few of these tasty options:



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.

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. Yogurt is milk that is fermented with lactic acid bacteria; once there is enough lactic acid produced, the milk begins to thicken. Cheese is created from the coagulation (thickening) and draining of milk, cream, or a combination of both. Similar to yogurt, cheesemaking requires lactic acid produced by enzymes, acid, or a combination of heat and acid that will cause milk solids (curds) to form. The firm cheese texture is developed by separating and draining the curds from the whey (liquid) proteins. Cheese is then salted and aged (stored at different temperatures, humidity levels, and lengths of time) to develop different textures and flavors. Of the 72 varieties of cheeses, most age for at least 60 days, but fresh cheeses like ricotta, feta, or cottage cheese do not get aged or preserved for any length of time. Dairy products should

### From Moo to You

# Dairy



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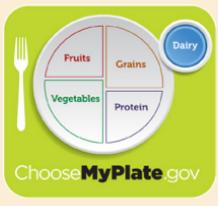


### Did You Know

- All dairy products are derived from mammal milk. Although milk most commonly comes from cows, Montana also has goat and sheep milk producers. People also consume milk from different animals including donkeys, horses, oxen, buffaloes, and camels.
- There are six main dairy cattle breeds in the United States, including: Holstein, Ayrshire, Brown Swiss, Milking Shorthorn, Guernsey, and Jersey. The Holstein cow produces the most milk of all breeds, about nine gallons of milk per day! Each cow produces an average of six to seven gallons per day, which is 2,500 gallons of milk annually. Besides the amount of milk produced, different breeds produce varying amounts of milk fat, making them more or less suitable for making dairy products like cheese.
- In 2015, Montana was home to approximately 13,000 dairy cows on nearly 65 dairy farms. The average herd size was about 210 cows in Montana.
- Cheese varieties are classified based on a number of characteristics, but most commonly according to firmness and moisture content. Moisture content may be as low as 30% in firm cheese, while soft or fresh cheeses may be as high as 80%. Common cheese varieties include: fresh or un-ripened (mozzarella), soft ripened (Brie), semi-hard (cheddar), hard (Parmesan), blue-veined (Gorgonzola), processed (American), and cheese substitute.

### Nutrition Information

Dairy products are rich in calcium, potassium, B vitamins, and protein, and they are often fortified with vitamin D. Not many foods contain vitamin D, as our bodies are designed to produce it with the help of sunlight. Vitamin D promotes calcium absorption and bone growth. Calcium is necessary to maintain healthy bones and to carry out other body functions. Dairy products such as milk, yogurt, and cheese are excellent sources of calcium and constitute a majority of Americans' calcium intake. The Dietary Guidelines for Americans recommend choosing low-fat and fat-free dairy foods most often.



**Dig Deeper** For recipes, lessons, quick activities, resources, and guides, visit: [www.montana.edu/mtharvestofthemoth](http://www.montana.edu/mtharvestofthemoth)