

NATIONAL

DAIRY

MONTH

The Wayne Herald
— **June 15, 2023**

History of milk, milk products discussed

National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world.

From field trips to dairy farms to swapping favorite cheesecake recipes, National Dairy Month is celebrated in many different ways across the United States. Highly nutritious, tasty and versatile, milk is often characterized as “nature’s most nearly perfect food.” It is a good time to take a moment and acknowledge the contribution the dairy industry has made to the U.S.

A Brief History of the Dairy Industry in America

Milk and milk products have played an important role in America’s history since 1611, when the first cows were brought to Jamestown, Virginia. Since those early days, the industry has successfully continued to serve the nutritional needs of a growing nation with a wide selection of products.

Today’s dairy industry includes the farmers, who produce the milk; processors and manufacturers, who provide all the services needed to turn out a

variety of wholesome, refreshing dairy foods; and the retailers and foodservice operators, who bring these products directly to consumers.

Because milk and milk products are now readily available and frequently consumed in the U.S., a steady supply of these foods is often taken for granted. However, until fairly recently, milk was not always so readily available.

The milk bottle was invented by Dr. Hervey Thatcher in Potsdam, New York in 1884 and it was not until 1895 that commercial pasteurizing machines were introduced. Thanks to the many advancements and improvements achieved by the entire industry in the areas of processing, packaging, refrigeration and distribution, a wide range of dairy products is now available to everyone.

A Growing Industry

Another key development in the growth of the dairy industry has been the important research and experimentation which has resulted in improved methods of selection, breeding and feeding of cows.

According to the most recent statistics from the U.S. Department of Agriculture, the number of U.S. milk cows continues its growth trend. In 2008 there was an increase of 26,000

cows over 2007. At the same time, the national average milk per cow rose to 20,396 pounds, setting a record for a seventh year straight.

Two western states lead the nation in per cow production efficiency; Arizona maintained its lead for the second year in a row, producing 23,382 pounds of milk per cow in 2008. The State of Washington was second, producing at 23,344 pounds.

Regional trends in 2008 showed strong increases in production, with California, continuing to lead the nation in farm milk production. All but one of the top 10 milk producing states increased their output over 2007. Texas had the largest percentage increase in output of the top 10 producing states with an increase of 14 percent in 2008; New Mexico increased its output by 7.9 percent, and Idaho increased its output by 6.63 percent. The top 10 states accounted for 73 percent of all U.S. milk production.

Nearly 41 percent of the U.S. milk supply produced in 2008 was used to make cheese. Approximately 15 percent of the milk supply was used for fluid milk, while 8 percent went into the production of frozen dessert. Butter accounted for about 19 percent of the milk supply. The demand for milk for

cheese making has risen dramatically over the past few decades. In 1960, cheese making accounted for about 11 percent of all milk produced in the United States; in 1998, this became the dominant use of milk, and now accounts for more than a majority of milk utilization.

Fluid Milk Sales and Consumption Overview

While total sales of fluid milk products in the United States have changed little during the past 20 years, the recent trend away from whole milk to lower-fat milks continues. Supermarket data provided by Information Resources, Inc., shows that the sale of reduced-, low- and fat-free white milk demonstrated a very modest growth in 2008, while the sale of whole white milk decreased by approximately 0.3 percent in 2008. However, low-fat flavored milk showed an increase of 0.4 percent in 2008 and accounts for approximately 42.3 percent of all flavored milk sales through supermarkets.

According to USDA’s Economic Research Service, total per capita consumption of all fluid milk products was 179.9 pounds in 2008,

See HISTORY, page 6

IDFA lauds introduction of Dairy Nutrition Incentives Program Act of 2023

By Michael Dykes,

While dairy products are repeatedly recommended by the 2020-2025 Dietary Guidelines for Americans (DGA) as a core component of a healthy eating pattern, the DGA also highlights that 90% of Americans do not consume enough milk and other nutritious dairy products.

New legislation introduced in the U.S. Senate seeks to address this significant gap by increasing access to nutritious dairy products like milk, cheese, yogurt and other cultured dairy products among participants in the Supplemental Nutrition Assistance Program, or SNAP.

The Dairy Nutrition Incentives Program Act of 2023, introduced by U.S. Senators Amy Klobuchar (D-Minn.) and Roger Marshall (R-Kan.), would provide SNAP participants with a dol-

lar-for-dollar match for the purchase of nutritious dairy products. The program would expand the Healthy Fluid Milk Incentive Projects (HFMI)—a 2018 Farm Bill program currently testing best practices for incentivizing milk purchases among SNAP beneficiaries—to include additional nutritious dairy products like cheese and yogurt. The bill incorporates recommendations, observations, and evaluation findings from current HFMI projects, respectively from the Baylor Collaborative on Hunger and Poverty, Auburn University's Hunger Solutions Institute, and U.S. Department of Agriculture (USDA).

International Dairy Foods Association (IDFA) President and CEO Michael Dykes, D.V.M., lauded the introduction of the Dairy Nutrition Incentives Program Act of 2023:

"In this time of chronic food insecurity,



New legislation would expand Healthy Fluid Milk Incentives Projects to increase SNAP participants' access to a variety of nutritious dairy products.

ty, it is critical that we find new ways to improve access to foods that nourish and promote good health and well-being, particularly for our nation's

most food-insecure individuals. Dairy products like milk, cheese and yogurt are nutritional powerhouses, packing essential nutrients that promote healthy immune function, hydration, cognition, mental health, bone health, and lower the risk for type 2 diabetes and cardiovascular disease. Yet 90% of Americans do not consume enough nutritious dairy products, according to the 2020-2025 DGA report.

"The Dairy Nutrition Incentives Program seeks to improve this rate among our nation's most vulnerable. The program would build on the early learnings of the Healthy Fluid Milk Incentives Projects to provide SNAP participants with incentives where and when they can be most effective for encouraging consumption of healthy dairy products.

See NUTRITION, page 5



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One-Pot Butternut Squash Mac and Cheese

Ever find yourself needing to sneak veggies into a dish? Well, here is a foolproof way to have your plants and eat them too: This One-Pot Butternut Squash Mac and Cheese brings all the cheesy flavor you expect from a com-

fort-food classic. Try the one-pot cooking technique, which brings out extra creaminess. You could even swap in pumpkin or cauliflower for the same mouthwatering effect—scroll on down for variations.

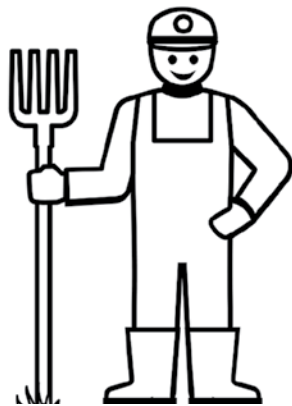
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Cream
Cow

Milk
Moo
Parlor
Protein
Vitamin
Yogurt



thedairyalliance.com/junedairymonth

Ingredients:

- 1 tablespoon butter
- 1 pound butternut squash, peeled, seeded and cut into cubes*
- 1 cup cheddar cheese, shredded
- 2 cups chicken broth, or water
- 1 pound elbow macaroni
- 1 teaspoon kosher salt
- 2 cups milk, whole or reduced-fat
- 1/8 teaspoon ground nutmeg
- 1 medium yellow onion, diced
- 1 teaspoon ground black pepper.

Directions:

1. Heat the butter in a large, shallow pan on the stovetop over medium high heat. Add the onion and cook until translucent, about five minutes.
2. Add the butternut squash and

water or broth. Bring mixture to a boil then reduced heat, cover and simmer until squash is soft (about 15 minutes).

3. Use an immersion blender or transfer mixture to a regular blender and puree until smooth. If using a regular blender, return mixture to pan.

4. Add the noodles and bring to a boil.

5. Once boiling, reduce the heat to a low simmer and add the milk. Continue cooking over low heat, stirring occasionally, until the noodles are almost al dente and most of the liquid is absorbed, about 15 minutes.

6. Remove from heat and stir in the cheese, nutmeg, salt and pepper until fully incorporated.



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Why is milk part of school meals?

By **Katie Bambacht**,
Vice President of School Nutrition at
National Dairy Council

Dairy milk is an integral part of the federal school meals program due to its unique nutritional package. One glass of milk delivers 13 essential nutrients that fuel children's growth, development and learning, making it an important component of their overall diet.

School Milk Helps Children Meet Nutritional Needs

According to U.S. Department of Agriculture (USDA) data, school meals are the richest source of dairy in children's diets. A 2017 study showed 77% of daily milk consumption and 70% of total dairy consumption for low-income children aged 5-18 came from the national school meals programs, underscoring the importance of school meals and milk's role in helping children meet their nutritional needs for growth and development. Because most children and adolescents don't meet daily dairy recommendations, school meals can help close the gap and bring students closer to nutrient recommendations for calcium, vitamin D, potassium and other nutrients pro-

vided by milk.

Chocolate and Flavored Milk in Schools

The USDA allows low-fat (1%) and fat-free (skim) chocolate and other flavored milks in schools and states "flavored milk has received high palatability ratings from children and has been shown to encourage milk consumption among school-aged children. Studies indicate that children drink more flavored milk than unflavored milk, and that flavored milk served in the school meal programs is wasted less than unflavored milk." Furthermore, studies show that consumption of flavored milk is associated with better overall diet quality without any adverse impact on weight.

School Meal Milk Standards

The school milk standards require that:

All milk must be fat-free or low-fat.

Milk may be unflavored or flavored.

A variety of milk (two options) must be offered.

Unflavored milk must be offered at each meal service.

Low-fat or fat-free lactose-free and reduced-lactose milk may be offered.

When deciding the two varieties of milk to offer, a school can consider

the fat level or flavor. For example, a school can offer low-fat unflavored and low-fat flavored milk to meet the variety requirement.

By broadening milk choices in schools, students have more options

that encourage milk consumption and increase the chance they will meet their recommended daily servings.

If you have questions about school milk in your area, please reach out to your local dairy council.



Prize winning animal

Courtney Roeber was all smiles after exhibiting her dairy animal at the 2022 Wayne County Fair. Roeber earned a number of awards, both for showmanship and her animals during the fair.

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What is the FARM Animal Care Program?

Simply put: Cows come first. Dairy cow care is one of the most important parts of creating wholesome and quality milk and dairy products, and farmers are constantly discovering new ways to help optimally care for their cows—no matter the season.

Dairy farmers—with small or large farms—use best management practices as outlined in the National Dairy Farmers Assuring Responsible Management (FARM) Animal Care Program to ensure their cows are well-cared for.

The FARM Animal Care program provides standards to ensure high-quality animal care. These standards are developed by farmers, veterinarians, dairy welfare academics and other industry experts. Ninety-nine percent of the milk supply comes from U.S. dairy farms that are enrolled in the FARM animal care program, demonstrating the commitment of U.S. dairy farmers and the broader dairy community to assuring the health and welfare of dairy cows through exceptional cow care.

FARM is the first livestock animal care program in the world to be recognized by International Organization for Standardization (ISO) Animal

Welfare Management standards. As part of the program, second-party evaluations are completed by trained and certified evaluators on every participating dairy at least once every three years. More than 450 trained and certified second-party evaluators have conducted more than 90,000 on-farm evaluations since the program's inception. The evaluators check that participating dairy farms are responsibly managing all aspects of cow care including but not limited to:

- Employee training
- Appropriate nutrition for all cows and calves
- Well-maintained facilities
- Maintenance of appropriate record-keeping and protocols
- Working with veterinarians and other animal care professionals; and
- Third-party verification.

Dairy farmers, regardless of their herd size, use many ways to provide quality animal care. Many modern dairy farms today include free-stall housing. This type of barn allows cows to eat, drink and rest whenever and wherever they choose—within the barn and the surrounding area. Other farms choose open lots that allow for easy access to and from housing to

open land. Some farms opt to use tie-stall barns, which provide individual stalls for cows that allow for clean, dry and comfortable resting and standing and ample room for farm workers to milk the cow in the stall.

Many barns also feature fans and water misters that keep the cows cool and comfortable in the warm months. Farmers also provide clean sand, wood chips, mattresses or even waterbeds for comfortable bedding for their cows.

Dairy farmers are always evolving their feed management techniques and nutrition to ensure cow health and improve the environmental sustainability of their farms while achieving optimal productivity. While each farm is unique, most dairy cows are provided balanced nutrition through a total mixed ration that consists of good quality forages, and a balance of grains and proteins, vitamins and minerals.

Nutrition—

(continued from page 2)

It would also ensure the program can continue to expand to additional areas of the country, particularly in areas of most need.

“IDFA applauds U.S. Sens. Klobuchar and Marshall for leading this effort to address rising food insecurity by increasing access to nutritious dairy products.”

Background on the Healthy Fluid Milk Incentives Projects

IDFA led the charge in the 2018 Farm Bill to create the Healthy Fluid Milk Incentives Projects (HFMI) and has since closely collaborated with USDA, the Baylor Collaborative on Hunger and Poverty, and Auburn University's Hunger Solutions Institute to grow the projects. The Farm Bill authorized \$20 million for the projects. For the past three fiscal years, Congress has increased funding to expand HFMI to more than 150 retail locations in Alabama, California, Georgia, New Jersey, South Dakota, and Texas by the end of 2023. In total, \$9 million has been appropriated to Healthy Fluid Milk Incentives Projects, including \$4 million in the FY2023 appropriations bill that will be awarded this year to continue expanding projects around the country.

To learn more about the health benefits of milk, cheese and yogurt, visit www.idfa.org/dairynourishes.

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History of milk, milk products discussed

(continued from page 1)

a decrease of less than 0.1 percent from 2007.

Sales of U.S. fluid milk products fell 0.9 percent to approximately 20.86 gallons per capita.

Meanwhile, sales of cream and specialty dairy products, such as yogurt and cottage cheese, dropped slightly in 2008. However, yogurt sales showed a growth of 3.44 percent, based on health benefits, new flavors and increased variety in packaged servings.

Nutrient Powerhouse

Milk is packed with nine essential nutrients important for your health. In fact, without milk in your diet, it's difficult to get the right amounts of the nutrients you need. Numerous studies have shown that milk drinkers have healthier diets compared to non-milk drinkers.

In fact, a recent study confirmed that cow's milk and milk products are America's top source of Vitamin

D. Researchers found that milk supplies half of all the Vitamin D in the American diet. Using the latest national data on what more than 16 thousand Americans over the age of 2 eat, researchers looked at the contribution of each food group to the total vitamin D intake. No other food item came close to supplying the vitamin D punch that milk and milk products provide. In fact, for kids ages 2 to 18, milk provided nearly two-thirds of all vitamin D in their diet.

This study reinforces that it's important to get the recommended three 8 ounce glasses of milk each day - it provides 75 percent of the dairy value of vitamin D. Milk also provides eight other essential nutrients including calcium, potassium and Vitamin A.

History of Cheese

No one really knows who made the first cheese. According to an ancient legend, it was made accidentally by an Arabian merchant who put his supply of milk into a pouch made from a sheep's stomach, as he set out on a day's journey across the desert. The rennet in the lining of the pouch, combined with the heat of the sun, caused the milk to separate into curd and whey. That night he found that the whey satisfied his thirst, and the cheese (curd) had a delightful flavor, which satisfied his hunger.

Cheese making flourished in Europe and became an established food. As population across the United States continued to grow dramatically, the demand for cheese increased and the industry gradually moved westward, centering on the rich farm lands of Wisconsin. In 1845, a band of Swiss immigrants settled in Green County, Wisconsin and started the manufacturing of foreign cheese in America. Most Wisconsin farmers began to believe that their future survival was tied to cheese and their first factory was a Limburger plant, which opened in 1868.

As cheese demand continued to grow and spread rapidly, manufactured and processed cheese production increased dramatically. Total natural cheese production grew from 418 million pounds in 1920 to 2.2 billion pounds by 1970. Rising demand for cheese throughout the 1970s and 1980s brought total natural cheese production to more than 6 billion pounds by the beginning of the 1990s. Processed cheese also experienced a surge in consumer demand with annual production exceeding 2 billion pounds a year by the beginning of the 1990s.

Today more than one-third of all milk produced each year in the U.S. is used to manufacture cheese.

Ice Cream for America

While we know that cows were brought to Massachusetts and Virginia in the early 1600s, the first official account of ice cream in the New World comes from a letter written in 1744 by a guest of Maryland Governor William Bladen and records show that President George Washington spent approximately \$200 for ice cream during the summer of 1790.

Until 1800, ice cream remained a rare and exotic dessert enjoyed mostly by the elite. Around 1800, insulated ice houses were invented. Manufacturing ice cream soon became an industry in America.

In the 1940s through the '70s, ice cream production was relatively constant in the United States. As more pre-packaged ice cream was sold through supermarkets, traditional ice cream parlors and soda fountains started to disappear. Now, specialty ice cream stores and unique restaurants that feature ice cream dishes have surged in popularity. These stores and restaurants are popular with those who remember the ice cream shops and soda fountains of days past, as well as with new generations of ice cream fans.

SOURCE: American Dairymen. Published May 26, 2020.

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Midwest Dairy elects new leadership

Charles Krause from Buffalo, Minnesota, was newly elected as chair of Midwest Dairy during the organization's annual meeting in Des Moines, Iowa.

Elections for the Corporate board officer team were also held. Dan Hotvedt, Decorah, Iowa, was newly elected as first vice chair; Bill Deutsch, Sycamore, Illinois, was newly elected as second vice chair; Rita Young, Plainview, Minnesota, was re-elected as secretary and Matt Schelling, Orange City, Iowa, was newly elected as treasurer.

New members elected by their divisions to the Midwest Dairy Corporate board include:

- Anthony Anderson – Minnesota
- Eric Hoese – Minnesota
- Tom Walsh – South Dakota

The 2023 division board officers and new division board members are as follows:

Illinois Division

- Chair – Bill Deutsch, Sycamore
- Vice chair – Brent Mueller, Garden Prairie
- Secretary – Amy Hildebrandt, South Beloit
- Treasurer – Glen Meier, Ridott

Iowa Division

- Chair – Dan Hotvedt, Decorah
- Vice chair – Lee Maassen, Maurice
- Secretary – Jonna Schutte, Monona
- Treasurer – Pam Bolin, Clarksville
- Josie Rozum, Ely, and Matt Simon, Blainstown, were seated as new members of the Iowa Division board.

Minnesota Division

- Chair – Kristine Spadgenske, Menahga
- Vice chair – Kate McAndrews, Sauk Centre
- Secretary – Mindi Arendt, Mazeppa
- Treasurer – Rita Young, Plainview
- Megan Schrupp, Eden Valley, and Rita Vander Kooi, Worthington, were

seated as new ex-officio members of the Minnesota Division board.

Mo-Kan Division

- Chair – Byron Lehman, Newton, Kansas
- Vice chair – Steve Ohlde, Linn Kansas
- Secretary – Donna Telle, Uniontown, Missouri
- Treasurer – Curtis Steenbock, Longford, Kansas

Michael Hemme, Concordia, was seated as a new member of the Mo-Kan Division board.

Nebraska Division

- Chair – Mary Temme, Wayne
- Vice chair – Joyce Racicky, Mason City
- Secretary/Treasurer – Jodi Cast, Beaver Crossing

North Dakota Division

- Chair – Sue Kleingartner, Gackle
- Vice chair – Terry Entzminger, Jamestown
- Secretary – Kim Ledger, Bismarck
- Treasurer – Lilah Krebs, Gladstone

Ozarks Division

- Chair – Nathan Roth, Mountain Grove, Missouri
- Vice chair – Marilyn Calvin, Mt. Vernon, Missouri
- Secretary – Carrie Rantz, Spokane, Missouri
- Treasurer – Mark Fellwock, Monett, Missouri

Bill Haak, Gentry, was seated as a new member of the Ozark Division board.

South Dakota Division

- Chair – Marv Post, Volga
- Vice chair – Kevin Van Winkle, Canistota
- Secretary – Maartje Lemstra, Humboldt
- Treasurer – Jogchum Andrenge, Brandt
- Maartje Lemstra, Humboldt, and Tom Walsh, DeGraff, were seated as

new members of the South Dakota Division board.

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AMPI Cheddar named best in U.S., 2023 Championship Cheese Contest

A Medium Cheddar produced by Associated Milk Producers Inc. (AMPI) in Blair, Wisconsin, has been named the best in its class and second runner-up overall in the 2023 United States Championship Cheese Contest.

AMPI was further distinguished as the only dairy farmer-owned company to have two entries named to the elite

group of top 20 finishers revealed earlier this year.

AMPI's entries topped nearly 2,250 contenders from 197 companies and cooperatives across 35 U.S. states in the biennial competition hosted by the Wisconsin Cheese Makers Association. This is the first time AMPI has achieved the honor of having two cheeses named to the final group in



(Photo credit: Wisconsin Cheese Makers Association)

The photo of the winning cheese depicts (from left) U.S. Championship Cheese Contest Assistant Chief Judge Tim Czmowski holding the First Runner-Up, Vintage Cupola American Original Cheese by Red Barn Family Farms in Appleton, Wisconsin; Chief Judge Jim Mueller holding the 2023 U.S. Champion, Europa by Arethusa Family Farms in Bantam, Connecticut; and Director of Logistics Randy Swensen holding Second Runner-Up, a Medium Cheddar by Associated Milk Producers Inc. in Blair, Wisconsin.

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the same year, said Mike Wolkow, senior vice president of operations.

The second AMPI cheese in the top 20 is a Ghost Pepper Jack, a spicy cheese produced by cheesemakers working at AMPI's Jim Falls, Wisconsin, facility.

Mild Cheddar and Monterey Jack made at the co-op's plant in Sanborn, Iowa, are featured in the first-place shredded cheese blend entry. The blend was cut and packaged at AMPI's Portage, Wisconsin, facility.

"The dedication of our dairy farm families and cheesemakers — and all of the team members in between — ensures consistent championship-caliber cheese that we are proud to deliver to our customers in the U.S.

and around the globe," Wolkow said.

AMPI is headquartered in New Ulm, Minn., and owned by dairy farm families from Wisconsin, Minnesota, Iowa, Nebraska, South Dakota and North Dakota. AMPI is the largest farmer-owned cheese cooperative in the U.S. The cooperative's cheese, butter and powdered dairy products are marketed to foodservice, retail and food ingredient customers. The co-op launched its Dinner Bell Creamery brand and accompanying Co-op Crafted promise in 2019, highlighting more than 50 years of dairy farm families partnering with skilled dairy craftsmen to make great-tasting, award-winning products.

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Celebrate National Dairy Month — 30 ways in 30 days

In honor of National Dairy Month, here are 30 fun and easy ways to add some dairy to your menu, one for each day of the month!

1. Pick yourself up with an iced latte.
2. Lighten up your dips by substituting Greek yogurt for sour cream or cream cheese.
3. Try a smoothie made with fruit and yogurt for breakfast.
4. Add a dab of real cream butter to steamed vegetables.
5. Sprinkle extra Parmesan on your pasta.
6. Parmesan is also great on rice or potatoes.
7. Mix some blue cheese crumbles into your salad.
8. Quick lunch: Top a bagel with spaghetti sauce, mozzarella and pepperoni. Bake for about 10 minutes at 375 degrees.
9. Burgers are better with cheese! While you can't beat classic

American, why not try brie or provolone?

10. Think cheese is just for burgers? It's also a tasty topping on hot dogs and grilled chicken.
11. Make a vegetable lasagna with creamy Alfredo instead of red sauce.
12. Who doesn't love extra cheese on their pizza?!
13. Make a strawberry shortcake with real whipped cream.
14. Instead of shortening, use cream cheese in cake frosting.
15. Bake homemade chocolate chip cookies and serve with a glass of milk for dessert.
16. Add a touch of cream to your tomato sauce for a richer pasta dish.
17. Share a giant banana split (made with chocolate, vanilla and strawberry ice creams) with a friend.
18. Make mac 'n cheese a main dish by adding grilled chicken and broccoli.
19. Serve Swiss cheese and bacon

quiche for dinner.

20. Have a White Russian after-dinner cocktail.
21. Try a new cheese in your grilled cheese sandwich, such as asiago or gruyere.
22. Cool off with a malted milk shake.
23. Add some cheddar to scrambled eggs for a cheesy egg scramble.
24. Have a fondue party!
25. Easy appetizer: Skewer a grape tomato, a piece of mozzarella and a basil leaf on a toothpick. Drizzle with olive oil and salt & pepper.
26. Mix some ricotta cheese into baked ziti.
27. Host a tea party with cucumber and cream cheese sandwiches.
28. Add feta cheese to cooked couscous for a unique side dish.
29. Spice up a turkey sandwich with a slice of pepperjack cheese.
30. Don't feel like cooking? Have a big bowl of your favorite cereal with cut fruit and milk.

Dairy Industry Association. It is the local affiliate of the National Dairy Council®, which has been conducting nutrition education and nutrition research programs since 1915. For more information, visit www.americandairy.com.



Which one is the best?

The Wayne FFA hosted the District Dairy Judging event at the Wayne County Fairgrounds last fall. Students from schools throughout the area took part in the competition. Above, Riley Haschke monitors the cows in one of the groups.

American Dairy Association North East is one of 16 state and regional promotion organizations working under the umbrella of the United

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Lemon pound cake brings sunshine to the table

Cooking at home enables anyone to customize ingredients and gain control of the foods they eat. Too often commercially processed items are contain ingredients that compro-

mise consumers' overall health. This recipe for "Lemon Poppy Seed Pound Cake" is made from pantry staples. Whether baking alone or with the family, try this recipe, courtesy of



This lemon pound cake recipe uses three different kinds of dairy products and makes one cake or six mini pound cakes. Light and airy, this cake, packed with lemon flavor, brings out the tastes of summertime.

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Lemon Poppy Seed Pound Cake
Makes 1 cake or 6 mini pound cakes.

- 1 1/2 cups all-purpose flour
- 1 1/2 cups granulated sugar

- 2 tablespoons lemon zest
- 2 tablespoons poppy seeds
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup (1 1/2 sticks) butter, softened (do not substitute margarine)
- 4 ounces cream cheese, softened
- 4 eggs
- 2 tablespoons milk
- 1 teaspoon Pantry Double Strength Vanilla
- Powdered sugar (optional)

1. Preheat oven to 325 F. Spray Stoneware Fluted Pan with non-stick cooking spray. Combine flour, granulated sugar, lemon zest, poppy seeds, baking powder and salt in a stainless, two-quart mixing bowl; mix well. In a stainless four-quart mixing bowl, beat butter and cream cheese on high speed of handheld mixer for 1 minute, or until blended (mixture will form a stiff paste).

2. In a small batter bowl, whisk eggs, milk and vanilla until blended. Add egg mixture to cream cheese mixture in four additions, beating 2 minutes after each addition. (Do not undermix).

3. Pour batter into pan. Bake 55 to 60 minutes or until cake tester inserted near the center comes out clean. Cool cake in pan 10 minutes. Loosen cake from sides of pan; carefully invert onto a stackable cooking rack, keeping pan over cake. Cool completely.

4. Place cake on serving platter. Sprinkle with powdered sugar or prepare glaze, if desired.

For glaze: Combine 1 1/2 cups powdered sugar and enough lemon juice to make a thick frosting. Spread glaze over top of cake.

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Lactose intolerant? Try these 12 tips to enjoy dairy

Guess what? Being lactose intolerant doesn't necessarily mean you have to give up your favorite dairy products. Unlike allergies where certain foods must be avoided, lactose intolerance is more of a spectrum where people can tolerate varying degrees of lactose.

So if you wound up regretting that cappuccino, don't worry! You don't have to give up all dairy because of one bad reaction—it's not all or nothing. It's all about understanding how much lactose is in the food you love and how much you can handle in one sitting. Here are 12 tips to help you enjoy your favorite great tasting dairy products, and the health benefits that come with them, without the uncomfortable symptoms.

1. Have cookies with your cow's milk. Seriously.

While an 8-ounce glass of cow's milk has 12.6 grams of lactose, having milk with food helps slow digestion which improves tolerance. Try small amounts of milk with cereal, in smoothies, or with meals. There's a reason milk and cookies go so well together.

2. Don't sleep on lactose-free cow's milk.

Whether you're at the supermarket or ordering your favorite bubble tea, you can still choose dairy milk without a single drop of lactose in it. Made

by filtering out the lactose from the dairy milk, or by adding the same lactase enzyme that breaks down lactose, lactose-free milk is a great option for those with lactose intolerance. After all, it's still real cow's milk—you'll still get your nutrients and that same rich taste.

3. Try yogurt at your next brunch outing.

Low-fat, plain yogurt has roughly 5.7 grams in every 3/4 cup serving. But don't let that scare you. Yogurt's live and active cultures help digest this lactose, which can make it easier to tolerate.

4. Give Greek yogurt a try.

Thanks to its unique straining process, Greek yogurt has less lactose than traditional yogurt—roughly 4.2 grams of lactose per 3/4 cup serving. And it still has live and active cultures that help you digest this lactose. Plus, Greek yogurt has high-quality protein and just sounds fancy, in a good way.

5. Experiment with lactose-free yogurts.

Whether you prefer traditional yogurt or Greek yogurt, there are a lot of lactose-free dairy-based yogurt options for you to choose from.

6. Be patriotic—order American cheese.

Made from natural cheese, American

cheese contains just 1.2 grams in a 1/4 cup serving, making it the perfect choice for lactose-friendly grilled cheese sandwiches.

7. Craving a cheese platter? Go au naturel.

Between cheddar, Swiss, mozzarella, gouda, Colby, Monterey jack, provolone—*insert deep breath*—brie, blue, and parmesan, there's a good chance your favorite cheeses are natural cheeses. And they can stay your favorites. Due to the steps in cheese making and the natural aging process, natural cheese has lower amounts of lactose.

8. Use cottage cheese to make the lasagna of your dreams.

Whether you're making lasagna, a casserole, or some dip for your charcuterie board, cottage cheese can come in clutch for you and your lactose-intolerant friends and family—a half cup of cottage cheese contains just 3.2 grams of lactose.

9. Experiment with a lotta ricotta.

A soft and natural cheese known as a must in Italian cuisine, ricotta cheese has less than 2 grams of lactose per 1/4 cup serving.

10. Go ahead, enjoy your cream.

Fun fact: cream cheese, liquid cream and whipped or block cream have less than one gram of lactose per table-

spoon. Want to spread strawberry cream cheese on your bagel? Go for it. Want whipped cream on your morning mocha? Make it happen!

11. Keep screaming for ice cream.

Traditional ice cream has 3.9 grams of lactose per 2/3 cup serving, making it tolerable in small doses for many people who are lactose intolerant. But having a low lactose tolerance doesn't mean you have to miss out. Lactose-free ice cream is available in many mom-and-pop grocery stores in addition to national supermarkets, providing you and your loved ones with a variety of ice cold and deliciously creamy options.

12. Butter your toast. And your blueberry muffin. Your biscuit too.

With less than 0.1 grams of lactose per teaspoon, butter is nearly lactose-free.

All in all, if you're lactose intolerant, you can probably work small amounts of dairy into your meals or choose dairy foods with minimal to no lactose. Then, gradually increase your portion size to find your comfort level.

Once you find that tolerance level, there's only one thing left to do: enjoy your food.

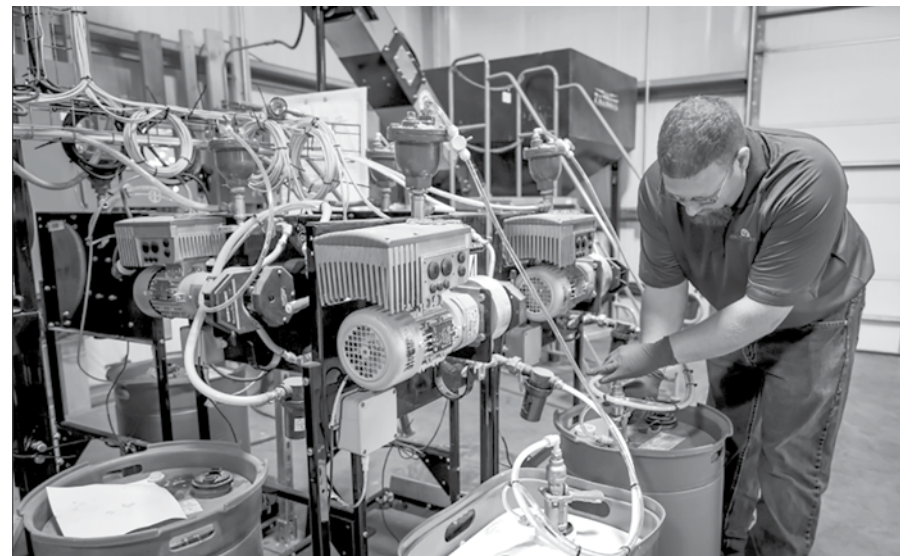
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Meet the Dairy Cow Breeds of the U.S.

Information provided by Midwest Dairy™

Dairy cattle are cows bred for their ability to produce milk from which dairy foods are made. In the U.S., there are seven different dairy cow breeds, including Holstein, Jersey, Brown Swiss, Guernsey, Ayrshire, Milking Shorthorn and Red and White Holstein.

Holstein

The Holstein is the most common of the dairy breeds and is known for her black-and-white spots.

Origin: The Netherlands. A Dutch settler brought the first Holstein to America in 1621.

Characteristics: In addition to her black-and-white markings, she produces more milk than other dairy breeds.

Fun Fact: Did you know Holstein cows' spots are like snowflakes? No two are exactly alike.

Jersey

The Jersey is the smallest of the dairy breeds, weighing in at 800 to 1,200 pounds, while the average cow weighs about 1,500 pounds.

Origin: Isle of Jersey in the British Channel

Characteristics: The Jersey ranges in color from light to dark brown, has big eyes and a docile nature. The most

heat-tolerant of dairy breeds, she produces milk with very high butterfat content.

Fun Fact: Borden Dairy introduced the famous Elsie the Cow, a Jersey, in 1936. You can follow her on Twitter at @elsieborden.

Brown Swiss

Many dairy historians consider the Brown Swiss the oldest of the dairy breeds.

Origin: Alps of Switzerland

Characteristics: Brown Swiss vary in color from silver to dark brown and are large with large ears. Their milk is ideal for making cheese because of its high protein-to-fat ratio.

Fun Fact: Brown Swiss have a kind nature and docile temperament.



Brown Swiss

Guernsey

The Guernsey is known for its rich,

golden color of milk because of its high levels of beta carotene, a source of vitamin A.

Origin: First raised by the monks on the Isle of Guernsey in the English Channel

Characteristics: The Guernsey is a range of fawn to golden in color, often with white legs and white areas on the body.

Fun Fact: Because of Guernsey's renown as a unique producer of rich, golden-colored milk, she was given the title "Golden Guernsey."

Ayrshire

The Ayrshire is known as the "aristocrat" of dairy breeds because of its size and vigor.

Origin: Brought to America around 1800 from the county of Ayr, Scotland

Characteristics: Rusty-red and white in color, Ayrshires adapt easily to their environment.

Fun Fact: Because of their adaptability, Ayrshires are found in most parts of the world, including Southern Africa.

Milking Shorthorn

The Milking Shorthorn is considered a dual purpose breed which can be used for milk or beef production.

Origin: Great Britain.

Characteristics: Large in size, Milking Shorthorn is white and roan

in color, but also can be mostly red with some white markings. Its milk is known for its high protein-to-fat ratio.

Fun Fact: Milking Shorthorn is part of the Shorthorn cattle breed originally developed for beef production.

Red and White Holstein

The Red and White Holstein is the most recent breed to be recognized, coming in to the breed family in 1964.

Origin: The Netherlands

Characteristics: With characteristics similar to a black-and-white Holstein, the "red" of the Red and White Holstein resembles the brown of a chestnut horse. She is known for a strong immune system and tolerance to heat.

Fun Fact: The expression of the red color, replacing the black in Holsteins, is a function of a recessive gene.



Red and White Holstein



(from left) Sedjro Agoumba, boys track; Sierra Mutchler, girls track; Bo Armstrong, boys golf; Brooks Kneifl, baseball.

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