



Mi  
Milk  
Maidens

# Monthly Musings

FEBRUARY 2008

## Tastes Change

Most of you received an email from us about the milk taste a few deliveries ago. In short, according to our farmers, it was due to the cows' diet. They have been off grass now for a few months due to winter snows, and their bodies would normally have gradually acclimated to the diet change, and so would have the taste

of the milk. However, our cows were also suddenly switched to alfalfa that week before our last delivery week in January, and alfalfa has a lot more nutrients and can also change the taste of the milk drastically—which it did. The alfalfa was also from South Dakota, and the soil content is probably different there, too. The milk

tastes much better now, though just wait until the cows get back on that wonderful fresh pasture grass—soon, we hope! Plus there have been at least 18 calves born in the last few weeks, so the milk is even more nutritious. Visit our website to see photos of a few of our new little ones. So cute!

## Farm-to-Consumers

We felt it was important to inform you of an organization we feel strongly about supporting/joining, The Farm to Consumer Legal Defense Fund (FTCLDF). The organization "provides affordable legal counsel to farmers and consumers in need, it will make the needs of the small farmer and the concerned consumer known to our government, and it will promote our shared vision: Sustainable farming and direct farm-to-consumer transactions." They supported Rich Hebron after he was attacked by the MDA (visit our web link entitled "Got Raw Milk? Be Very Quiet" for more info), and they are helping fight the fight to make the sale of raw milk legal in all states.

For a small yearly fee, this group will provide legal advise as well as defense if ever needed. We are joining as Mi Milk Maidens. If you are passionate about drinking Raw Milk and eating locally grown foods, please consider joining as a consumer. For more information please visit their website at [www.ftcldf.org](http://www.ftcldf.org). Just one more way to support local farmers everywhere.

## Raw Recipes: Yogurt

You don't need a fancy yogurt maker to make yummy, fresh yogurt! All you need is a pan, a thermometer, some starter culture, and a warm place for it to culture overnight. For starters, you can get freeze-dried Yogourmet from PFC, or I use a plain yogurt like Seven Stars as a starter. I freeze it in ice cube trays, store in a mason jar, and defrost one when I need a new starter.

1. Heat milk to 110 degrees to keep it "alive" or heat to 180 degrees and cool to 110 degrees for thicker, creamier yogurt.
2. Pour into mason jar or other container and stir in 1 Tbsp of fresh (or thawed cube) yogurt, or your Yogourmet starter
3. Keep warm overnight at a temperature between 95 & 110 degrees. Try different things—you could wrap the jar in a towel or polar fleece and close in the oven with the light on, or put into a pre-warmed cooler, or wrap with a heating pad—the kind that doesn't turn off. I use a large indoor food dryer I built last summer.
4. Refrigerate, and enjoy, adding toppings or stir-ins if you want, or not!

## Notices

- **March monthly fees** are coming due. We will continue with the number of shares you had for February, unless we have heard from you otherwise.
- **Fresh eggs** are available to members through Carmen of Step-N-Tyme Farm for \$3.25 / dozen. Let us know at delivery if you want some for the next week, or set a standing order every week.
- **Changes for pickups** should be called or emailed to us at least two days before the scheduled delivery so we can plan ahead for your milk and/or eggs. Thanks!

## Web Note

You can read interesting information at [www.thecompletepatient.com](http://www.thecompletepatient.com) regarding work by Michigan's raw milk community on gathering data on lactose intolerance. I know at least a few of our members who don't suffer their "normal" I.i. with raw milk.