



Monthly Musings

JANUARY 2008

Welcome!

Thank you to all the former Step-N-Tyme members who have continued on with us. Hopefully the changes have been manageable for you all, and operations will move more smoothly from here. Thanks for putting up with our learning curve!

To those new members who have joined us this month, welcome to

our local raw milk movement! We're happy to have you with us. This really is a movement, even if just in our own minds.

With more people standing up for healthy choices, we can hopefully be part of a future where everyone KNOWS they have choices and KNOWS how those choices affect their bodies, their health, their atti-

tudes, their financial health, and the rest of the world.

For a plethora of information about the benefits of raw milk, for your health and for the local economy, please visit the Real Milk website, sponsored by the Weston A. Price Foundation, at www.realmilk.org.



Notices

- **February monthly fees** are coming due. We will continue with the number of shares you had for January, unless we have heard from you otherwise.
- **Portage delivery day will be changing to Wednesdays.** The time and location will stay the same. The farmer just can't keep up with the milk demand for all locations in one day! This will begin in February, so the next delivery day is February 6th.
- **Battle Creek delivery time** will be changing to 5:30—6:00 pm instead of being a full hour.
- **Calling all Recipes!** We would like to include raw milk recipes in our newsletters every month. If you have one you'd like to share, please email it to us.

Let Us Know

As we are new to this, we are trying to figure out how we can make it all work better for us and for you. Hence the change to monthly shares and the day/time/location changes.

Our farmer, has asked us if there is any interest in **cream**, as they are thinking about investing in a cream separator. I told him there most likely is, but we'd love to hear from

you for sure. We'd still have to figure out how to work it into the share situation (since it's still a raw milk product).

As our herd share program continues to grow, we plan to add a new delivery day and location in **downtown Kalamazoo**. We would like to get an idea of who might be interested in picking up downtown and if afternoons or evenings work better.

Raw Recipes

Lots of people have asked about making butter, so here's how Kristi does it, thanks to Carmen Bartholomew's guidance!

1. Let milk sit in fridge overnight so the cream can rise to the top.
2. Suck cream from the top with a turkey baster & put into a glass container.
3. Leave cream out on counter until it reaches room temperature.
4. Pour cream into blender and blend until the butterfat separates (you'll know when you see lumps of yellow floating on the top).
5. Strain the liquid from the butter (this is buttermilk, though uncultured).
6. Rinse the butter in very cold water, pressing out all the white liquid, until the water runs clear.
7. Salt butter and enjoy!

Discussion

MMM Member Lori Evesque has started a new yahoo group called **Eat Local SW Michigan!** People can discuss where to purchase local/organic food and produce, local farmers and providers can tote their wares, as well as amazing database full of information! Visit <http://groups.yahoo.com/group/EatLocalSWMich/> to join!