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Monthly Musings

MARCH 2008

Our Members

Welcome to all of the recent members to our group of local fresh milk lovers! We're up to almost ninety herd share members now! Some of you drive from as far east as Jackson to our BC delivery, and some drive to Kalamazoo from as far west as South Haven and St. Joseph! Thanks to all of you for your support of our farmer,

and for your dedication to fresh, local food for your families.

We would also like to ask you a favor (yeah, there's always a string attached, right?!). We would like to post member stories in our newsletter and on the website. Stories about how fresh milk has benefited you in

some way, whether health-wise or in your feelings about connecting more with the food you put in your body to nourish you, whatever you want people to know. We won't use your full name, just your first, or even just your initials, or even anonymous if you so choose. Just email us your story. We'd love to hear from you!

Notices

- **April monthly fees** are coming due. We will continue with the number of shares you had for March, unless we have heard from you otherwise.
- **Battle Creek** delivery location will be moving to the parking lot on the east side of the Apple Valley building, where it is not so busy and crowded.

Creammm?

Our farmer asked us back in January if we thought any of you might be interested in cream. After asking you to let us know, we told him there was definitely interest, and when could he start?! He has looked into it a bit more, and after figuring his time and cost to separate the cream, get rid of the skim or "blue milk", and then bottle the cream differently in quart-sized jugs, he said he would need a minimum request of 20 quarts per week for it to be worth his time and effort to make this happen for us.

We have figured that one quart of cream would be equal to 2 milk units. This means that for each quart of cream you request, you would pay the equivalent of a 1/2 monthly share. So we are posing this question to you again with more information this time. We need to hear from everyone who wants cream and how much you'd plan to use so we know if we would have enough to move forward with this endeavor. It will be totally up to all of us to determine if this will work. And if it doesn't, we'll just have to keep on skimmin' that cream on our own! Thanks for your help!

Krave Kefir?

One of our members, Judy Ritsema in Portage, is making kefir available to anyone interested. It is made with milk from our own cows, so you know it's farm fresh and pure. Hers is made traditionally with kefir grains, so it's loaded with friendly bacteria to build your immune system naturally. You can visit her blog at www.corehealthcoach.blogspot.com to learn more about the life-giving attributes of traditionally made kefir. Or to find out more from her directly, you can email at corehealthcoach@yahoo.com.

Recipes: Labneh (Yogurt Cheese)

From [Wild Fermentation](#) by Sandor Elixor Katz

In many of the cuisines where yogurt is most popular, it is strained into a thicker cheese form. The process is simple. Line a colander with a couple of layers of cheesecloth. Gently pour yogurt into the lined colander, and let it drain into a bowl, covered to keep flies away. The liquid that drains out is whey. Use the whey for other fermentation adventures... or in place of water in other cooking or baking.

After a couple of hours, you will be left with a much more solid yogurt cheese. Add herbs for a beautiful dip or spread.

[If you didn't get last month's newsletter with the yogurt recipe, let us know and we'll email it to you. This probably works better with the thicker yogurt.]