



Monthly Musings

NOVEMBER / DECEMBER 2008

Real Milk is not pasteurized

For more information about the health benefits of raw milk vs. pasteurized milk, please visit the real milk website: www.realmilk.com/sitemap.html#health. (Italicized text is excerpted from the Real Milk website.)

Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis and heart disease. Calves fed pasteurized milk do poorly and many die before maturity. Raw milk sours naturally but pasteurized milk turns putrid. Inspection of dairy herds for disease is not required for pasteurized milk.

Pasteurization was instituted in the 1920s to combat TB, infant diarrhea, undulant fever and other diseases caused by poor animal nutrition and dirty production methods. But times have changed and modern stainless steel tanks, milking machines, refrigerated trucks and improved testing methods make

pasteurization absolutely unnecessary for public protection. And pasteurization does not always kill pathogens.

The bacteria for Johne's disease, with which most confinement cows are infected, survives pasteurization; it has been linked to Crohn's disease in humans. Much commercial milk is now ultra-pasteurized to get rid of heat-resistant pathogens and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in just a few seconds.

Our farm maintains a "closed herd," meaning the farmer doesn't bring in any outside animals to the farm, and so doesn't bring outside infections and/or viruses. Your cows are all tested regularly by a vet for Johnes (pronounced yo'-nees)

and TB and have always tested negative. The farm is a Grade-A certified dairy, so the milk is tested regularly for butter fat, protein, SCC (somatic cell count), and bacteria. Test results are always available for our herd share managers (Kristi and Shawn) to view, if desired, and to share with our members.

Our farmer uses a closed milking system, in which milkers are attached to the cow and the milk goes through a closed pipeline and through a filter, then into the bulk tank, where it is immediately cooled to 37 degrees. Tanks are thoroughly cleaned every other day.

If you ever have questions about our cows or their care, or about the farming procedures, please ask us and we'll pass your questions along to our farmer. He's great about getting back to us ASAP.

Recipe:

WW Pumpkin Pancakes

For those lazy family mornings during the holidays, when you want something fancy but not too fancy...

- 1 C. whole wheat flour
- 1/2 C. cake flour
- 1 t. baking soda
- 2 t. baking powder
- 1/4 t. salt
- 1 t. ground cinnamon
- 1/2 t. ground ginger
- 1/2 t. ground nutmeg
- 1 C. buttermilk
- 1 C. pumpkin puree*
- 2 eggs
- 2 T. oil
- 1 t. vanilla
- 2 T. dark brown sugar

* Cut pie pumpkin in half, place on lightly oiled baking sheet and bake at 350 for about 1 hour, or until soft. Scoop out meat and puree in food processor.

Holiday Deliveries

All deliveries for the November, December and January holidays will be as regularly scheduled, **except for Wednesday, Dec. 24th in Portage—this delivery has been rescheduled to Friday, Dec. 26th, from 4:00—4:30.**

If you need to change or cancel your delivery during any of these times, or need to change the number of gallons you'll pick up, please let us know at least two days before the delivery at which you want to pick up. Thank you!

In a large bowl, whisk together the first eight ingredients (whole wheat flour through nutmeg). In a separate bowl, whisk together the last six ingredients (buttermilk through brown sugar). Pour wet ingredients into dry ingredients and blend together with a wooden spoon until just combined. Lumps are ok, just make sure all the flour on the bottom of the bowl is mixed in. If batter seems too thick to pour, you can gently stir in a little more buttermilk. Drop pancakes by ladleful onto a medium-hot griddle. Pancakes are ready to turn when the edges start to look a little dry and you can see small bubbles forming on the surface.

Notes: You may substitute all-purpose flour for the cake flour if that's all you have on hand. You may also use only whole wheat flour, just increase whole wheat to 1 1/2 cups and omit cake flour; pancakes will be just a bit heavier. Light brown sugar or white sugar may be substituted for dark brown sugar. If you have it on hand, 2 teaspoons of pumpkin pie spice can be used in place of the cinnamon, ginger and nutmeg.