



Monthly Musings

OCTOBER 2008

What is Real Milk?

We have been asked by a few members to focus on some touchpoints about why raw milk is a positive choice. The following are from the Real Milk website (www.realmilk.org), and we will expound on some of these in future newsletters.

- **Real milk comes from real cows.**
Know your supplier! Ask questions!
- **Real milk comes from real cows that eat real feed.**
Real feed for cows is green grass in Spring, Summer and Fall; stored dry hay, silage, hay and root vegetables in Winter.

- **Real milk is not pasteurized.**
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, heart disease and cancer.
- **Real milk is not homogenized.**
Homogenization is a process that breaks down butterfat globules so they do not rise to the top.

Homogenized milk has been linked to heart disease.

- **Real milk contains butterfat, and lots of it!**
Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic.
- **Real milk products contain no additives.**
- **Real milk can save family farms.**

Notices

- **October monthly fees** are now due. We will continue with the number of shares you had for September, unless we have heard from you otherwise.
- **Share price increase starts this month.** Thanks to everyone for understanding.

Testimonial Request

We would like to include stories from some of you on our website. We would only include your first name, and the city in which you live.

Have you or someone in your family benefited from drinking fresh milk in some way? It could be physically (negative symptoms have disappeared since you started drinking fresh milk), or emotionally (you feel better knowing some of your food is coming from a local source from humanely-treated animals). You can tell us anything you'd like regarding fresh milk and/or being part of a herd share program.

When people are looking for fresh milk in this area and find our website, we want to be able to give it a bit more of a personal touch. Of course, they'll get that when they call or email us, too.

Thanks for your help, and for being part of this amazing group of people!

Recipe: Quick Ricotta

This recipe is from Shawna Hubbard of Weed Dance Farm in Gobles (www.weeddancefarm.com). Kristi just finished a food preservation class out at her farm this past Sunday, along with a couple of our other MMM members, and we made and tasted this cheese. Fabulous! It was made with goat's milk, but she said cow's milk would work just fine. You can read more about this ricotta on her blog page at <http://weeddancefarm.blogspot.com/search?q=ricotta>.

Heat one gallon of raw milk to 195° F (do not boil).

Slowly stir in 1/4 cup cider vinegar, watching for separation of the whey. If it separates with less vinegar, great, stop there. You want to separate the whey while adding the least amount of vinegar possible. If no separation, you can heat up to 205° F.

Using a slotted spoon, spoon out the curds...or pouring gently into a colander lined with cheesecloth, pour the curds into that. Drain for a minute or two, put the curds into a bowl and mix in a nice size pinch of baking soda (to cut the vinegar taste) and drizzle with melted butter, at least a couple tablespoons. Toss gently and add a pinch of salt. You can store this up to a week, but its really best fresh. Use this in your favorite lasagna recipe, or it's really great drizzled with honey and sprinkled with cinnamon and/or almonds!