



MAKING HOMEMADE BUTTER

Supplies:

- Jar or container with lid
- Marbles (optional)
- Heavy whipping cream
- Salt (optional)

Before we start, here's what you should know:

Butter is made from the cream that exists naturally in milk. When milk settles, the cream will naturally float to the top, where you can skim it off.

Activity Steps:

1. Make sure the jar, lid, and marbles are clean. Fill the jar 1/2 to 3/4 full of heavy cream.
 - a. **Did you know?** Butter is high in vitamin A, D, E and calcium. Vitamin A is good for your eyes, vitamin D is vital for bone growth and health, vitamin E is good for your skin, and calcium strengthens bones!
2. Tighten the lid to ensure it doesn't leak.
3. Now, get your muscles ready: Shake vigorously for 15-20 minutes or until butter forms.
 - a. **Did you know?** Butter is made by churning, or shaking, the cream. During the process, the butterfat (solid) is separated from the buttermilk (liquid). Commercially, milk and cream are separated by a process called centrifugation in which milk is put in a spinning machine, and that spinning process separates the milk solids and liquids. But we're doing it the old-fashioned way!
4. Drain the buttermilk. You may gently rinse the formed butter under cold water to remove excess buttermilk.
 - a. **Did you know?** You can drink the buttermilk! Buttermilk is a product sold in stores and, while it may not be as popular as it once was, lots of people still drink it.
5. Now comes the delicious part: Enjoy your creamy, tasty butter!



Sourced from: 4-H.org; 4-H at home: Make Your Own Butter