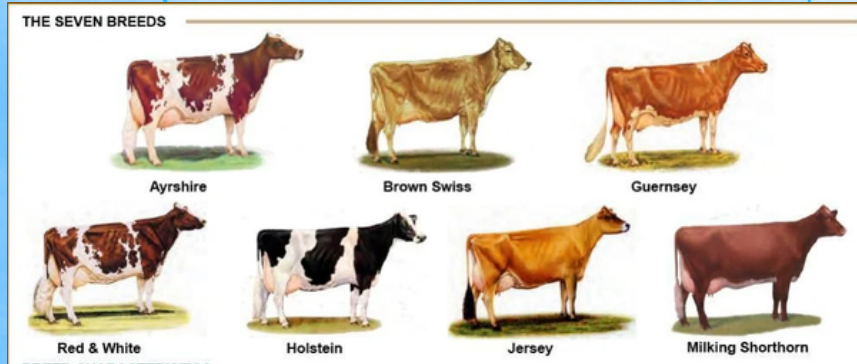



Fun FACTS

There are 7 main breeds of dairy cows: Holstein, Brown Swiss, Jersey, Guernsey, Ayrshire, Milking Shorthorn, and Red & White Holstein!


New York is the 5th highest milk producing state in the country, producing 16.1 billion pounds of milk per year!




Milk is 87% water!



Chocolate milk is great recovery drink after a workout! Its combination of fluids, protein and sugars helps your body to rehydrate and refuel!



Milking cows eat about 100 lbs of food and drink up to 50 gallons (about a bathtub full) of water a day!




It takes:



- 10lbs of milk (1 ¼ gal) to make 1lb of cheese
- 21lbs of milk (2.5 gal) or 4 cups of cream to make 1lb of butter
- 12lbs of milk (1.4 gal) to make 1 pound of ice cream



A gallon of milk weighs 8.6lbs!




**LOCAL FOODS
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Scholarie and Otsego Counties



Fun FACTS

Humans have been drinking milk and making cheese for over 6,000 years! Although cheese and cheese making was most likely discovered by accident!

Cows are color blind; they can't see the color red!



Farmers measure milk in pounds (lbs.), not gallons!



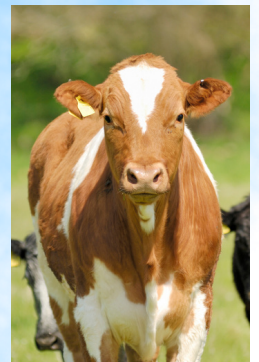
On average, one cow produces 6-9 gallons (50-77lbs) of milk a day, but some can make as much as 15 gallons (130lbs) a day!



There are over 2,000 types of cheese in the world!



You can use milk from goats, sheep, and even camels, but cow milk is most popular!



Milk is a great source of nutrients like calcium, protein and vitamins! One 8oz serving of milk has 30% of your daily calcium needs!



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World's BIGGEST



Milk Producer: A Holstien cow named Robthom Sue Paddy holds the record for the most milk produced in one year at **59,298 pounds** of milk! That about **18.9 gallons** a day!

Cheese Producer: The United States has the highest production of cheese in the world. We make **7.27 million tons** of cheese every year! Most of it is cheddar cheese!



Butter Sculpture: Sharon BuMann created the world's largest butter sculpture in 2013 at the State Fair in Dallas, Texas. It took 3 weeks to finish and it weighed **4,077 lbs 13.5 oz!**





Need To KNOW



Producing

Cows are milked 2-3 times per day. The milk is stored in a bulk tank that keeps it cold until it leaves the farm to be processed.



Milk is processed in different ways to make lots of different products.

This includes bottled milk, hard cheese, soft cheese, yogurt, butter, ice cream, sour cream, heavy cream, half & half, and more!

Products like jugs of milk are processed and in stores within a day or 2 after leaving the farm. But products like aged cheese need months or sometimes years to “age” before they are ready to use!



Storage

Most dairy products need to be refrigerated or frozen to stay fresh!

Pasteurization is the process of heating the milk to a high temperature that kills bacteria. This makes it safer to drink and helps the milk to stay fresh longer!



Eating

Dairy products are used in nearly every kind of cuisine. They can be enjoyed by themselves or added to other foods like soups, sauces, pasta dishes, pizza, baked goods, sandwiches, and so much more!

