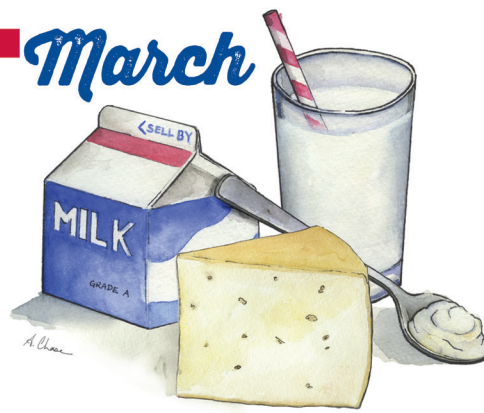


# HARVEST *March* of the MONTH DAIRY



We are featuring fresh, healthy, locally produced dairy in school lunches this month. Can you taste the difference?

The calcium in milk, yogurt and cheese keeps our bones and teeth strong. Dairy products have other essential nutrients including potassium, phosphorus, protein, vitamin A, vitamin D, riboflavin and niacin. Cultured dairy products like yogurt also contain probiotics which can enhance good bacteria in your body that help you process foods and stay healthy.

## Healthy Serving Ideas

- Yogurt is great as a dip! Cut up some apples and pears and serve with vanilla greek yogurt. Or for a savory snack, cut up carrots, bell peppers, and celery and mix up plain yogurt, salt and pepper, a splash of lemon juice and some dill or cilantro.
- Make broccoli & cheese quesadillas. Place 1 whole wheat tortilla in pan, cover with 1 cup shredded cheese, 1/2 cup chopped broccoli, place a tortilla on top and cook over medium heat until the cheese is melted. Flip once! Serve with salsa.

## Where to Find Local Dairy in Massachusetts

Many dairy farms in Massachusetts welcome visitors and sell milk, cheese and other fresh dairy products right on the farm. A great list and map can be found at [www.massdairy.com](http://www.massdairy.com).

## Fun Facts

There are over 800 breeds of cow.

To make one pound of cheese, you need 10 pounds of cow milk or 6 pounds of sheeps milk.

The natural yellow color of butter comes from the beta-carotene found in the grass cows eat.

There are six breeds of dairy goats, and outside of the U.S. and Europe goat milk is more popular than cow milk!

*Harvest of the Month promotes a different Massachusetts-grown crop from local farms each month in school cafeterias across the state. To learn more about Harvest of the Month, visit [www.massfarmtoschool.org/hotm](http://www.massfarmtoschool.org/hotm).*

## Harvest of the Month Book Club

Elementary • Yogurt and Cheeses and Ice Cream That Pleases: What Is in the Milk Group? by Brian P Cleary

High School • Cheddar: A Journey to the Heart of America's Most Iconic Cheese by Gordon Edgar



The United States produces 25% of the world's cheese, and the largest consumers of cheese are the Greeks! Cheese can be made from a variety of milks: cow, goat, sheep, buffalo, & camel.



MASSACHUSETTS



*Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.*

MASSACHUSETTS  
**Farm to School**  
[massfarmtoschool.org](http://massfarmtoschool.org)

## Dairy Purchasing Pointers

Make the dairy aisle one of your last stops while shopping so your items stay cold!

Hard cheese can be frozen and will keep for 8 weeks. Thaw cheese in the refrigerator and use within a few days.

Look for our April newsletter featuring potatoes next month!