

# HARVEST of the MONTH DAIRY



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:  
[massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

The calcium in milk, yogurt and cheese keeps our bones and teeth strong. 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

- Make a peanut butter & banana yogurt smoothie by blending Greek yogurt, peanut butter, banana, honey, & ice.
- Make quesadillas with whole wheat tortillas, cheddar cheese, and chopped bell peppers.
- Make stuffed sweet potatoes with black bean & corn salsa and a cheese blend (jack, cheddar, Mexican, etc).
- Try a cheese tasting plate: pick four different cheeses with fruit & jam, and whole wheat pita or crackers.

## Where to Find Local Dairy

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: [The Milk Makers](#) by Gail Gibbons

Gr. 6-8: [The World in Your Lunch Box](#) by Claire Eamer

Gr. 9-12: [Butter: A Rich History](#) by Elaine Khorsrova

## Fun Facts

Cheddar cheese is the most popular cheese in the U.S.

There are 1,200 dairy farms in New England.

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

## At-Home Activity: Make Your Own Butter

Materials:

a glass jar with a lid  
heavy cream (35% whipping cream)

Directions:

- 1) Fill your jar half way with cream.
- 2) Put the lid on tightly and shake for about 15 mins.
- 3) Strain butter from buttermilk, rinse butter & store for up to 5 days in fridge.

For additional reading about the science of butter, visit:

<https://www.massfarmtoschool.org/guide/how-to-make-butter/>



## 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.



MASSACHUSETTS



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April Preview: Potatoes!