

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

Milk, yogurt and cheese have lots of calcium to keep our bones and teeth strong.

Healthy Serving Ideas

Yogurt Smoothie: Make a peanut butter & banana yogurt smoothie by blending yogurt, peanut butter, banana, honey, & ice.

Quesadillas: Put cheddar cheese and your favorite vegetables on a tortilla, and heat in pan on stove until melted.

Stuffed Sweet Potatoes: Roast a sweet potato at 400°F until soft, about 45 minutes. Slice and stuff with black bean & corn salsa and your favorite cheeses.

Try a cheese tasting plate: Pick 2-4 different cheeses. Serve with fruit or jam and whole wheat pita or crackers.

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. Outside of the U.S. and Europe, goat milk is more popular than cow milk!

At-Home Activity *Make Your Own Butter*

Materials:

- a 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. Stop when solids (butter) begin to separate from the liquid (buttermilk).
- 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/>

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



Dairy Purchasing Pointers

- Make the dairy aisle one of your last stops while shopping so your items stay cold!
- Hard cheese can be frozen. It will keep for 8 weeks. Thaw cheese in the refrigerator and use within a few days.



MASSACHUSETTS



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April Preview: Potatoes!