

AMAZING ADVENTURES WITH RAW MILK

TEXT AND ILLUSTRATION BY MEG LUCAS

OUR STORY STARTS WITH A 1/2 GALLON OF FARM-FRESH RAW MILK*



LET'S MAKE...

BUTTER!

SEPARATE CREAM FROM MILK BY LETTING THE MILK SIT FOR 12 TO 24 HOURS IN THE REFRIGERATOR UNTIL THE CREAM COMES TO THE TOP. USE A LARGE SPOON OR DIPPER TO TAKE THE CREAM FROM THE TOP OF THE MILK.

POUR CREAM INTO A QUART JAR AND COVER WITH A LID.



SHAKE VIGOROUSLY FOR 10-20 MINUTES (OR MAYBE MORE) UNTIL BUTTER FORMS.

POUR OUT THE "BUTTER MILK" (NON-CULTURED) TO DRINK AND BAKE WITH!



THE BUTTER WILL NEED TO BE WASHED BEFORE YOU CAN USE IT. KNEAD THE BUTTER UNDER RUNNING CLEAN COLD WATER TILL THE WATER COMES OUT CLEAR. REFRIGERATE.

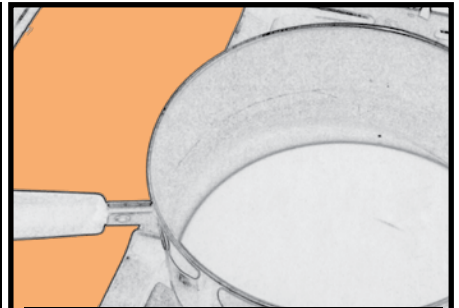
HOW ABOUT

YOGURT

HOLY COW



USE 1 QUART OF MILK FROM THE 1/2 GALLON AND 1 TBS. OF STARTER. THE STARTER CAN BE A TBS OF SOMEONE ELSE'S PLAIN YOGURT (COMMERCIAL OR YOUR FRIEND'S) OR SOME LEFT OVER FROM THE LAST TIME YOU MADE YOGURT.



SLOWLY HEAT THE QUART OF RAW MILK TO 180 F. CHECK THE TEMP USING AN INSTANT READ THERMOMETER.



POUR HOT MILK INTO 1 QUART MASON JAR AND ALLOW TO COOL TO 110 F. IMPORTANT NOTE: YOGURT CULTURE THRIVES AT 110. ANYTHING HIGHER WILL KILL IT; ANYTHING LOWER AND IT WON'T MULTIPLY!

ADD STARTER, COVER, AND SHAKE LIGHTLY TO DISPERSE THE STARTER.

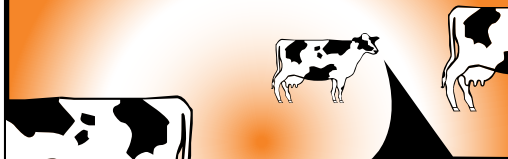


LEAVE THE RAW MILK YOGURT IN A WARM (110 F) PLACE SUCH AS AN OVEN OR WRAPPED AND PLACED IN A COVERED COOLER FOR EIGHT HOURS.

REMOVE FROM COOLER AND STORE IN FRIDGE.



AND CHECK THIS OUT ...



FROM 1/2 GALLON OF RAW MILK YOU GET:
1/4-1/2 CUP OF FRESH BUTTER
1 QUART OF YOGURT
1 1/2 PINTS OF YUMMY MILK
YOUR PRICE: \$3-\$4
STORE PRICE OF ALL THREE: \$7-\$8

* RAW MILK IS MILK FRESH FROM THE COW THAT HASN'T BEEN PASTURIZED. BRING A COOLER AND ICE WITH YOU WHEN BUYING MILK ON HOT SUMMER DAYS OR IF YOU HAVE A LONG DRIVE HOME-IT'LL STAY FRESHER LONGER. KEEP RAW MILK AT 40 F. AND YOU CAN EXPECT IT TO LAST FROM 7-10 DAYS.

DON'T FORGET TO VISIT RURAL VERMONT'S RAW MILK DIRECTORY: RURALVERMONT.ORG/MILK.HTML TO FIND FARM FRESH RAW MILK NEAR YOU!

