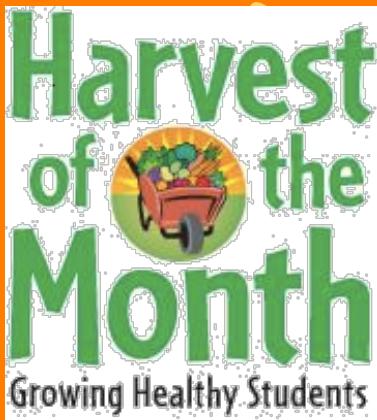


CHEQUAMEGON BAY



April

Did you know...

- ✓ Wisconsin cheesemakers use 90% of Wisconsin's milk supply to make nearly 2.8 billion pounds of cheese every year.
- ✓ The average American eats 13.7 pounds of yogurt every year, nearly double the 7 pounds per person consumed just 10 years ago.
- ✓ Sheep milk has twice the fat of cow's milk, making it too rich to be tasty as a beverage, but excellent for making cheese.
- ✓ Goats produce the most milk of any mammal relative to its body size.
- ✓ In other countries, people use the milk of camels, yaks, water buffalos, reindeer, and elk.



Cheese & Yogurt

Nutritional Benefits of Cheese and Yogurt

Like other foods in the dairy food group, cheese and yogurt are good sources of calcium, potassium, protein, and vitamin D.

To buy cheese with the most nutritional benefits look for cheese made with low-fat or reduced-fat milk and check the nutrition facts label for cheese that is an excellent source of calcium (at least 20 to 25%), a good source of vitamin D (at least 10%), low in sodium, and low in saturated fat.

Scientists have found that intake of yogurt with active cultures may aid digestion, ease diarrhea, boost immunity, fight infection and protect against cancer. These specific health benefits depend on the strain and viability of the culture in yogurt. This is why it is important to choose yogurt with a seal indicating that it contains live, active cultures.

Ways to Use Cheese and Yogurt

Pair cheese or yogurt with fresh fruit for an energy-boosting after school snack. For a healthy and local alternative, try substituting Sassy Nanny Lake Effect goat cheese for cream cheese, and homemade yogurt (recipe on back) for sour cream in your favorite recipes.



BUY LOCAL

Happy Hollow Creamery



87550 Happy Hollow Rd. Bayfield, WI
producing **Sassy Nanny Goat Cheeses**
& Lucky Ewe Sheep Cheeses

For Sale at *Ehler's (Cornucopia)
*Bayfield Wine and Spirits
*Chequamegon Food Coop (Ashland)
*Coco's (Washburn) and *Washburn IGA

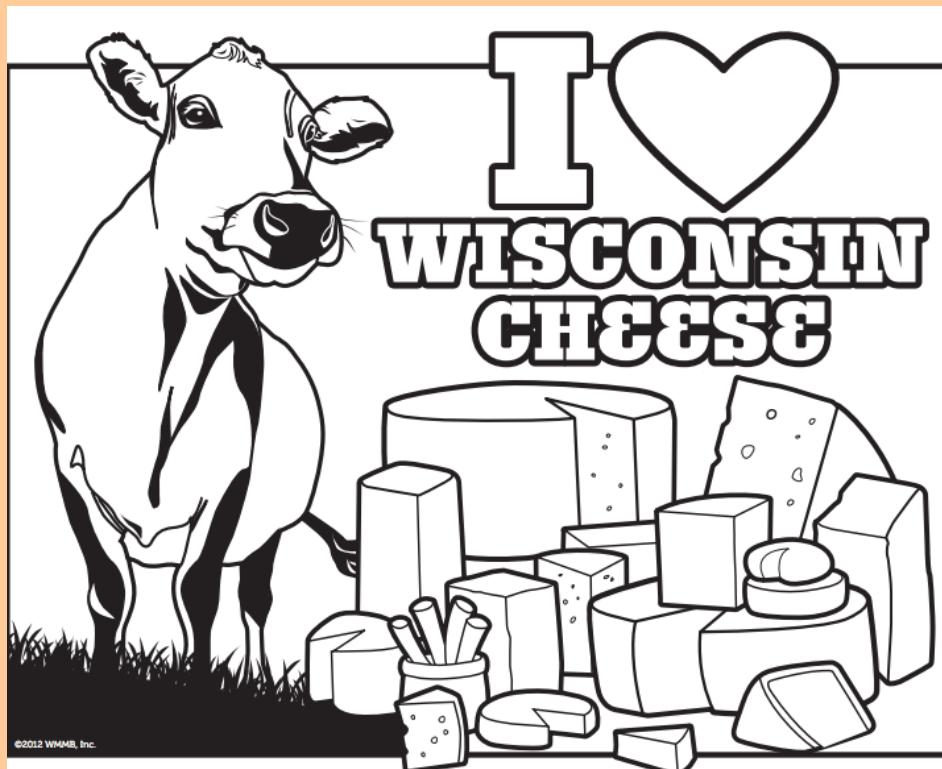
Tetzner's Dairy



30455 Nevers Rd Washburn, WI
Fresh Milk and Ice Cream

For Sale at *Tetzner's Dairy
*Leino's Gas and Goods (Washburn)
*Chequamegon Food Coop (Ashland)
*Washburn IGA (*WIC accepted*) and
*6th Street Market (Ashland - *WIC accepted*)

Play with your food



©2012 WMAB, Inc.

Find interactive games and activities online at the
Wisconsin Dairy Kidz Zone: <http://kidzzone.wisdairy.com/>

Cooking Corner



Homemade Yogurt

Ingredients/Tools

- 1 quart of Tetzner's whole milk (can also use 2% or skim)
- ¼ cup plain whole milk yogurt
- a clean glass quart jar with a screw-on lid
- a candy thermometer

1 **Sterilize** quart jar by pouring boiling water into it and letting it stand for 5 minutes. Pour water out and set aside.

2 **Meanwhile** in a large, heavy-bottomed saucepan heat the milk until the candy thermometer reaches 180 degrees. Remove from heat, keeping the thermometer in the pot. When the temperature drops to 115 degrees, stir in the yogurt until thoroughly incorporated. Pour the mixture into the jar and screw on the lid.

3 **Place** the yogurt in a warm place and leave it undisturbed for 10 to 12 hours. You can wrap the jar with a towel if your house is a bit cool. For a thicker, tangier yogurt, let yogurt sit an additional 3 to 5 hours.

4 **Refrigerate** yogurt for at least 3 hours before eating.