

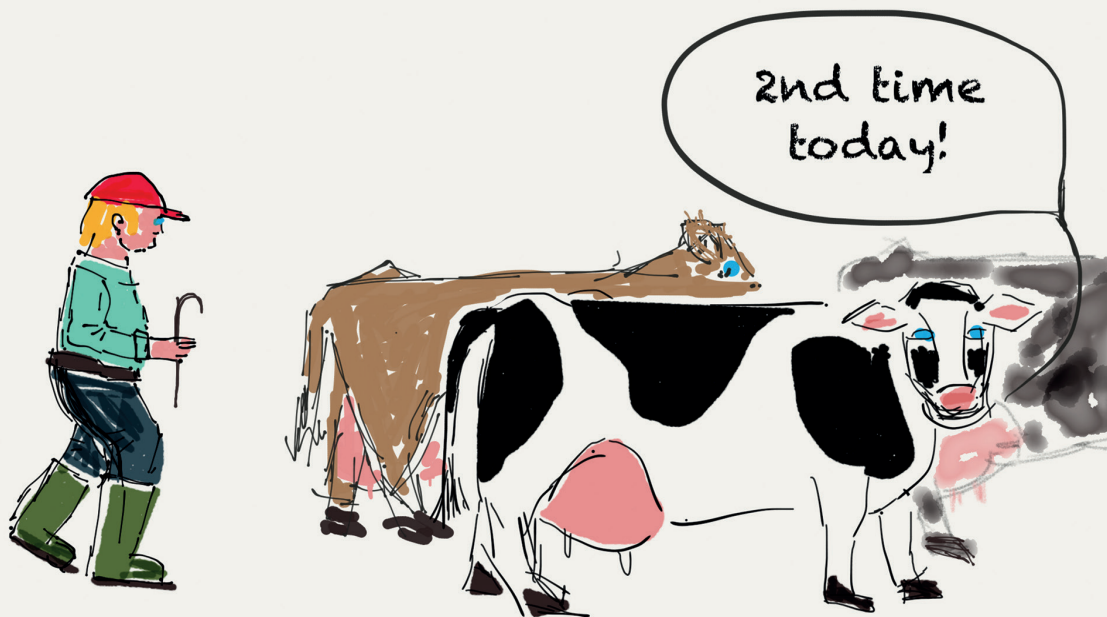


Moo
to
MILK



By
Tim

Most cows graze grass during the summer months. During the winter, the cows are housed as the ground is wet and the grass doesn't grow. They are fed on pickled grass and maize, called silage and supplemented with cereals.



Daisy the cow and her friends have been in the field eating grass all day. George is bringing them in for afternoon milking.

Most cows are milked twice a day, sometimes three times. They are milked in a milking parlour which can milk between 10 and 24 cows at a time, depending on the size of the herd. The average herd size is around 150 cows.

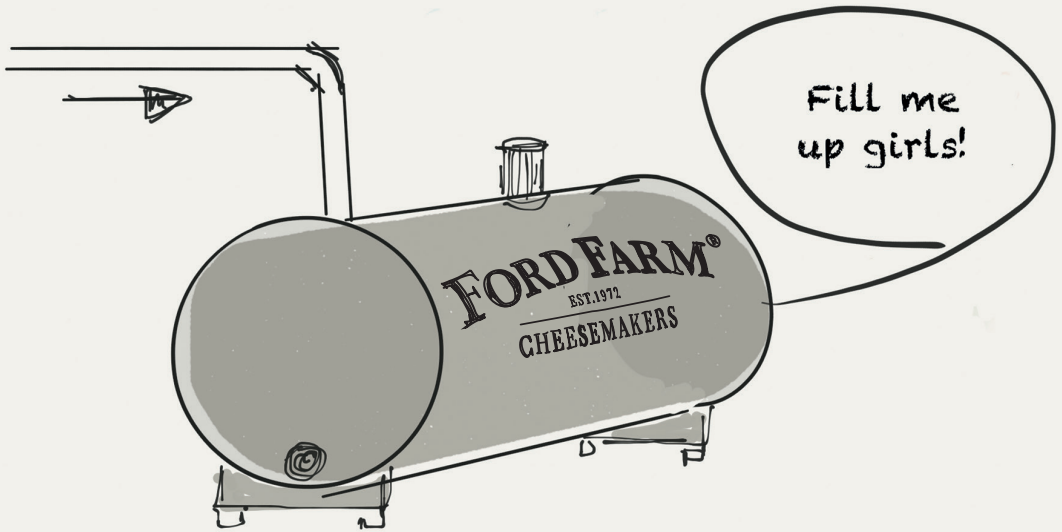
Cows produce around 7,500 litres of milk per year. They have a calf every 12 months to enable them to produce milk.



Daisy and friends line up in the milking parlour to be milked. George washes the cows' teats and puts the milking machine on, and the milk flows into glass jars.

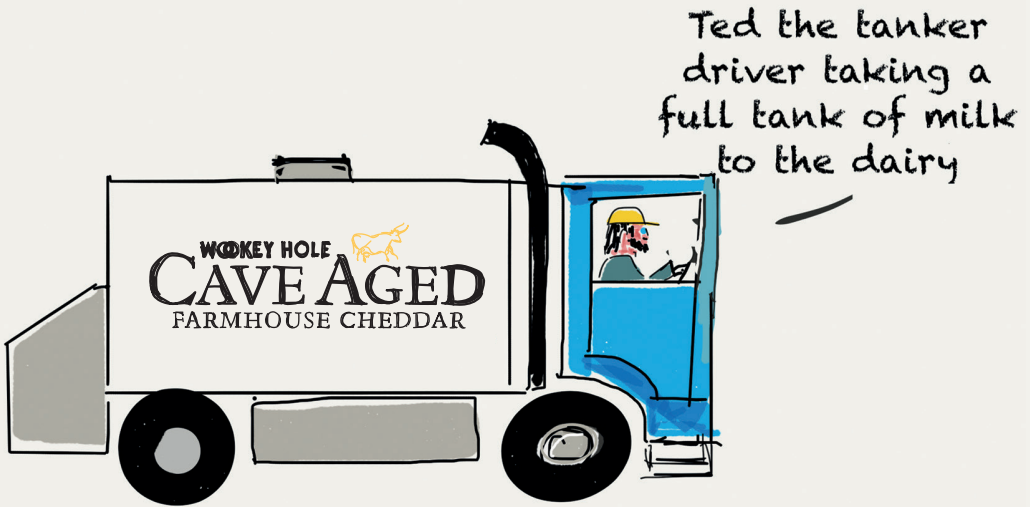
Milk from the milking parlour is stored in a refrigerated tank on the farm to await collection.

The milk passes through a plate cooler to reduce the temperature to under 5°C as quickly as possible before storage, to increase keeping quality.



The milk flows from the jars in the parlour into a large tank, which is very cold.

Milk is collected from the farm every day and transported to the Dairy, ready for heat treatment, called pasteurisation, which kills any pathogenic bacteria that may be present in the milk. Pasteurisation heats milk to 72°C for 15 seconds after which it is refrigerated again.



Daisy and friends' milk is collected by Ted the Tanker Driver every day. He takes the milk to the Dairy.

Once the milk reaches the Dairy, it is treated in various ways.

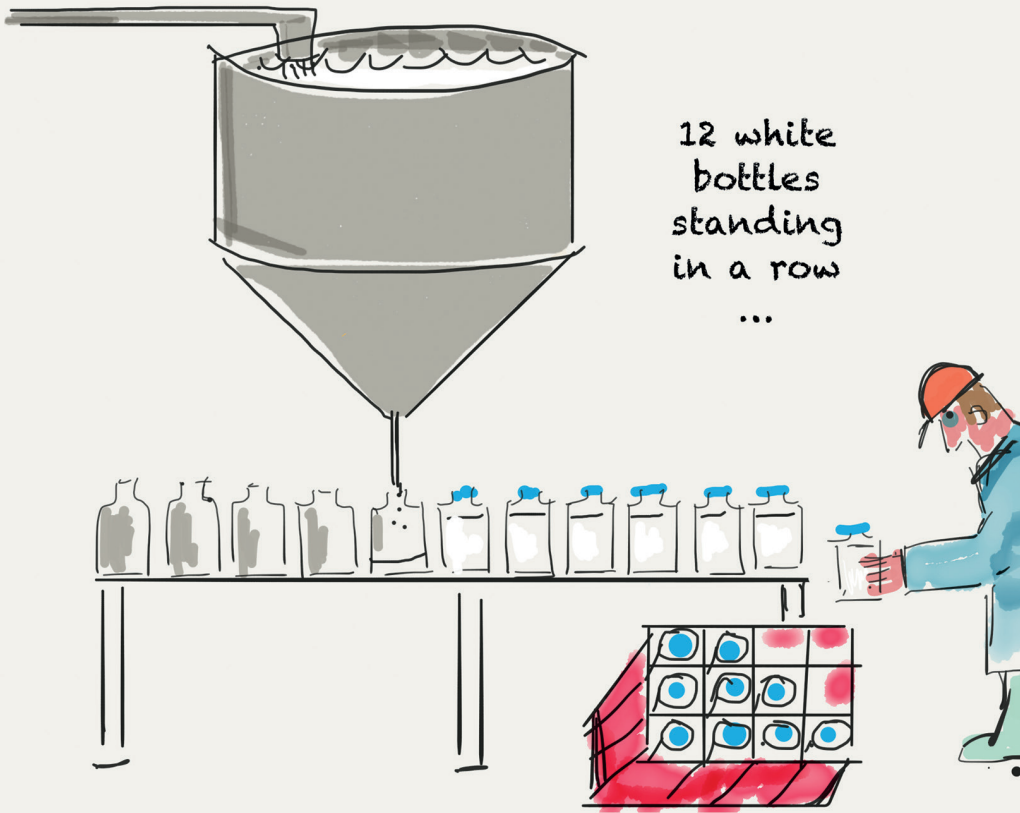
Whole milk, Blue Top, is around 4% butterfat.

Some milk will be separated into Milk and Cream.

Semi-skimmed milk, Green Top, is at 2% butterfat.

Skimmed milk, Red Top, is less than 1% Butterfat.

Milk and milk products are valuable sources of calcium, magnesium, phosphorus and protein.



12 white
bottles
standing
in a row
...

Dan the Dairyman is putting milk
into bottles and cartons ready to
be sold in the shops.

Milk is distributed from the dairy to shops, supermarkets, other businesses and consumers. It is logistically quite complex, as milk is a perishable product, so speed is of the essence.

Shop orders will depend on daily sales trends, weekly trends and seasonality. This is further complicated by the many different types of milk.

Raw unpasteurised milk can only be purchased direct from farms licensed to sell it.



Dan the Dairyman is loading his van with crates full of milk bottles to take to local shops and restaurants.

Cream from the separated milk varies in butterfat content depending on its intended use.

- Single Cream - 20% butterfat – used for pouring
- Whipping Cream - 30% butterfat, will whip, but not as well as Double Cream
- Double Cream - 48% butterfat, for a thick pour and for whipping
- Clotted Cream - cream is scalded (heated) until the cream solidifies with a crust. Traditionally eaten with scones as part of a cream tea.
- Crème Fraîche - a cultured cream with a slight tang.



What else is made from milk?
Cream comes from milk and is
lovely on Strawberries.
Delicious!

Dairy Ice Cream contains approximately

- 50% Double Cream
- Sugar
- Milk
- Flavouring

Most Ice Creams use egg yolks making a custard that is frozen for a richer and more stable product.

Quick!
Eat me
before I
melt!



Ice Cream is made from cream,
sugar, some milk and nice flavours
like chocolate or strawberries. Can
you think of more yummy flavours
for your Ice Cream?

Butter is made from cream and contains a minimum of 80% butterfat.

If you want to have a try at making your own butter, put cream into a mixer and let it run till butter forms and leaves behind buttermilk. Wash the butter in a sieve and pat into shape. Buttermilk is the by-product and is great for making scones.

Butter can also be made as a by-product of cheese-making by putting the whey through a cream separator and then churning the cream to make whey butter.

It's got to be
butter on my bun



The butter that melts on your toast
at breakfast-time is made from
cream and is lovely with jam or
marmite.

Live yoghurt is cultured milk (has been fermented with lactic acid bacteria). Butterfat levels vary according to which type of yoghurt is being produced - whole milk yoghurt, low fat yoghurt or Greek yoghurt.

Some fruit yoghurts contain a lot of added sugar, so the healthier option might be to buy plain yoghurt and add your own fruit ...

I pack a
healthy
punch



Yoghurt is made from milk and is
very good for you. It's nice with
fruit for pudding.

There are now more types of cheese in the UK than in France! Cheese is made by fermenting the milk, like in yoghurt-making, then rennet is added to coagulate it. Traditionally, rennet is an enzyme from the calves' stomach, but nowadays is usually a vegetarian alternative. If soft cheese is being made it is placed into moulds at this stage. If a hard cheese is being made, the curd is cut into chunks to release the watery liquid called whey. It is drained, salted and put into moulds before being pressed.

There are many types of cheese made with cow, goat and sheep's milk. Here are some examples:

- Hard Cheese – Cheddar
- Blue Cheese – Stilton
- Washed Rind Cheese – Stinking Bishop
- Semi-hard Cheeses – Lancashire
- Soft Cheeses – Somerset Brie
- Fresh Curd Cheeses – Rosary Goat



Do you like cheese sandwiches for lunch? Cheese is made from milk and can take up to a year before it's ready to slice onto your bread with salad - healthy!



A TASTE OF ADVENTURE...

Wookey Hole Cave Aged cheddar is a PDO traditional West Country Farmhouse Cheddar handmade in Dorset and aged in Somerset's famous Wookey Holes Caves. It is rich, tangy and mature in flavour and will add a genuine taste of adventure to the cheeseboard.

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