

June is National Dairy Month

Dairy cows at Woodside Creamery, Hockessin, Delaware



June is National Dairy Month – a time to thank Delaware’s dairy farmers who produce milk and other dairy products for our table and the marketplace. Milk, an excellent source of calcium (300 milligrams per cup), contains protein, riboflavin, vitamin A, magnesium, potassium, phosphorus and other nutrients. Milk is not only healthy, but it also provides us with butter and many different kinds of cheeses, yogurts, and the all time favorite dessert of many, ice cream. Ninety percent of the world’s milk supply comes from cows.

The number of dairies in Delaware has decreased in recent years, but dairying is still an important part of Delaware Agriculture and its economy. At the turn of the 20th Century, Delaware had about 30,000 dairy cows that produced less than 4,000 pounds of milk per cow per year. These cows were milked by hand, which is very time consuming because it takes approximately 340-350 squirts to yield a gallon of milk.* The decline in dairy numbers in Delaware can be attributed to high feed costs, high fuel costs, high fertilizers costs, and replacement animal costs. On the bright side, Delaware’s dairy operations provide jobs, open space, and wildlife habitat, all of which contribute to Delaware’s quality of life.

Green Acres Dairy Farm, Lewes, Delaware



According to the 2009-2010 Agriculture Statistic Resource Directory, in 2009, Delaware had 6,000 dairy cows on farms, which produced 17,000 pounds of milk per cow . Total annual milk production for Delaware dairy cows was 102 million pounds of milk. These dairy cows, which are milked by machines, are housed in 45 dairies across the state. Dairy products produced more than \$14.34 million in cash receipts in Delaware in 2009. The milk produced in Delaware is largely sold through cooperatives. For

example, Green Acres Dairy farm in Lewes, Delaware (Delaware’s largest) produces more than 12 million pounds of milk per year and ships it to Land O’ Lakes cooperative.

Delaware consumers may look for local milk in stores under the Hypoint Dairy and Lewes Dairy labels. These two local dairy processors purchase milk from local dairy farmers and distribute it throughout Delaware and the region. Lewes Dairy will also provide plant tours for those that want to understand the processing side of dairy. Interested visitors must call ahead to schedule a tour: (302) 645-6281).

Consumers may also go directly to the farm and purchase milk at on-farm markets/shops:

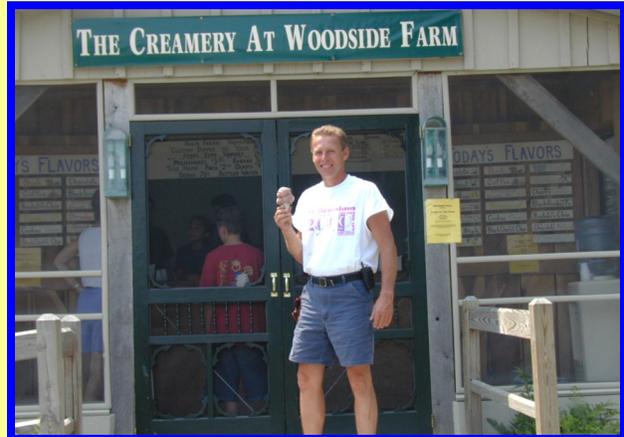
**Rustic Acres Dairy Farm Market a/k/a
Rehoboth Dairy**
37317 Rustic Acres Lane
Rehoboth Beach, DE 19971

Hypoint Dairy Farm
25 Beaver Valley Rd.,
Wilmington, DE 19803

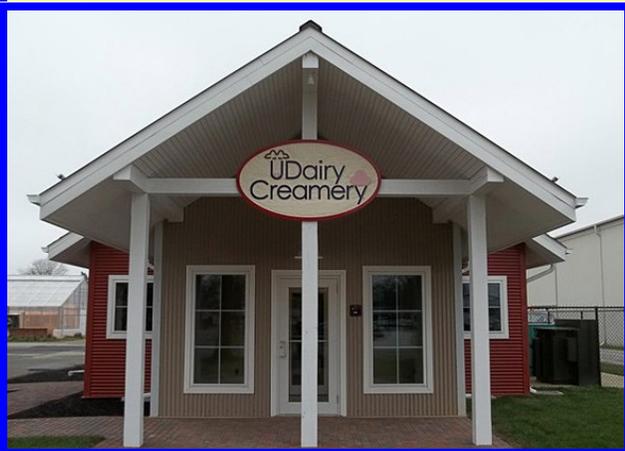


Hopkins Farm Creamery
Routes 9/404 and Dairy Farm Road
Lewes, Delaware 19958
(302) 645-7163
www.hopkinsfarmcreamery.com

Ice cream fanciers can buy local by looking for Woodside Creamery, Hopkins Creamery, University of Delaware Creamery, and Hypoint Dairy brands at markets or in ice cream shops across the state. Taking a trip to the farm where the ice cream is made is an excellent family outing during the season:



Woodside Farm Creamery
1310 Little Baltimore Road
Hockessin, DE 19707
(302) 239-9847
www.woodsidefarmcreamery.com



UDairy Creamery
531 South College Avenue
Newark, DE 19716
(302) 831-2486
www.ag.udel.edu/creamery

Milk has a long and rich history. For example, did you know?

- Sanskrit records mentioned milk 6,000 years ago.*
- The Bible describes the Promised Land as land flowing with milk and honey.”*
”*
- The Greek physician Hippocrates recommended milk as a medicine some 2,300 years ago.*
- Christopher Columbus brought cattle to the New World on his second voyage. *
- It has been said that one reason for the high death rate among those who traveled to the New World on the Mayflower was that they had no fresh milk to drink.*
- Cows were brought from Europe to the Jamestown colony in 1611 and to the Plymouth colony in 1624.*
- Cheese was an important item in the diet of the Vikings, who from about the 8th to the 10th century sailed the seas on long voyages.*
- Cheese was an article of commerce in ancient Rome. Monks developed the art of cheese making in Europe in the Middle Ages.*
- Dried milk was used as far back as the 13th century – by Genghis Khan’s cavalry. The Mongol soldiers dried mare’s milk to a powder in the sun to preserve it. Then, each day they put some of the powder in a water bottle hung on their horses’ saddles. The horses’ jogging acted like a whisk, turning the mixture into a thin porridge by nightfall.*

Miscellaneous milk notes:

- It takes 29 cups of milk to make 1 pound of butter. **
- Home delivery of milk (i.e. the milkman) started in 1942 as a war conservation measure. **
- A cow can't give milk until she has given birth to a calf. **
- Homogenized milk was introduced in 1919 on the East Coast. **
- A cow drinks over 117 gallons of water in a week. **
- The average cow produces 90 glasses of milk each day or about 200,000 glasses of milk throughout her life. **
- By 1973, only 10% of Americans still received home milk delivery. By 1995, only 1% of American homes were still visited by the milkman. **
- A cow's udder can hold 25 - 50 pounds of milk.**
- Milk remains fresh for 7-10 days after the expiration date if refrigerated at 35-40°F. Each 5° (F) rise in temperature shortens milk's shelf life by 50% because of bacteria growth.***

Miscellaneous milk notes continued:

- To get the same amount of calcium provided by a quart of milk you would have to eat one of the following: 126 apples, 154 potatoes, 23 oranges, 38 tomatoes or 60 slices of whole wheat bread. ****
- The average dairy cow weighs about 1,400 pounds, which is approximately the same size as Alaska's record-breaking polar bear.****
- The average American eats more than 31 pounds of cheese each year and will consume about one ton of cheese during a lifetime! ****
- Ninety-nine percent of all U.S. households purchase milk. The average American consumes almost 25 gallons of milk a year...that's 400 glasses!***

As you enjoy your dairy products give special thanks to our dairy farmers who work long hard hours to provide us with the nutritious and delicious raw material that is so essential to our health and well being. And while you are at it, thank the cows, too!

* <http://www.shgresources.com/de/symbols/beverage/>

** <http://www.brownsdairy.com/funfacts.asp>

*** <http://www.aipl.arsusda.gov/kc/dairy.html>

**** <http://www.wisdairy.com/SpecialOffers/JDM/JDM2006/dairyfacts.aspx>