

# June's Dairy Month

Celebrate the Minnesota dairy industry

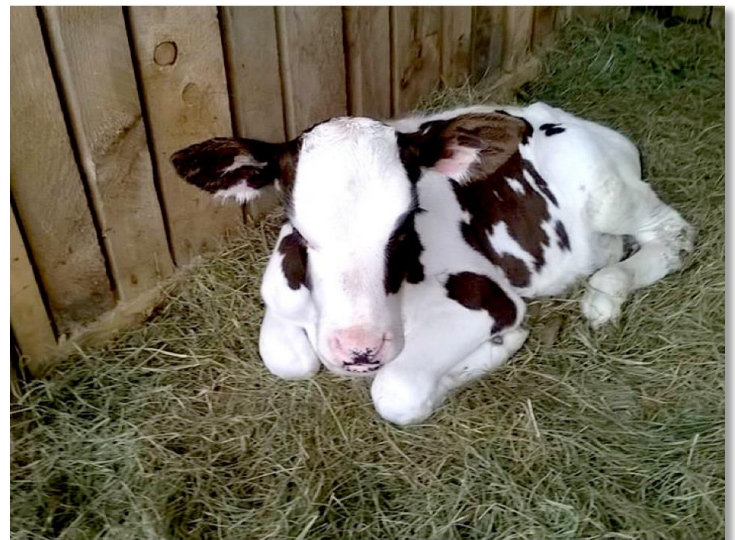
JUNE 2016

[www.MinnesotaGrown.com](http://www.MinnesotaGrown.com)



The month of June is dedicated to celebrating the dairy industry and the farmers that produce the delicious, nutrient-packed dairy foods we enjoy. "June Dairy Month reminds us of dairy's benefits and connects us to the farm so we know where dairy foods are produced and the farm families behind them," said Stephanie Cundith, a registered dietitian with the Midwest Dairy Council.

There are many reasons to celebrate dairy! Dairy foods like milk, cheese, and yogurt are full of nutrients supporting bone and muscle growth, controlling blood pressure, and reducing the risk of heart disease. They are also affordable nutritional sources. Did you know that a glass of milk costs only about 25 cents? With nine nutrients essential to our health including protein, calcium, potassium, phosphorous, riboflavin, and niacin, along with vitamins A, D and B12, milk is both an economical and healthy choice. We can't forget about our farmers! There are 3,495 licensed



dairy herds in Minnesota that are cared for by devoted farmers passionate about providing the tasty, high-quality dairy products we love.

***Dairy – it’s not just about cows!***

By Debby Flowers, Ole Lake Farm

Did you know that June has been called Dairy Month since 1939? It’s a month to promote and celebrate dairy farming, milk and all dairy products. When people hear the various milk promotion slogans, chances are that big black and white cows come to mind. While it is true that most of the milk produced and consumed in Minnesota comes from cows, milk from dairy goats is growing in popularity.

Goat milk is as delicious and nutritious as cow milk. Many people find goat milk to be more digestible than cow milk due to its composition leading to fewer allergy issues. Without going into the chemistry of it, it’s more like human milk than cow milk. Goat milk is also a great choice for cheese, ice cream, yogurt, kefir, and other dairy products.

On a personal level, adding dairy goats to our little farm has been a rewarding experience. They are enjoyable animals each with a unique personality. As with any other aspect of the farm, we have needed to learn a lot and have made some mistakes along the way (do not underestimate how high a goat can jump!), but overall have no regrets with our decision to bring dairy goats into our lives.

So let’s celebrate Dairy Month in Minnesota – with cow AND goat milk!



*Photo provided by Ole Lake Farm*



*Photos provided by MeadowWild Farm Alpine Goats*





## Recipes

Take time this month to celebrate local, Minnesota-produced dairy and try some of these recipes:

# Apple Yogurt Smoothie

2 cups low-fat vanilla yogurt  
1 medium Granny Smith apple,  
cored, peeled and diced  
½ cup orange juice  
2 tablespoon honey  
5-6 ice cubes

Mix all ingredients in a blender or food processor until smooth. Pour into 2 tall glasses. Garnish with sliced almonds, fresh mint and dollop of honey, if desired.



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Recipe provided by Midwest Dairy Association

# Creamy Wild Rice & Mushroom Soup

2 tablespoons butter  
1 medium onion, diced (about 1 cup)  
1 cup chopped white mushrooms  
½ cup diced carrots  
3 cups lowfat milk  
¼ cup flour  
2 cups chicken broth low sodium  
2 cups cooked wild rice  
¾ cup shredded Cheddar cheese  
2 tablespoons chopped fresh Italian parsley



MidwestDairy.com

Recipe provide by Midwest Dairy Association

In a large pot, heat butter over medium heat. Add onions, mushrooms and carrots; sauté until onions are soft (about 10 minutes.)

Meanwhile, in a medium saucepan, whisk milk and flour over medium heat, stirring frequently until milk starts to boil. Whisk constantly for one minute or until milk thickens. Pour into onion mixture and cook for 10 minutes, stirring occasionally. Stir in chicken broth and cooked rice; cook for 10 -15 minutes (or until carrots are soft.)

Ladle into bowls and top each serving with 2 tablespoons cheese and 1 teaspoon parsley.

# Cornmeal Doughnuts with Honey-Yogurt Icing

For Doughnuts:

1 cup corn flour  
¾ cup all-purpose flour  
¼ cup sugar  
1 teaspoon baking powder  
½ teaspoon salt  
1 cup non-fat milk  
1 tablespoon lemon zest  
1 tablespoon lemon juice  
4 tablespoons unsalted butter,  
melted  
1 large egg, beaten

For Honey-Yogurt:

1½ cups non-fat, vanilla  
Greek yogurt  
2 tablespoons honey



Recipe provided by Midwest Dairy  
Association

Preheat oven to 425 degrees. In a large bowl, combine flours, sugar, baking powder and salt. In a glass, 2-cup measuring cup, stir lemon juice and lemon zest into milk. [Note: This will “sour” milk and some curdling may occur.] Stir soured milk, butter and egg into the dry mixture until combined.

Spoon batter into a 1-quart zip-top storage bag. Cut an opening in one corner of the bag, just large enough to pipe the batter into each form of a small doughnut baking pan. Pipe batter into pan.

Bake 12 to 15 minutes or until doughnuts test clean with a toothpick and are browned on the bottom.

For doughnuts, preheat oven to 375 degrees. Spoon 1 tablespoon of batter into each tin of a mini-muffin pan greased with non-stick cooking spray. Bake 15 to 17 minutes or until doughnut “holes” test clean with a toothpick. Cool in pans for 5 minutes.

Combine yogurt and honey for “icing” and serve with warm doughnuts.





# CELEBRATE WITH LOCAL DAIRY FARMERS!

Here are just some of the dairy events happening in Minnesota this month. See if there's an event near you!

**June 16**

### Z-Dairy Dinner on the Dairy

5-8 p.m.

1772 130th Ave  
Holland, MN  
Pipesstone County

**June 17**

### Voth Farm Breakfast on the Farm

7-11 a.m.

22695 Co 9 Blvd.  
Goodhue, MN  
Goodhue County

**June 18**

### Haubenschild Farms Breakfast on the Farm

7-11 a.m.

35050 Naare St. NW  
Princeton, MN  
Kanabec & Isanti  
Counties

### Goldview Farms Breakfast on the Farm

7 a.m.-noon

9156 Grover Ave SW  
Waverly, MN  
Wright County

**June 21**

**Stortz Dairy Farm  
Dairy Night  
on the Farm**

40928 County 24  
Mabel, MN 55954

**June 22**

**Bruce & Jodi Hein Farm  
Night on the Farm**

4-8 p.m.

11617 Hwy 14 E  
St. Charles, MN  
Winona County

**June 24**

**Jary & Celene  
Holst Farm  
Night on the Farm**

4-8:30 p.m.

20514 590th St.  
Kellogg, MN  
Wabasha County

**June 25**

**Tollerud Farms  
Breakfast on the Farm**

8:30-11 a.m.

37541 150th Ave  
Rothsay, MN  
West Ottertail County



**Todd County  
Breakfast on the Farm**

10 a.m.-2 p.m.

Park and ride a free  
shuttle to Dale and  
Marie Katterhagen  
Farm from:

Molzko Fields  
25002 County 16,  
Browerville

Ohrog Farm  
24760 County 14,  
Browerville

	<p><b>Redhead Creamery Open House</b></p> <hr/> <p>11 a.m.-4 p.m.</p>	<p>31535 463rd Ave Brooton, MN 56316 Stearns County</p>
	<p><b>Fillmore County Dairy Night on the Farm</b></p> <hr/> <p>5:30- 8:30 p.m.</p>	<p>Duschen Hills Dairy 23962 Grosbeck Road Lanesboro, MN Fillmore County</p>
	<p><b>Keith &amp; Kristine Knutson Dairy Breakfast on the Farm</b></p> <hr/> <p>6:30-11:30 a.m.</p>	<p>49273 170th Ave. Pine Island, MN Olmsted County</p>
	<p><b>Rysavy Dairy Farm Breakfast on the Farm</b></p> <hr/> <p>8 a.m.-noon</p>	<p>10204 S County Rd 45 Owatonna, MN Steele County</p>
	<p><b>Breakfast on the Farm</b></p> <hr/> <p>7 a.m. -noon</p>	<p>11952 Co Rd 3 Ellendale, MN Steele County</p>
	<p><b>21st Annual Country Breakfast on the Farm</b></p> <hr/> <p>6:15-11:30 a.m.</p>	<p>Townview Farm 9019 Silver Creek Rd NE Fynla, MN Olmsted County</p>
	<p><b>June Dairy Month Open House</b></p> <hr/> <p>6:15-11:30 a.m.</p>	<p>Meadow Star Dairy 12212 1st Ave W Pannock, MN</p>

Visit [Midwest Dairy Association's](#) website to learn more about Minnesota dairies, nutrition, recipes and much more.

