



If you have ordered dairy through the club, please be sure to check with your coordinator if you need to leave a cooler or if they have fridge space for you. Please note that some things may be a little different in our dairy than what you may be accustomed.



Our **Milk** is from Natural by Nature. It is organic and from grass-fed dairy cows. This means they have more room because they are grazing. The taste is quite different from conventional or even organic corn-fed cows.

The red top milk in glass is whole milk and not homogenized. There will be a thick layer of cream on top. The color of the cream may vary from white to creamy to yellow, this depends upon the season. You will note a seasonal change during summer it is a thinner cream layer and other times it's so thick you can take it out with a knife. It will not mix into the milk and some kids don't like it so we say take it off and enjoy it in your coffee or cooking.



The milk in the gallons and half-gallons is homogenized so will not have this layer. Only the milk in glass is not homogenized.

Unlike milk that is UHT (ultra high temp pasteurized) for supermarket shelf life only, this milk is short time past and you will taste that difference as well. It will come with a

shorter date than UHT milk but it lasts the same, about 7 days from opening, so be sure to enjoy soon after you pick up.

Cows are meant to eat grass, not grain. Pastured cows are healthier and less stressed. At NDP, we strive to make fresh pasture the main diet for our cows. Our farmers own and operate small family farms in Lancaster County, PA.

The milk from grass-fed cows contains higher levels of Conjugated Linoleic Acid (CLA) than that of cows fed grain. CLA is an Omega 6 Fatty Acid, which studies have shown, helps in disease protection. Grass-fed milk naturally contains higher levels of Beta-carotene, Vitamin A, and Vitamin E because grass itself contains more of these nutrients than grain. Consuming grass-fed dairy products is a way to ensure the supply of these important nutrients in your daily diet. Work with nature - purchase this regionally produced organic grass-fed milk and help support organic farmers.

Natural By Nature grass-fed, organic milk and dairy products from Natural Dairy Products are brought to you with our commitment to excellence...

What makes Natural By Nature products organic?

Our farmers do not use pesticides or herbicides on their farms. Their cows are not given any antibiotics or synthetic hormones. Our farm and processors are inspected and certified by Quality Assurance International to ensure strict adherence to the organic standards set forth by the USDA.

Define Homogenization?

To render (milk) uniform in consistency by emulsifying the fat content.

Is Natural By Nature milk homogenized?

Natural Dairy Products offers consumers a choice - Natural By Nature milk in glass containers is not homogenized, while our milk in paper cartons is homogenized.

Define Pasteurization?

The act or process of heating a beverage or other food, such as milk, to a specific temperature for a specific period of time in order to kill microorganisms that could cause disease, spoilage, or undesired fermentation.

Is Natural By Nature milk pasteurized?

At Natural Dairy Products, we believe that milk, particularly organic milk, is meant to be fresh. We pasteurize our milk using the High Temperature Short Time (HTST) process. During this process, our milk is heated to only 165 degrees F, the lowest temperature proven to safely kill harmful bacteria without sacrificing flavor, freshness and many of milk's natural nutrients. Our milk is NOT ultra-pasteurized.



The **Yogurt** we offer is either Natural by Nature, info listed above or Seven Stars organic biodynamic yogurt.

It is also not homogenized and therefore will have a layer of cream on top. This layer will vary from creamy-colored to almost yellow depending upon season and how the cows are eating.

No sugar or inulin is included. It is more “watery” as it is real yogurt. If you stir it up quickly, it can be used as a drinkable yogurt. If you want it thicker, don’t stir.

The beauty of our whole milk yogurt resides in the thick cultured cream layer that forms at the top of each container. The color of this layer can vary from a light yellow to a deep golden orange depending on the season.

When our yogurt leaves the farm it has a firm consistency. But, because we don’t add artificial thickeners, this texture can be easily disturbed. Some customers enjoy shaking their containers until yogurt is in a more liquid state. If you wish to maintain a firmer product, here are some simple rules to live by: Always keep your yogurt refrigerated; allowing it to warm up will create a looser consistency. Avoid dropping, shaking, stirring or turning the container upside-down. If handled correctly, an unopened, properly refrigerated quart of our yogurt can last well past its sell-by date.

For over 25 years, our mission has been to produce the finest organic yogurt around for our loyal customers. We maintain our high standards of quality by keeping our product line simple, while constantly striving to improve that uniquely old-fashioned European flavor that our fans have grown to know and love.

Full credit for our fresh and delicious final product goes to our herd of hard-working Jersey, Jersey-cross dairy cows. Born and raised on the farm, they get lots of fresh air, pasture and home-grown feed. Their seasonally grass-fed milk is not only full of protein, but high in butterfat, leaving no need for unnatural thickeners in our yogurt.

After the milk is pasteurized, we add live probiotic cultures. The first two living cultures added (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) are needed to convert the pasteurized milk into yogurt during the incubation process. We then add additional cultures (*Lactobacillus acidophilus*, *Bifidobacterium* and *Lactobacillus casei*) with the goal of giving a helping hand to the digestive system. Scientific research suggests that these probiotic cultures also have a positive effect on the human immune system.

Made in small batches to ensure both freshness and quality, our organic yogurt is available in four 32oz. flavors: Whole Milk Plain, Maple, Vanilla, and our newest addition, Lemon! ... Organic maple syrup, organic vanilla extract, organic lemon extract and cultures are the only additional ingredients added to our unhomogenized, pasteurized milk.

### **How are you certified Organic/Biodynamic?**

Certification of Organically produced products is done under the auspices of the USDA's National Organic Program. Seven Stars Farm and the other farms whose milk is used to make Seven Stars Yogurt are all certified Organic under the USDA's standards. In addition to its Organic certification, Seven Stars Farm is also certified Biodynamic by the Demeter Association.

### **Are your cows grass fed?**

April to November, our cows derive the majority of their diet directly from pasture. They also receive a grain supplement that helps them maintain weight, stay healthy and produce more milk. We supplement their diet with homegrown and purchased grains, primarily spelt and corn. The term "grass-fed" when applied to dairy cows usually means that the cattle have access to pasture when seasonally available. When it's applied to beef production, it means that the animals were raised until slaughter on pasture or hay, and have skipped the grain feeding period customarily used to finish beef.

### **Can you tell me about the welfare of your animals?**

The issue of dairy cattle welfare is more complicated than one would think, and is just beginning to be really thoroughly studied in a scientific way. I'm sure that our idea of the ideal environment for dairy animals will continue to evolve. It is a subject that we feel very strongly about here at Seven Stars Farm. Fundamentally, our cattle are kept clean, comfortable, well fed and free to move about as seasonably permissible. During the grazing season, April through November, they spend the majority of their time on pasture. Calves are raised on whole milk instead of milk replacement, after spending the first week of their life with their mother. The cows are naturally mated via a bull. Their tails are not docked, nor do we de-horn our cattle. Generally, cows leave the herd because of some specific medical problem, such as infertility or mastitis. We have gotten pretty good at treating illnesses via natural remedies. The average age of our milking herd is approximately 8 years old, with some individuals living well into their teens. For more information about our herd, visit the [Our Farm](#) section.

### **Why is your yogurt more liquid than other types?**

Our yogurt generally has a more liquid texture than most commercial yogurts because we don't add thickeners. However, it shouldn't be liquid. It can become more liquid, if it's handled roughly or stirred up. In addition, its texture can suffer from being allowed to get warm or freeze. Finally, there is the possibility of having a container of yogurt that did not culture properly. Some of those will slip through our screening process. Each container is filled as a liquid and develops its yogurt body over the incubation period. Unfortunately, sometimes a container will not set up properly in an otherwise successful batch

### **How long do you pasteurize your milk?**

We vat pasteurize our milk at 169°F for 30 minutes. Our culture manufacturers recommend this time and temperature.

### **Once I open a container, how long will it stay fresh?**

Maintaining freshness depends on how you handle the yogurt. It's best not to stir or shake it. Make sure to use a clean spoon each time you dish it out and keep the container refrigerated. Following these suggestions will maximize the shelf life of your yogurt.