

Trivia Facts

- The making of cheese dates back more than 4,000 years.
- The Pilgrims included cheese in the Mayflower's supplies when they made their voyage to America in 1620.
- The making of cheese quickly spread in the New World, but it wasn't until 1851 that the first cheese factory in the United States was built by Jesse Williams in Rome, New York.
- Consuming certain cheeses—including aged Cheddar, Swiss, blue, Monterey Jack, Brie, Gouda and processed American cheese—immediately after meals or as a between-meal snack has been shown to help prevent tooth decay.

Farm Facts

- It takes about 10 pounds (5 quarts) of milk to make 1 pound of whole milk cheese.
- Cheese can be made from whole, 2% lowfat, 1% lowfat or fat-free milk, or combinations of these milks.
- About one-third of all milk produced each year in the United States is used to make cheese.
- In 2003, a total 8.5 billion pounds of cheese was produced in the United States.
- Whey can be dried and made into whey powder, which can then be used in high protein drinks, infant formula, and bakery products.
- There are over 2,000 varieties of cheeses!

Jokes

- A. Why does a milking stool have only three legs?
- B. How do you make a milk shake?
- C. How does a farmer count a herd of cows?
- D. What did the bored cow say when she got up in the morning?

Joke Answers

- A. Because the cow has the udder
- B. Give it a good scare!
- C. With a Cow-culator
- D. It's just an udder day.



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The Art of Making Cheese



Cheese is a healthy, tasty food that is made from milk. The cows on a farm are milked using suction cups to pump the milk from the cow into huge storage tanks. These storage tanks cool the milk until a refrigerated truck comes to the farm to pick up the milk. The milk can be pasteurized, homogenized, and bottled to produce the milk you drink, or it can be turned into a variety of other products such as ice cream, butter, yogurt, or cheese.



History of Cheese

Though no one knows for sure when cheese was first made, many believe a nomadic Arab created it by accident while carrying a saddlebag full of milk on his camel or horse. The hot sun and galloping movement caused the milk to ferment, turning it into simple curds and whey.



Milk

Milk is the main ingredient used to make cheese. Milk can come from cows, sheep, goats, water buffalo, and even camels and reindeer.



Steps in Cheese Making



There are **four** basic steps in making cheese. The **first** step is **curdling**. This step separates the solid part of milk known as curds from the liquid part known as whey. Cheese makers add a "starter" or "rennet" to begin this process. What they add depends on the kind of cheese they are making.

The **second** step is **draining** and involves separating the curds from the whey. Some curds may be stretched and kneaded in hot water to make stringy, pulled cheeses like Mozzarella and Provolone.

Step three involves **pressing** which determines the final shape and size of the cheese. The amount of time cheese is pressed is determined by what kind of cheese is being produced. Most cheeses get their final shape and size when the curds are pressed into

forms or molds. These molds are designed to press out moisture, so cheeses subjected to more pressure turn out drier and firmer.

Once a cheese has been curdled, drained, and pressed, the **final process** of **ripening** can begin. During this process, expert cheese-agers closely watch the moisture, temperature, and oxygen in the cheese which will create its texture, flavor, and aroma. Some cheeses ripen for a few hours but others may ripen for months or even years.



Enjoy!



No matter how cheese is used (on a grilled cheese sandwich or pizza), all cheese begins with a cow on a dairy farm. Cheese makers often work near the center of a dairy region because they can benefit from fresher milk, lower milk prices, and lower shipping costs. Since cheese can be stored longer than milk, it makes it possible for a cheese maker to sell when prices are high or when money is needed.



What Do You Remember?



1. Milk can come from
 - o cows, pigs, chickens.
 - o cows, reindeer, goats.
 - o cows, camels, pigs.
2. The four basic steps in correct order for cheese making are:
 - o curdling, pressing, ripening, and draining.
 - o pressing, curdling, draining, and ripening.
 - o curdling, draining, pressing, and ripening.
3. Cheese makers often live in a dairy region because
 - o of higher milk prices.
 - o of lower shipping costs.
 - o milk keeps longer than cheese in these areas.

Math Measuring Skills + Milk (and more) = Delicious Eating

Use your math measuring skills and try some delicious treats! You have tried making cheese, now try some other recipes using milk or yogurt for a delightful snack - right from the COW!

PICK-EM-UP PUDDING SHAPES

Ingredients:

- 3 envelopes unflavored gelatin
- 2 1/2 cups cold milk
- 1 package (3 to 4 ounces) regular (not instant) pudding and pie filling mix, any flavor



Cooking Directions:

Soften gelatin in 1 cup milk. Add remaining milk and pudding mix. Have an adult cook and stir the mixture over medium heat until it comes to a full boil. Pour into 9 inch square pan. Chill several hours. Cut with cookie cutters or into squares. Store in refrigerator.

STRAWBERRY SMOOTHIES

Ingredients:

- 2 cups strawberries,* hulled and halved
- 2 containers (6 ounces) strawberry yogurt
- 1 cup vanilla ice cream
- 1-1/2 cups milk

* You may substitute any fresh fruit.



Cooking Directions:

Combine all ingredients in a blender. Cover and blend until well-mixed (about 30 seconds). Pour into 6 glasses and serve immediately. Makes 6 servings!

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