

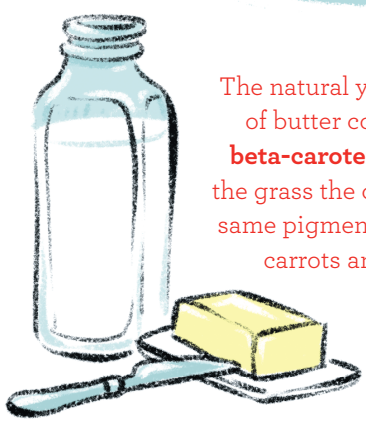


“Don’t have a cow, man.”
—Bart Simpson

In the 1960’s, the **milkman** became an endangered species. Today with the expansion of CSAs and grocery delivery, milk and other dairy products are making their way back to your doorstep—all you need is a mobile phone to get milk on tap!

It takes **2.5 gallons** of milk to make 1 lb of butter.

The natural yellow colour of butter comes from **beta-carotene** found in the grass the cows eat—the same pigment that makes carrots and pumpkins orange.



The **first cows** came to America in 1493, on Columbus’s second voyage. There are now about 11 million cows in the USA, making 58 billion quarts of milk each year.



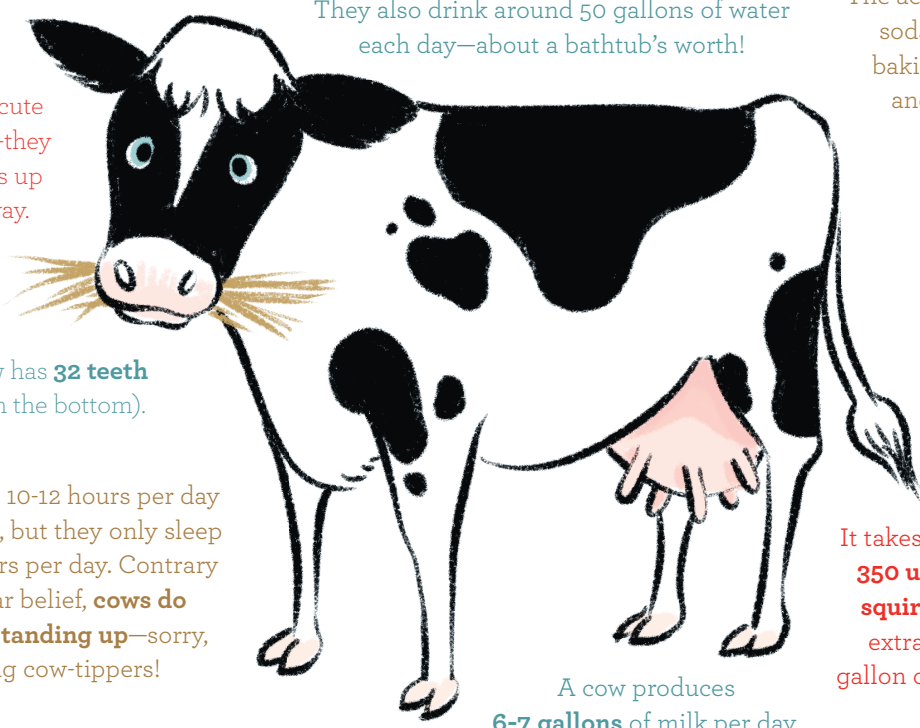
Milk contains **casein**, a protein that helps cool your mouth after eating spicy food.

A dairy cow **weighs about 1400lbs** and consumes about 50lbs of food per day. They also drink around 50 gallons of water each day—about a bathtub’s worth!

Buttermilk is the liquid left over after making butter, which is then fermented, turning the milk sugars into **lactic acid**. The acid in buttermilk reacts with baking soda, which makes baking extra light and fluffy.



Cows have an acute **sense of smell**—they can smell things up to six miles away.



A cow has **32 teeth** (all on the bottom).

When a **milk label** says 1% or 2%, it refers to the amount of fat left in the milk (in the form of cream). While it is sometimes called “full fat,” whole milk actually contains only about 3.5% fat.

Cows spend 10-12 hours per day laying down, but they only sleep about 4 hours per day. Contrary to popular belief, **cows do not sleep standing up**—sorry, aspiring cow-tippers!

It takes about **350 udder squirts** to extract a gallon of milk.



A cow produces **6-7 gallons** of milk per day.