HARVEST OF THE MONTH



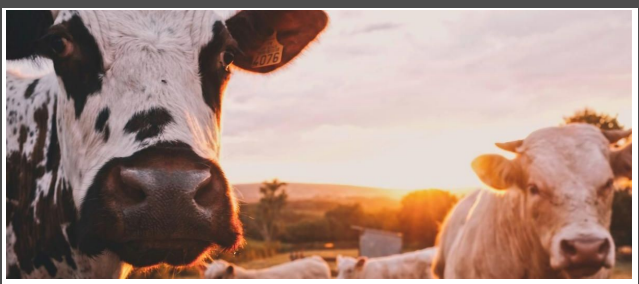
Cambridge in Motion — Eat healthy. Move often. Live well.

Each month the Cambridge in Motion team sends a flyer with fun facts and a family newsletter to celebrate the Mass Farm to School partnership. We hope your family enjoys the fun and learning opportunities within! Download the PDF here!

This month we are learning about dairy! Enjoy the fun resources, recipes, lessons and activities that keep your family exploring and thriving!

Follow us on twitter @CambMotion





Fun Dairy Facts!

Cows have a great sense of smell. They can smell up to 6 miles away!

Plant-based dairy-free milks and cheeses are available , about for those who cannot tolerate cow-based dairy products. They have different amounts of nutrients so it is important to read the labels!

It takes **10 gallons of milk** to make 1 pound of cheese!

In 1856, French scientist Louis Pasteur discovered that heating liquids to high temperatures kills bacteria. This process is called **pasteurization**, and it protects the purity and flavors of milk!

Cows drink about 35 gallons of water a day, about the same amount as a bathtub full of water!

Cheddar is the most popular natural cheese in the U.S (what's your favorite cheese?).

Cows cannot sweat, they lose heat through their breath!

March Harvest of the Month Video!

Watch our Cambridge in Motion monthly video series featuring the Harvest of the Month (foods that are grown locally to New England)! You'll watch our public health nutritionist bring to life the fun facts, make a quick snack, and give a nutrition or food preparation tip!



Dairy Video



Joke of the Month

Q: Why did the cow cross the road?

A: To get to the udder side!

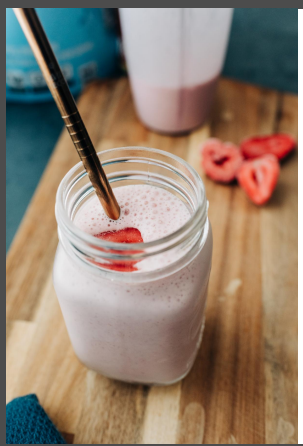
Family Learning!

(1) How to Make Butter: This activity is great for preschool through early elementary grades! Kids will learn the science behind how butter is made by actually making some themselves!

(2) How to Make Kefir: Easy to follow step-by-step instructions on how to make kefir, a milk drink filled with vitamins, minerals and probiotics!



How Dairy Helps Keep You Healthy!



Each 8 oz glass of milk contains 9 essential nutrients that our bodies need! These 9 nutrients are calcium, phosphorus, protein, Vitamin A, Vitamin D, and the B vitamins riboflavin, pantothenic acid, B-12 and niacin! Vitamin D is added to milk in a process called fortification. This vitamin helps our bodies absorb calcium, meaning we can get more of the bone-health benefits! Vitamin D is also a nutrient that many of us don't get enough of, so drinking milk (or fortified dairy alternatives) can help us get what we need to keep our bodies in tip-top shape.

Food Waste Tip of the Month



Before you go food shopping, see what is already in the refrigerator to prevent purchasing duplicates. Take a few moments to plan meals and write out a list of items needed. Stick to the list while in the store. These strategies help us save time and money while preventing food waste.

Delicious Recipes!



The kids can help make this creamy Yogurt-Based Ranch Dressing!

Try this Garlic Parmesan Pasta Bake for a lasanga-style chicken dinner!

Try this amazing Green Egg Bake and have breakfast (or an easy snack) prepped!

This Cheesy Chickpea & Broccoli Bake is easy to make & vegetarian!

This Green Smoothie has a fruity flavor and a happy shade of green!

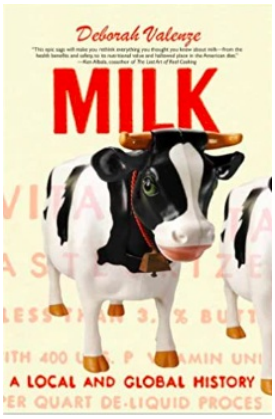
Try these Double Corn Quesadillas as an after school snack or serve with some chicken or black beans for dinner!

Children's Book Spotlight

Milk: A Local and Global History

Written by Deborah Valenze

"For older students, *Milk: A Local and Global History* by local historian Deborah Valenze is a cultural history of milk that traces the rituals and beliefs that have governed milk production and consumption since its use in the earliest societies. Ultimately, milk's surprising history teaches us how to think about our relationship to food in the present, as well as in the past. It reveals that although milk is a product of nature, it has always been an artifact of culture.



MASSACHUSETTS FARM TO SCHOOL

March HARVEST of the MONTH DAIRY



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Milk, yogurt and cheese have lots of calcium to keep our bones and teeth strong.

Healthy Serving Ideas

Yogurt Smoothie: Make a peanut butter & banana yogurt smoothie by blending yogurt, peanut butter, banana, honey, & ice.

Quesadillas: Put cheddar cheese and your favorite vegetables on a tortilla, and heat in pan on stove until melted.

Stuffed Sweet Potatoes: Roast a sweet potato at 400°F until soft, about 45 minutes. Slice and stuff with black bean & corn salsa and your favorite cheeses.

Try a cheese tasting plate: Pick 2-4 different cheeses. Serve with fruit or jam and whole wheat pita or crackers.

Fun Facts

- Cheddar cheese is the most popular cheese in the U.S.
- There are 1,200 dairy farms in New England.
- There are six breeds of dairy goats. Outside of the U.S. and Europe, goat milk is more popular than cow milk!

At-Home Activity *Make Your Own Butter*

Materials:
- a jar with a lid
- heavy cream (35% whipping cream)

Directions:

1) Fill your jar half way with cream.

2) Put the lid on tightly and shake. Stop when solids (butter) begin to separate from the liquid (buttermilk).

3) Strain butter from buttermilk. Rinse butter & store for up to 5 days in fridge.

For additional reading about the science of butter, visit:
https://www.massfarmtoschool.org/guide/how-to-make-butter/

Where to Find Local Dairy

MassGrown Map (MDAR)
https://massnrc.org/farmlocator

Harvest of the Month Book Club

Gr. K-5: The Milk Makers by Gail Gibbons

Gr. 6-8: The World in Your Lunch Box by Claire Eamer

Gr. 9-12: Butter: A Rich History by Elaine Khorsrova



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

Dairy Purchasing Pointers

- Make the dairy aisle one of your last stops while shopping so your items stay cold!
- Hard cheese can be frozen. It will keep for 8 weeks. Thaw cheese in the refrigerator and use within a few days.

April Preview: Potatoes!

www.massfarmtoschool.org

Links to download the Mass Farm to School Harvest of the Month Newsletter:
Arabic | Haitian Creole | Khmer | Mandarin | Portuguese | Spanish | Vietnamese

Cambridge Public Health Department | Cambridge in Motion — Eat Healthy. Move Often. Live well.

Cambridge Public Health Department
119 Windsor St.
Cambridge, MA

Follow us on Twitter
@CambMotion