



MILK

YEAR-ROUND



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



PRODUCE

Cows are milked twice a day after being cleaned and sanitized. Milk travels through clean, refrigerated pipes to a holding tank where it is tested for safety. Safe, raw milk is transported to a plant in a steel, insulated refrigerated truck. The milk is processed, bottled, and delivered to grocery stores.



PREP

Refrigerate milk near the middle or the bottom of the refrigerator between 35 to 40 degrees Fahrenheit. Pour the amount of milk needed and immediately return it to the refrigerator. Milk can be used by itself or as an ingredient in savory and sweet cooking!



EAT

Sip plain milk or give it a splash of chocolate or strawberry syrup. Drink a smoothie made with fruit, leafy vegetables, and milk. Enjoy milk in pancakes, breads, and cakes. Savor a warm soup or sauce made with milk. Try a milkshake or homemade ice cream for a dessert!



LEARN

Milk is a **dairy** product. Milk is produced from cows, buffalo, goats, sheep, and camels. Milk is high in protein and has several beneficial vitamins and nutrients. There are less than 40 dairy farms in Arkansas. The average Arkansas cow produces about 5 gallons of milk each day.

