

Did you Know...

Wisconsin dairy farms produce more than 23 billion pounds of milk every year. That's about 14% of the country's total milk supply.

Wisconsin is the # 1 cheese-producing state, making 26% of the country's cheese.

Wisconsin won more awards than any other state or country at the 2021 World Championship Cheese Contest, with 138 medals!



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL. June-Dairy Month

Dairy is synonymous with Wisconsin. Most of us either know or were dairy farmers. I had the honor and privilege of being raised on a homestead farm. The farm had dairy cattle for many years. I often reflect on heading out to the dairy barn to watch my papa and uncle Johnny milk. The smell of fresh milk and the delicious, sweet taste of the cream that we would skim off the top still make my mouth water.

Sometimes milk gets a bad rap nutritionally, but there are many health benefits. Calcium, vitamin D, and phosphorus are important for bone building, and the high potassium content of dairy foods that can help lower blood pressure are just a few nutrients that it provides.

So what is included in the "Dairy Group"? According to <https://www.myplate.gov/eat-healthy/dairy> The Dairy Group includes milk, yogurt, cheese, lactose-free milk, and fortified soy milk and yogurt. The Dairy Group does not include foods made from milk that have little calcium and high-fat content. Examples of this are cream cheese, sour cream, cream, and butter. We encourage you to choose low-fat or non-fat versions when possible and aim for 3 servings a day. In general, the following counts as 1 cup from the Dairy Group:

- 1 cup of milk, yogurt, or soy milk or 1 ½ ounces of natural cheese

Roasted Strawberry Sheet Cake

What a yummy way to enjoy summer strawberries and sneak milk into your day.

Ingredients

- 4 pounds halved fresh strawberries
- 1/2 cup sugar or sugar substitute if desired

CAKE:

- 1 cup butter softened (you can use 1/2 cup of mashed bananas and 1/2 cup butter if you want to decrease the fat content calories and boost the nutrients).
- 1-1/2 cups sugar or sugar substitute for baking
- 2 large eggs, room temperature
- 2 teaspoons almond extract
- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons salt
- 1 cup 2% milk
- 1/4 cup sugar (optional)

Directions

1. Preheat oven to 350°.
2. Place strawberries on a parchment-lined rimmed baking sheet. Sprinkle with sugar and toss to coat. Bake until just tender, 35-40 minutes. Cool slightly.
3. Meanwhile, grease a 15x10x1-in. baking pan. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in the almond extract.
4. In another bowl, whisk flour, baking powder, and salt; add to creamed mixture alternately with milk, beating well after each addition (batter may appear curdled).
5. Transfer to prepared pan. Top with 3 cups roasted strawberries: sprinkle with sugar if desired.
6. Reserve remaining strawberries for serving. Bake until a toothpick inserted in the center comes out clean, 30-35 minutes. Cool completely in a pan on a wire rack.
7. Serve with reserved roasted strawberries

Recipe adapted from: <https://www.tasteofhome.com/recipes/roasted-strawberry-sheet-cake/>

Check out more Milk Recipes, facts, fun activities, and more at: <https://foodhero.org/milk>