

# Family & Consumer Sciences Newsletter



## National Dairy Month

June is celebrated as National Dairy Month! It's a time to recognize the importance of dairy in our diets and to appreciate the hard work of dairy farmers. The month-long observance was initially created to promote drinking milk as a way to stabilize the dairy surplus. However, it has evolved to become a celebration of all dairy products and the industry as a whole. It's a great opportunity to enjoy some delicious dairy treats and to learn more about the dairy industry's contributions to our daily lives.

This month's newsletter gives fun facts about dairy and a yummy smoothie recipe. There are a lot of fun things happening at the Extension Office this Summer! Check out the Community Events section to get all the information! Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to [cpjohns5@ncsu.edu](mailto:cpjohns5@ncsu.edu).

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# UNDENIABLY FUN FACTS ABOUT DAIRY



1. About **73% of calcium** available in the food supply is provided by milk and milk products.
2. Milk is packed with **essential nutrients** including protein, calcium and vitamin D.
3. Chocolate milk's combination of **fluids, carbs, and protein** helps rehydrate and refuel muscles after a workout.
4. It takes...
  - » **12 pounds** of whole milk to make **1 gallon** of ice cream.
  - » **21.2 pounds** of milk to make **1 pound** of butter.
  - » **10 pounds** of milk to make **1 pound** of cheese.
5. **Cheddar** is the most popular natural cheese in the U.S.
6. **Vanilla** is America's favorite flavor of ice cream.
7. To get the same amount of calcium provided by one **8-ounce glass** of milk, you would have to eat 4.5 servings of broccoli, 16 servings of spinach or 5.8 servings of whole wheat bread.
8. The first cow arrived in America in Jamestown in **1611**. Until the 1850's nearly every family had its own cow.
9. **June** is National Dairy Month.
10. All **50 states** have dairy farms.
11. **97%** of U.S. dairy farms are **family-owned** and operated.
12. Milk arrives at your local grocery store within **48 hours** of leaving the farm.
13. There are **6 breeds** of dairy cows: Holstein, Jersey, Guernsey, Brown Swiss, Ayrshire and Milking Shorthorn.
14. A Holstein's **spots are like fingerprints**—no two cows have exactly the same pattern of black and white spots.
15. The average cow produces **8 gallons** of milk per day, that's over **100 glasses** of milk!
16. Cows are milked **2-3 times** a day.





# UNDENIABLY FUN FACTS ABOUT DAIRY

17. It only takes about **5-7 minutes** for a cow to be milked.
18. Cows drink **30-50 gallons** (about a bathtub full) of water each day!
19. An average dairy cow weighs **1,200 pounds**.
20. A cow has **one** stomach with **four** compartments.
21. Cows eat about **100 pounds** of feed a day, which is like eating 600 peanut butter and jelly sandwiches!
22. The average cow chews about **50 times** a minute.
23. Cows have **32 teeth** total, but they do not have top front teeth. Instead, they have a tough pad.
24. Dairy cows can produce **125 pounds** of saliva a day.
25. Cows are **red-green color blind**, which means they cannot see red.
26. Cows have almost total **360°** panoramic vision.
27. A cow's normal body temperature is **101.5°F**.
28. Cows prefer temperatures between **40-65°F**.
29. Cows **cannot sweat**—they lose heat through their breath.
30. Cows are pregnant for **9 months**, just like people.
31. The average cow is **2-years-old** when she has her first calf.
32. Cows have an acute sense of smell—they can smell up to **6 miles** away!
33. You can lead a cow **upstairs**, but not **downstairs**—their knees can't bend properly to walk downstairs.
34. Did you eat something spicy? **Milk is better for cooling your mouth** than water because of the protein casein—it cleanses your taste buds.
35. Cows spend **30 minutes** drinking, **3-5 hours** eating and **12-14 hours** resting each day.





# Favorite Banana Split Smoothies

Total Time: 10 Minutes



Makes 4 Servings

## Ingredients

- 2 medium bananas, peeled and quartered
- 1 can (8 ounces) unsweetened crushed pineapple
- 1 cup vanilla yogurt
- 1 cup crushed ice
- 1/2 cup orange juice

## Directions

1. Place all ingredients in a blender; cover and process until blended. Serve immediately.

## Kitchen Tips

- A smoothie is a great way to add nutrients! Customize by adding other fruits to your taste.
- Estimated grocery store total for ingredients (according to Walmart) before tax is \$8.85

From A taste of home

For more smoothie ideas visit  
<https://www.tasteofhome.com/>

# COMMUNITY EVENTS



Please join the Wilkes and Yadkin  
FCS Agents for our

## *Sweet Spreads Series*

Learn how to make different sweet spreads and gain  
hands-on water bath canning experience!

Yadkin County Center  
2051 Agricultural Way  
Yadkinville, NC 27055

Wilkes County Center  
416 Executive Dr.  
Wilkesboro, NC 28697

June 14, 2024 – Grape Jelly  
(12:00-1:30PM, Wilkes County Center),  
\$10.00

June 28, 2024 – Tomato Marmalade  
(12:00-1:30PM, Yadkin County Center),  
\$10.00

July 12, 2024 – Blueberry Spice Jam  
(12:00-1:30PM, Wilkes County Center),  
\$10.00

To register, call or email Elisa Phillips (336-651-7331 or [elisa\\_phillips@ncsu.edu](mailto:elisa_phillips@ncsu.edu)) or Chelsea Johnson (336 849-7877 or [cpjohns5@ncsu.edu](mailto:cpjohns5@ncsu.edu))

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Please direct accommodation requests to: Chelsea Johnson at 336-849-7908. Requests can be served more effectively if notice is provided at least 10 days before the event.







**Lunch & Learn**  
**2nd Tuesday of the Month**  
**12:00 pm EDT/EST**



**Come join us and empower yourself with information that is important to you.**

- |                      |   |
|----------------------|---|
| <b>January 9th</b>   | Meal Prep 101                                     |
| <b>February 13th</b> | Happy Heart Habits: Steps to Better Cardio Health |
| <b>March 12th</b>    | Cook with Ease: Tips, Tools & Gadgets             |
| <b>April 9th</b>     | Become A Scam Detective                           |
| <b>May 14th</b>      | Embracing Wellness: Tips For Healthy Aging        |
| <b>June 11th</b>     | Eat A Rainbow                                     |

MORE INFORMATION AND REGISTRATION AT  
[GO.NCSU.EDU/EXTENSIONATHOME](http://GO.NCSU.EDU/EXTENSIONATHOME) OR USE THE QR CODE

NC Cooperative Extension is an equal opportunity provider.

**ROCK THE BOAT**  
WITH

**JUNE 14TH ON MAIN STREET**  
**6PM-9PM**

**FOOD-DRINKS-FUN-FREE ENTRY-ALL AGES**

**DOWNTOWN YADKINVILLE'S**  
**FRIDAY AFTER FIVE CONCERT SERIES**

# HOMEMADE BUTTER

Join the Yadkin FCS and Livestock Agents  
in learning how to make homemade  
butter in a jar!

Call (336) 849-7908 or email  
Chelsea\_Johnson@ncsu.edu to register.



**JUNE 21ST**  
**1 PM - 2 PM**



**YADKIN COUNTY AGRICULTURAL BUILDING**  
**2051 AGRICULTURAL WAY, YADKINVILLE, NC**  
**27055**  
**COST - \$10**



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**Yadkin County Cooperative Extension**  
**2051 Agricultural Way, Suite 201**  
**Yadkinville, NC 27055**  
**336-849-7908**  
**Monday - Friday ~ 8AM - 5PM**

Want to keep up with what Yadkin  
County FCS is doing? Like us on  
Facebook! Search Yadkin County  
Cooperative Extension.  
**@YadkinCooperative**

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