

# What about Cow — shares?



Have you ever wanted to have your own dairy cow and get all the fresh milk and cream you want from it?

## Now you can!

- What does it mean to own a cow-share?** A cow-share is the actual ownership of a fraction of a cow. This means that you pay a boarding fee for the farm to care for your cow and you will receive the milk and cream.
- Is raw milk really healthier?** Yes! Vitamins A, B6, B12, C, D and K2 are present in much higher quantities in raw milk than in commercial milk.<sup>1</sup>
- What is the cost of a gallon of whole milk compared to store bought milk?** The boarding fee for 2010 is set at \$12 per month. Each share of a cow equals approximately 2 gallons of whole milk per month. Assuming you skim the cream off (worth ~\$6) before you drink the milk, the cost of the skimmed milk is \$6 for 7 quarts or \$3.45 for a gallon! That is a very low price for a high quality product!
- Is it pasteurized?** No. Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, growth problems in children, osteoporosis, arthritis, heart disease and cancer. Did you know that calves fed pasteurized milk do poorly and many die before maturity?<sup>2</sup>
- Do you use antibiotics or growth hormones?** No! We do not use either antibiotics or artificial growth hormones with the cows. Did you know that if you drink commercial



**\$1.50**

**Cream**  
(about a cup)

**\$1.50**

**Milk**  
(about 1 and 3/4 quarts)

Cow-share milk production varies with the cow's milk cycle.

cial milk you could be consuming antibiotics on a daily basis?<sup>1,3</sup>

**How long does the milk last?** This milk will last for two weeks or more. We date the milk using a round sticker on the lid, with the date that it was milked written on it. Estimate the expiration date by counting two weeks from the date on the label.

**Do you use glass jars for the milk?** Yes, we use sterilized glass jars to keep the milk fresh and to keep everything clean. We also use stainless steel for utensils and carriers.

**What is the milking procedure?** We milk the cows by hand into a sanitized stainless steel pail, pour it into a stainless steel carrier, bring it to the house and strain it into sterilized glass jars. We then label the jars with the date, cool them and put them in the refrigerator for you to pick up.

**How can I get started?** If you live near by, just give us a call and we will set up a time for you to come over. When we have received the boarding contract with your payment, you will own a portion of a cow and can pick up your milk. We charge \$50 as a one time price for a share that lasts for the entire life of the cow. That is only about \$5 per year.

**How am I supposed to pay for this service?** After the initial payment, we can either bill you each month, or bill you quarterly. Whichever works best for you.

**Do you test for brucellosis, mastitis or johnnes?** We use the California Mastitis Test monthly or more to ensure healthy milk and the Targeted Mineralization Program (TMP) for brucellosis and johnnes.

### References:

1. Lori Lipinski, "Milk: It Does a Body Good," The Weston A. Price Foundation, 6 July 2003, <http://www.westonaprice.org/Milk-It-Does-a-Body-Good.html> (1 January 2010).
2. "What is real milk?" The Weston A. Price Foundation, <http://realmilk.com/what.html> (1 January 2010).
3. "The Health Benefits of Raw Milk," White Tiger Productions, [http://www.raw-milk-facts.com/raw\\_milk\\_health\\_benefits.html](http://www.raw-milk-facts.com/raw_milk_health_benefits.html) (1 January 2010).

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