



## Home Farm Store's Dairy Products

♥ Humanely produced milk, cheese, butter, and other dairy products ensure that cows are allowed to be cows--to eat grass, lie down, suckle their calves, eat an adequate quantity of nutritious food, drink when thirsty, and have access to shelter.

### Why You Should Care

- ♥ Few dairy cows ever see grass. They are kept standing up, tied in narrow stalls on concrete floors
- ♥ Their calves are taken away when a few hours old and either killed, transported to factory veal farms, or, if female, raised in confinement until just old enough to be bred so as to produce milk
- ♥ Dairy cows are constantly fed diets which are deficient in calories, vitamins and minerals, so that the cows are effectively starved and must take from their own bones and tissue in order to make quality milk for their calves, which they never see after birth
- ♥ Dairy cows are fed diets which contain subtherapeutic doses of antibiotics to try and maintain their productivity despite a deficient diet, immune-suppressing synthetic hormones and overcrowding
- ♥ Dairy cows are injected with genetically engineered growth hormones to stimulate excessive milk production. This hormone and the weight of the unnatural quantity of milk damages their joints. Standing on concrete all day, without any exercise, further degrades their joints
- ♥ Coupled with a continual loss of calcium through starvation and joint damage, the average life-expectancy of a dairy cow at a conventional (factory) farm is less than four years, or fewer than two calves. Cows living in a humane, natural environment can live to be twelve years old (or older) and have ten calves or more in their natural life-time

**Ayrshire Farm**  
www.AyrshireFarm.com

## You label me, I'll label you...

**Pasture-Raised (No USDA regulation for use)** While there is no legal definition of the term pasture raised, the term is usually used to denote farming practices which allow cows to graze outside as often as weather permits, consuming their natural diet, grass, and get natural exercise.

**Produced without hormones** The USDA actually prohibits producers who don't give their cows synthetic growth hormones (rGBH) from indicating such on the label. The USDA allows farmers who produce milk naturally to make a statement only on the absence of rGBH in their naturally produced milk, rather than requiring factory farms to label their milk as having artificial hormones present in the milk. rGBH causes the cows to be more susceptible to disease, and the effect of rGBH on human health has never been determined, but seems linked to lowering the age of human puberty and various cancers.

[www.organicconsumers.org](http://www.organicconsumers.org)

**Raw Milk** Milk which is sold is required to be pasteurized: heated and cooled rapidly in order to kill bacteria which may be present in the milk. Unfortunately, this processes damages the milk proteins and destroys many of the naturally occurring enzymes and vitamins, kills beneficial bacteria, and probably leads to lactose intolerance in humans. There is a growing consumer movement to allow the sale of raw milk.

**Real Milk (No USDA regulation for use)** This designation refers to a group of milk producers who produce milk from traditional (heritage) breed cows, fed only grass, hay and root crops, but no grain by-products, waste, or bedding, without additives, hormones, and do not pasteurize or homogenize their milk.

[www.realmilk.com](http://www.realmilk.com)



\*Meets the Humane Farm Animal Care Program standards, which include: nutritious diet without antibiotics, or hormones, animals raised with shelter, nesting areas, sufficient space and the ability to engage in natural behaviors.

♥ **Certified Humane Farm Animal Care** is a certification program developed by a panel of respected animal scientists and recognized by the USDA. A "Certified Humane" label assures the consumer that the animal has been raised in a healthful and low-stress environment necessary for a good quality of life.

[www.certifiedhumane.com](http://www.certifiedhumane.com)

**USDA Organic** food products have met the U.S. Federal requirements for inspection and certification as defined for the "USDA Organic" label. While the federal definition of "organic" is very complex, one of the most important regulations to the consumer is that animals must be fed a completely organic, all-vegetable diet. Food animals may not be fed meat products, antibiotics, or steroids to be eligible for the appellation of "organic". The use of genetically modified food products or ingredients, chemical pesticides, herbicides and fertilizers are allowed.



[www.organicconsumers.org](http://www.organicconsumers.org)  
[www.newfarm.org](http://www.newfarm.org)  
[www.organicmonitor.com](http://www.organicmonitor.com)  
[www.ams.usda.gov/nop/indexNet](http://www.ams.usda.gov/nop/indexNet)