

## Blending Biology, Ecology and Agriculture



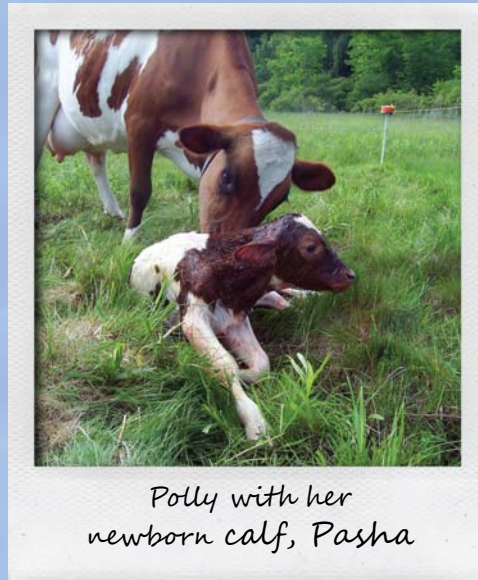
Lindsay Harris has loved animals her whole life. She earned a degree in Biology from Humboldt State University in Arcata, California in 2001 and worked as a field biologist and wetland ecologist for the State of Vermont. She is grateful to have the opportunity to provide whole, nutritious food to her community and raise animals in a kind and loving environment.



Evan Reiss was not born on a farm, but born a farmer. He grew up in Hinesburg and earned his degree in Ecological Agriculture from the University of Vermont in 2008. He studied grazing, soils and sustainable practices with a passion and now applies his knowledge in creating an efficient, healthy, and holistic farm of his own.



Bunke, the cows' directional manager, is a pure-bred, American Farm Collie. A true professional, he respectfully assists the cows in moving around the farm.



*Polly with her newborn calf, Pasha*



**Family Cow Farmstand**  
2386 Shelburne Falls Road  
Hinesburg, Vermont

802-482-4440  
familycows@gmail.com  
www.familycowfarmstand.com



# Amazing Milk from your Family Cows





## Amazing, Fresh Milk

**At the Family Cow Farmstand**, we produce small amounts of fresh, unpasteurized milk. Our milk is a healthy, whole food with amazing flavor.

We deliver through our MILK SHARE program and sell milk at our self-serve farmstand in Hinesburg, Vermont.



*Fresh Milk in Small Quantities*

## Unpasteurized

We became the first state-certified raw milk dairy in Vermont because fresh milk tastes better and retains enzymes, probiotics, and many vitamins that are destroyed in the pasteurization process.

**Our small milking machine** is cleaner and protects milk quality better than automated equipment at large dairies.

We are inspected by the Agency of Agriculture and adhere to strict safety and milk testing standards. We also test our milk regularly at a federally-accredited lab and consistently get outstanding results.

## Available Every Day

We put fresh milk out every morning in half-gallon mason jars for \$5.00 (+ a \$2.00 deposit/jar). At times we sell out, call **482-4440** or email **familycows@gmail.com** to reserve milk or to sign up for the MILK SHARE program!

## From Your Family Cow

**We care** for our Jersey and Guernsey cows like family to make sure they are healthy and comfortable. They roam in a large pasture all summer and can stay in a large, clean, comfortable barn all winter.

Our cows are grass-fed because that is what cows are born to eat. A natural, grass diet won't give them acid stomachs and frequent infections that occur from a commercial, fermented corn and grain diet.

***Healthy, happy cows produce delicious milk!***

