

Cultured

Cultured butter is at least 82% butterfat and is made by adding live bacteria cultures to cream and letting it ferment (or culture) overnight. When the cream reaches the right acidity, it is then churned into butter.

Goat Milk Butter

Goat milk butter is made with goat milk and can sometimes be easier to digest than cow milk butter. Goat milk butter is a creamy white color, has a slightly more oily texture than cow milk butter, and has a subtle goat flavor.

Pasture Butter

Pasture butter is made from the cream of milk from cows that graze on fresh summer pastures. Butter made from these cows' milk contains higher levels of beneficial fatty acids – CLA, Omega-3, and Omega-6. Pasture butter typically contains more beta-carotene and Vitamin E, giving the butter a deeper yellow tint.

Non-Dairy Butter

For people avoiding dairy, we do offer non-dairy butter. Non-dairy butters are made from plant proteins and can be used like dairy butter.

Properties

Single Source

Single source products are made with milk from one farm rather than a blend of milk from multiple farms. Local single source milks and heavy creams include Animal Farm, Butterworks Farm, Kimball Brook Farm, Monument Farms, Oak Knoll Dairy, Strafford Organic Creamery, and Sweet Rowan Farm. Local single source butters include Mountain Home Farm and Kimball Brook Farm.

Organic

Certified organic standards require that organic dairy cows must graze outside part of the year and eat organic feed grown without chemical fertilizers, pesticides, or GMOs. They must not be given antibiotics or artificial growth hormones to boost milk production.

Pastured & 100% Grass-Fed

Pastured means that animals graze on grass a portion of the year and may be fed a combination of hay, corn, soy, and grain during the rest of the year or as supplemental feed. 100% grass-fed means that cows are fed only grass. Butterworks Farm and Mountain Home Farm are our local vendors that are 100% grass-fed.

Antibiotics

None of our local dairy producers use antibiotics on a daily basis to maintain animal health. Some of our local producers do use antibiotics occasionally in cases of illness.

Some of our butter producers get their milk from St. Albans Cooperative Creamery. Various Vermont farms supply the Creamery with milk and some of those farms do treat their cows with antibiotics when cows are sick. That milk is removed from the milk supply and milk is tested to make sure there is no antibiotic residue.

Hormone-Free

Hormone-free means that the animals are not given recombinant bovine growth hormones (rBST or rBGH) to increase milk production. None of our local vendors use hormones on their animals.

Raw Milk

Raw milk is milk that has not been pasteurized. Vermont law prohibits the sale of raw milk in grocery stores. However, it is legal in Vermont to sell raw milk to consumers on the farm where it is produced.

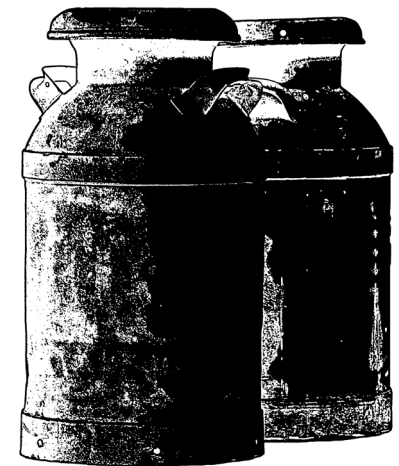
About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,500 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products. Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.



Your Community-Owned Grocery Store
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Downtown Burlington, VT 05401
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City Market's Milk & Butter



What's the difference between all those milks and butters on the shelf? To find milk and butter that matches your values and budget, open up this brochure to learn more about the properties of milk and butter, our Vermont Co-op Milk brand, and our local producers.

<i>Farm Name</i>	<i>Farm Location</i>	<i>Product</i>	<i>Certified Organic?</i>	<i>Herd Size</i>	<i>Pastured?</i>	<i>GMO-Free Feed</i>	<i>Antibiotics?</i>	<i>Hormones?</i>
Animal Farm	Orwell, VT	Buttermilk	No	10	Yes	No***	Occasionally**	No
Butterworks Farm	Westfield, VT	Heavy Cream, Buttermilk	Yes	45	100% Grass-fed	Yes	No	No
Kimball Brook Farm	North Ferrisburg, VT	Milk, Heavy Cream, Butter	Yes	200	Yes	Yes	No	No
Monument Farms (WIC approved)	Weybridge, VT	Milk, Heavy Cream	No	500	Yes	No***	Occasionally**	No
Mountain Home Farm	Tunbridge, VT	Butter, Buttermilk	No	20	100% Grass-fed	N/A	No	No
Oak Knoll Dairy	Windsor, VT	Goat Milk	No	400	Yes	Yes	No	No
Ploughgate Creamery	Fayston, VT	Butter	No	Numerous VT Farms*	No*	No*	Yes*	No
Strafford Organic Creamery	Strafford, VT	Milk, Heavy Cream	Yes	50	Yes	Yes	No	No
Sweet Rowan Farm (WIC approved)	West Glover, VT	Milk	No	30	Yes	Yes	No	No
Vermont Creamery	Barre, VT	Butter	No	Numerous VT Farms*	No*	No*	Yes*	No

*Milk sourced from St. Albans Cooperative Creamery. The milk from the Co-op is a mix of milk from VT farms. Because the milk is coming from various farms, practices may differ from farm to farm. Some of the supplier farms do pasture their cows, some do feed non-GMO grain, and some avoid antibiotic use, but not all do. **Occasionally antibiotics are used to treat an animal that is sick. ***Unable to certify that grain is GMO-Free.

varieties of MILK

All dairy milk contains 9 essential nutrients, regardless of if you're buying whole milk or fat-free (skim) milk: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin, and niacin. Some milks may be fortified to provide additional vitamins or minerals.

In Vermont, all milk sold at grocery stores must be pasteurized. Pasteurization is the process of heating milk up and then quickly cooling it to kill certain bacteria. Most milk is heated to 161.6 degrees F for 15 minutes and then cooled.

Whole Milk

Whole milk contains 3.5% milk fat, which is about 8g of fat per cup. It is called "whole milk" because it's closest to the way it comes out of the cow before processing.

2% and 1% Milk

There are two types of reduced-fat milks: 2% (also known as "reduced-fat") and 1% (also known as "low-fat"). As the names suggest, 2% milk contains 2% milk fat (4.9g of fat per cup), and 1% milk contains 1% milk fat (2.4g of fat per cup). These milks have been processed to remove some of the fat molecules before bottling.

Skim Milk

Skim milk is also known as "fat-free" milk. While not completely devoid of fat, skim milk typically only has about 0.2g of fat per cup. Like the reduced-fat milks, skim milk has been processed to remove all of the fat molecules before bottling.

Goat Milk

Goat milk is produced by goats. It is similar to cow milk, but has slightly more fat per cup (10g). Goat milk is considered more digestible than cow milk due to its smaller and softer casein curd and smaller fat molecules.

Non-Dairy Milks

We carry a number of alternative milks. Milk alternatives include coconut, soy, almond, flax, cashew, rice, hemp, oat, and hazelnut milks. Lactaid brand milk is cow milk with added lactase enzyme, which may help with digestion of lactose.

We offer a local certified organic rice milk option, made in Cabot, VT by Rhapsody Natural Foods.

Others

In addition to milk and non-dairy milk, there are several other common dairy products we offer:

- **Half & Half:** equal parts whole milk and light cream, with a 10-12% fat content. It cannot be whipped because of the lower fat content. Use when you want something richer than milk, but not as heavy as cream.
- **Heavy Cream:** cream is what is skimmed off the top of milk before homogenization, with a fat content of 38%. Heavy cream is good for whipping or adding to soups.
- **Buttermilk:** used to be the slightly sour liquid leftover after cream was churned into butter. Most buttermilk today is cultured, meaning it is made by adding lactic-acid bacteria to

skim or low-fat milk. Buttermilk has a fat content of 1-2% and is useful for some baked goods and meat marinades.

- **Condensed Milk and Evaporated Milk:** both are concentrated forms of milk in which 60% of the water content has been removed. Condensed milk is used in baked goods and in beverages; evaporated milk can be used to add creaminess to both sweet and savory dishes.

Local Spotlight: Vermont Co-op Milk

Vermont Co-op Milk is a brand of milk that is exclusive to City Market, Hunger Mountain Co-op, and Middlebury Natural Foods. The three Co-ops agreed to buy Monument Farms' milk at a set price that would cover the farmers' costs and provide a living wage. In return, Monument Farms agreed to not increase prices if commodity milk prices have drastic increases. This is just one example of how Co-ops can work together to support our local farmers.

Varieties of Butter

Salted vs. Unsalted

Salted butter contains about 80mg of salt per tablespoon of butter, whereas unsalted butter does not contain salt. Salt is a preservative and prolongs the shelf life, but if you want to control the amount of salt you put in a dish or if you prefer the mellow sweetness of butter, try unsalted butter (also known as "sweet butter").