

Varieties of Butter

Salted v. Unsalted - Salted butter contains about 80 mg 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”).

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. Try **Ploughgate Creamery** for a tasty local option.

Goat Milk Butter - Made with goat milk and sometimes easier to digest than cow's milk butter, it has a creamy white color and a slightly more oily texture than cow's milk butter.

Properties

Single Source - Single source dairy products are made with milk from one farm rather than a blend of milk from multiple farms. Local single source milks and heavy creams can be found from **Larson Farm**, **Butterworks Farm**, **Monument Farms**, **Strafford Organic Creamery**, and **Sweet Rowen Farmstead**.

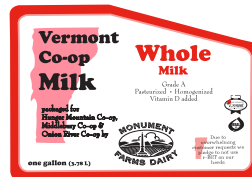
Organic - Certified organic standards require that organic dairy cows graze outside part of the year and eat organic feed grown without chemical fertilizers, pesticides, or GMOs. The animals must not be given antibiotics or artificial growth hormones to boost milk production. **Strafford Organic Creamery** and **Butterworks Farm** offer a wide variety of local, organic dairy products.



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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 only fed on grass. **Butterworks Farm** is a great option if you're looking for 100% grass-fed products.

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.



Vermont Co-op Milk

Vermont Co-op milk is a brand of milk that is exclusively sold at City Market, Hunger Mountain Co-op, and Middlebury Natural Foods. These 3 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 not to increase prices if commodity milk prices drastically increase. This way, the farmer and the consumer both win! This is just one of the many ways that co-ops can work together to support our local farmers.



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End
www.citymarket.coop

Milk & Butter

in Vermont & Beyond



About our Milk & Butter

Here at City Market, we pride ourselves on offering the cream of the crop (no pun intended) when it comes to local dairy products. In terms of fluid milk, we offer a variety of options from **Sweet Rowen Farmstead**, **Kimball Brook Farm**, and a special collaboration Vermont Co-op Milk with our friends over at **Monument Farms** in Weybridge. Not a fan of the milk mustache? Try some local butter from **Vermont Creamery** and **Ploughgate Creamery** among others. Learn about these producers and more below.

Varieties of Milk

All dairy milk contains 9 essential nutrients: calcium, potassium, phosphorous, protein, vitamin A, vitamin D, vitamin B12, riboflavin, and niacin.

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 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.

2% and 1% Milk - These are both types of reduced fat milks. 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 - Also known as “fat-free” milk, skim milk typically only has about 0.2g of fat per cup. Like the reduced-fat milks, skim milk has been processed to remove the fat molecules before bottling.

Goat Milk - Similar to cow milk, with slightly more fat per cup (10g), goat’s milk is considered more digestible than cow’s milk due to its smaller and softer casein curd and smaller fat molecules.

Non-Dairy Milk - We are happy to carry a variety of non-dairy milks including coconut, almond, hemp, rice, soy, cashew, oat, macadamia, hazelnut, flax, and pea milk. Try **Organic Valley*** soy milk and support two Co-ops at once!

**Organic Valley sources their product from farms across the nation including Vermont. Organic Valley soy is sourced from the Midwest.*

Half & Half - Equal parts whole milk and light cream with a 10-20% fat content. Give **Monument Farms** a try for a local half & half.

Heavy Cream - While there are different types of creams, heavy cream is most common and has a fat content of 38%. Good for whipping or adding to soups, heavy cream is what is skimmed off the top of milk before homogenization. Try **Butterworks Farm** for a local, organic option.

Buttermilk - Since milk and cream are now mostly pasteurized, 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 2.2g per cup and is used in some baked goods and meat marinades. Try buttermilk from **Butterworks Farm** for a local, organic option.

Dairy Farmers

For an up-to-date list of our vendors visit: www.citymarket.coop/learn/resources

Farm Location	Product	Certified Organic	Herd Size*	Pastured	GMO-Free Feed	Antibiotics	Hormones
Butterworks Farm Westfield, VT	Heavy Cream, Buttermilk	Yes	45	100% Grass-Fed	N/A****	Occasionally***	No
Organic Valley Farms in VT, NH, NY, MA and ME	Milk, Heavy Cream, Butter, Buttermilk	Yes	Over 100 VT farms, milk sourced regionally	Yes	Yes	No	No
Monument Farm Weybridge, VT	Milk, Heavy Cream, Half & Half	No	500	Yes	Yes	No	No
Ploughgate Creamery Feyston, VT	Cultured Butter	No	Numerous VT farms**	No**	No****	Occasionally***	No
Strafford Organic Creamery Strafford, VT	Milk, Heavy Cream	Yes	50	Yes	Yes	No	No
Sweet Rowen Farmstead West Glover, VT	Milk	No	30	Yes	Yes	No	No
Vermont Creamery Barre, VT	Butter	No	Numerous VT farms**	No**	No**	Yes**	No
Larson Farm Wells, VT	Cream Top Whole Milk	Yes	35	Yes	Yes	No	No

*Herd Size = number of animals raised annually. **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.

*****Does not apply to 100% Grass-Fed cattle.