

KNOW Your Raw Milk Dairy Farmer

How Is Raw Milk Regulated?

The Federal government allows states to set their own laws around raw milk. Some states allow raw milk to be sold in grocery stores and at farmers markets, and some don't allow raw milk to be sold to consumers under any circumstances.



Massachusetts law allows raw milk to be sold to consumers, but only at the farms where it is produced. These farms pass rigorous state inspections every month and are held to the highest standards of cleanliness and safety.

How Do I Find Raw Milk In MA?

Visiting a raw milk dairy farm is the best way to learn more about this vital and healthy product. Farmers are often willing to answer any questions you may have. The list on the back is current as of Nov 2014. For details and updates about raw milk in Massachusetts visit:

www.marawmilk.org

IN MASSACHUSETTS

THERE ARE 29 RAW MILK DAIRIES LICENSED BY THE MASSACHUSETTS DEPARTMENT OF AGRICULTURE AND RESOURCES (MDAR)

(entire state is not shown here)

Where to find Raw Milk

- Andover • Herb Hill Micro-Dairy (g) • 978-475-7931
 - Ashley Falls • Twin Rivers Farm • 413-229-7932
 - Barre • Carter & Stevens Farm • 978-355-4940
 - Barre • Smokeyfield Farm • 978-790-8087
 - Chilmark • Mermaid Farm & Dairy • 508-939-1040
 - Chilmark • The Grey Barn • 508-645-4854
 - Cummington • Grace Hill Dairy • 413-634-5348
 - Dartmouth • Paskamansett Farms • 508-990-7859
 - Dudley • Walnut Lane Farm • 508-949-2043
 - Foxboro • Oake Knoll Ayrshires • 774-219-6257
 - Gill • Upinngil • 413-863-2297
 - Great Barrington • Blue Hill Farm • 413-429-6598
 - Hadley • Cook Farm • 413-584-2224
 - Hardwick • Misty Brook Farm • 413-477-8234
 - Hardwick • Robinson Farm (o) • 413-477-6988
 - Hawley • Sidehill Farm • 413-625-0011
 - Mt. Hermon • N'field Mt. Hermon School • 413-498-3467
 - New Braintree • Summit Farm (g) • 508-867-7303
 - Shelburne • Davenport Maple Farm • 413-625-2866
 - Warren • Rocky Acres Farms • 413-436-5806
 - Warwick • Chase Hill Farm (o) • 978-544-6327
 - West Newbury • Artichoke Dairy • 978-499-8600
 - Westport • Lyons Brook Goat Farm • 508-636-2552
 - Westport • Pine Hill Dairy • 774-292-3105
 - Williamstown • Cricket Creek Farm • 413-458-5888
- (g) = goat milk only
(o) = certified organic

For more information about These farms and raw milk visit: www.marawmilk.org

Or contact Brittany Overshiner, NOFA/Mass Beginning Farmer Program Coordinator



NOFA/Mass is working on legislation to make access to raw milk easier for the consumer. Please visit our website or contact amie@nofamass.org for more info.



NOFA/Mass, 411 Sheldon Rd., Barre, MA 01005



RAW MILK IN MASSACHUSETTS

Know THE SOURCE OF YOUR RAW MILK

www.marawmilk.org

Is Raw Milk Safe?

Yes! Massachusetts raw milk farmers have proven that they can produce and distribute raw milk safely. Any food product has the ability to harbor pathogens, but those pathogens are not part of the food itself – they are introduced via poor handling of the product. Raw milk is not inherently unsafe, any more so than pasteurized milk, spinach, peanut butter or poultry, all of which have been sources for recent food borne illness outbreaks.

How Do We Ensure Raw Milk Is Safe?

The Massachusetts Department of Agricultural Resources has set standards that raw milk must meet, and inspects the farms and the milk every month. **Raw milk sold to consumers must meet the same cleanliness standards as pasteurized milk sold in grocery stores.**



Raw milk farmers meet these stringent guidelines by keeping very clean facilities, by keeping their animals healthy, by employing sustainable and healthy management methods such as grazing, and by keeping the inventory of milk they have for sale fresh. The food chain is short and simple – from the animal to the tank to the bottle to the cooler for customers to purchase. By eliminating many of the steps taken with most food products – mixing the milk with milk from other farms, trucking it from the farm to the plant and the plant to the store, running it through numerous machines – there are far fewer opportunities for pathogens to accidentally be introduced to raw milk.

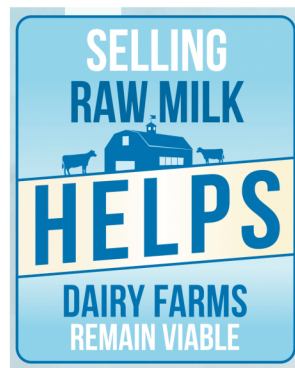


Pasteurization became widespread decades ago, when some dairy farmers were employing management methods that allowed their milk to become unsafe. With the advent of refrigeration, management methods that emphasize herd health, stainless steel equipment, and other sanitation methods, pasteurization is not always necessary to ensure the safety of milk. Raw milk farmers are committed to making clean milk by paying attention to the entire production chain, beginning with how they build their herd all the way through how they bottle and store the milk for sale, rather than counting on a single process at the end to eliminate any problems created earlier.

Is Selling Raw Milk Good for Farmers?

Yes! In 1950, Massachusetts had nearly 5,000 dairy farms. Today there are fewer than 160. The main cause for this tragedy is economic. Rising fuel and feed costs in the Northeast mean local dairies cannot compete with large, industrialized confinement dairies operating in the Midwest and Canada. Fresh raw milk, however, sells at the farm for \$6 to \$10 per gallon – five to eight times what bottlers pay.

When consumers buy milk directly from the farmer they are helping to preserve their community by paying a fair price.



Sales of raw milk are a proven tool for sustainability for farms – while the number of conventional dairies has steadily declined, the number of raw milk dairies has more than doubled in the past ten years. Raw milk sales accounted for more than \$1 million in income for Massachusetts farms in 2012, money that stays in the community and supports the local economy.

How Does Raw Milk Help the Environment?

Cows and goats are healthiest when they are able to be outdoors, grazing on pasture. In turn, they fertilize the soil and experience fewer animal health problems. When cows and goats graze on pasture, less energy is needed to mow, bale and move hay, reducing fossil fuel use and cutting the carbon impact of producing a valuable food.

Massachusetts has many small, grass-based dairies that are able to foster long-term sustainable farming practices, protecting the environment and the preservation of the rural and agricultural character of Massachusetts.

What Can I Do With Raw Milk?

Besides drinking it, the possibilities are nearly limitless – raw milk is extremely versatile. The milk and cream can be separated and the cream can be used to make butter, buttermilk, cream, ice cream and sour cream. The milk can be consumed directly or used to make kefir, yogurt and cheeses.

