

# Meet your CONNECTICUT

# Dairy Farmers

**PLUS!**  
Delicious Farm Recipes Inside!  
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## Overnight Yogurt & Oats - Fort Hill Farms

Serves: 1  
Serving Size: 1 cup  
Prep Time: 15 minutes,  
plus overnight  
refrigeration



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### Ingredients:

- 1/4 cup old fashioned rolled oats
- 1/4 cup Greek yogurt\*
- 1/3 cup milk\*
- Sweetener: honey, maple syrup or applesauce
- Spices of choice: cinnamon, nutmeg or vanilla
- Fresh fruit to taste

### Directions:

1. Add oats, milk, and yogurt, along with desired sweeteners and/or spices in jar.
2. Put a lid on the jar and shake to combine.
3. Add fruit and stir gently until combined.
4. Place in fridge overnight (or up to 2 days).

\* For a lighter version, use low-fat or fat-free milk and Greek yogurt.

## Corn Casserole - Freund's Farm

### Ingredients:

- 3 cups sweet corn
- 1 (8-ounce) package corn muffin mix
- 1 cup non-fat sour cream
- 1 Connecticut egg
- 4 tablespoons butter, melted\*
- *Optional:* 1 cup shredded Cheddar cheese\*

### Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, stir together all ingredients until blended.
3. Pour into a greased 9 x 13-inch baking dish.
4. Bake for 45 minutes or until golden brown.

*Optional:* After 40 minutes of baking, sprinkle cheese on top and return to oven for 5 minutes or until melted.

\* For a lighter version, reduce amount of butter and/or use reduced-fat cheese.

Serves: 6-8  
Serving Size: 1/2 cup  
Cook Time: 45 minutes



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## Homemade Mac & Cheese - Laurelbrook Farm

Serves: 8  
Serving Size: 1/2 cup  
Cook Time: 30-40 minutes

### Ingredients:

- 2 pounds sharp Cheddar cheese, shredded\*
- 1/2 stick butter\*
- 2 cups milk\*
- 2 pounds dry pasta (i.e. shells, rotini)
- 1 (8-ounce) package of cream cheese\*
- Salt & pepper to taste

### Directions:

Preheat oven to 350 degrees.

### For the cheese sauce:

1. Combine shredded cheese, butter and milk in a saucepan over low heat and heat slowly until well blended.

### For the pasta:

1. Bring a large pot of water to boil.
2. Add the pasta.
3. Cook the pasta until it's just barely al dente.
4. Drain and immediately transfer the hot pasta to a 9 x 13-inch baking dish.
5. Cut up cream cheese and stir into pasta until melted.
6. Pour cheese sauce over pasta and stir.
7. Bake uncovered for 20-25 minutes or until bubbly.

\* For a lighter version, use reduced-fat shredded cheese, cream cheese and milk. Reduce amount of butter used.



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## Yogurt ... A Healthy Alternative

Yogurt can be a great and healthy alternative to heavier ingredients in both cooking and baking.

Here are some of the most popular yogurt substitutions:

1 cup mayonnaise = 1 cup yogurt

1 cup sour cream = 1 cup Greek yogurt

1 cup heavy cream = 1 cup Greek yogurt

1 cup buttermilk = 2/3 cup yogurt & 3/4 cup milk

1 cup butter = 1/2 cup Greek yogurt & 1/2 cup butter

1 cup oil = 3/4 cup Greek yogurt



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Connecticut Dairy

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Learn more about the dairy farm families of Connecticut and New England by visiting our website at [MustBeTheMilk.com](http://MustBeTheMilk.com).

Connecticut dairy farms are family-owned and operated and take pride in producing a high quality product. In addition to caring for their #1 priority, their cows, dairy farmers also take great care to maintain natural resources, including the land and water they share with neighbors like you. Dairy farms strengthen our local economy by providing jobs and supporting local businesses, all while preserving open space and maintaining our agricultural heritage.

Finding local dairy products in Connecticut is easy. In fact, with approximately 140 dairy farms in Connecticut, there may be one in your community where farmers and their families work hard every day to produce great tasting, wholesome milk.

# Meet your CONNECTICUT Dairy Farmers

## Meet Kies Orr

Fort Hill Farms in Thompson, CT – *A Three-Season Destination*



My name is Kies Orr, and I am the 4th generation to work on my family's dairy farm, Fort Hill Farms. Our farm is located in the quiet northeastern corner of Connecticut and our land has been in continuous agricultural production for more than 300 years.

We pride ourselves on opening the farm up to visitors and providing an agricultural experience for the entire family. Come summer, spring or fall, you can participate in farm tours, organized hikes and various weekend festivities and celebrations including Quintessential Gardens, Blueberry & Bluegrass Festival, our annual Corn Maze Adventure and more!

## Meet Amanda Freund

Freund's Farm in East Canaan, CT  
*Farming and Sustainability Go Hand-in-Hand*

My name is Amanda and with my brother Isaac and sister Rachel, we're the 3rd generation on Freund's Farm. Our 260 Holstein cows contently graze on 200 acres of pasture during summer months and produce high-quality, fresh milk. Sustainability and environmental stewardship are top priorities on our farm. We have an anaerobic digester that converts cow manure into biofuel. We also have 500+ solar panels to power our farm. We invented and manufacture a product called CowPots, which are biodegradable, plantable pots made from composted manure from our cows.



## Meet The Jacquiers

Laurelbrook Farm in East Canaan, CT – *Farming is a Family Affair*



We are Cricket and Jennifer Jacquier from Laurelbrook Farm in East Canaan, CT. We have two children, Morgan & Colby, and they are the 4th generation of family on the farm. Cricket farms with his Dad (Pete) and his brother (Bob) and his family. His grandparents, Bob & Dottie, started the farm in

1948 and continue to be supportive, making lunch every day to bring our family and friends together. We milk 1,000 cows and manage over 2,000 acres of farmland. Our family is committed to producing the highest quality milk, while providing our cows with the best care and housing.



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