

Meet your local Dairy Farmers.

MASSACHUSETTS

Meet your Neighbors.

+ Farmers Favorite Recipes Inside!



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MEET YOUR MASSACHUSETTS DAIRY FARMERS

Finding local dairy products in Massachusetts is easy. In fact, there may be a dairy farm in your community where farmers and their families work hard every day to produce great tasting, wholesome milk.

Massachusetts 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.

Learn more about Massachusetts dairy farming by visiting the Massachusetts Dairy Promotion Board at **www.massdairy.com**. And visit the Keep Local Farms website at **www.KeepLocalFarms.org** to learn about dairy farming in New England.

Nam reribea rchiciur rest porum rem fugia
consed qui adi ullore estium fugit que mo



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SUSTAINABLE

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Learn how you're helping our local farmers when you buy locally produced dairy products.



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*I'm committed
to being green.*

John Kokoski
Mapleline Farm
Hadley, MA



**"I'M JOHN KOKOSKI, AND ON
MY FARM, IT'S A FAMILY
AFFAIR."**

– Mapleline Farm, Hadley, MA

Mapleline Farm has been operated by the Kokoski family for five generations. It all started when John Kokoski's great grandfather, Stanley, bought the farm in 1904. Today the family continues to run Mapleline Farm, one of the few Massachusetts dairy farms that produce premium Jersey milk in returnable glass bottles. The Kokoskis farm 200 acres of land, care for approximately 200 cows, and serve over 700 weekly customers. It truly is a family affair at Mapleline Farm. John, his wife Elaine, his son, son-in-law, and his two daughters, are all deeply committed to the farm's dairy operation, retail store, and home delivery business.

I'm your neighbor.



I'm a 4th
generation
dairy farmer.

Nicole Fletcher
Fletcher Family Farm
Southampton, MA



**"I'M NICOLE FLETCHER,
AND I'M YOUR NEIGHBOR."**

– Fletcher Family Farm, Southampton, MA

Nicole Fletcher is a 4th generation dairy farmer. Together with her father and mother, Bob and Cheryl, and her siblings, Elizabeth and Matthew, they operate Fletcher Family Farm, one of two remaining dairy farms in Southampton. Nicole returned to the farm full-time after completing a bachelor's degree in dairy management from the University of New Hampshire. She is an active volunteer and dairy advocate, which keeps her engaged in her local community. Along with managing their 140 cows, they farm over 200 acres of land, offer Pick-Your-Own Pumpkins, school field trips, flowers, herb and vegetable plants, and Christmas trees.

Im your neighbor.



I'm a steward
of the land.

Darryl Williams
Luther Belden Farm
North Hatfield, MA



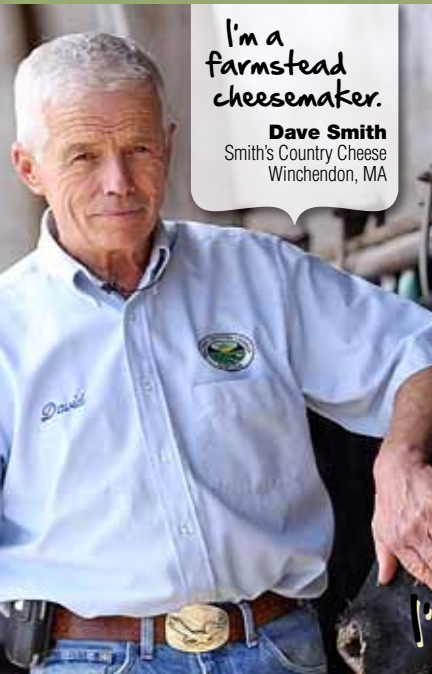
**"I'M DARRYL WILLIAMS, AND
I'M A STEWARD OF THE
LAND."**

– Luther Belden Farm, North Hatfield, MA

Darryl Williams and his wife, Lucinda, are 12th generation farmers on their dairy, where they manage 200 acres of farmland along the Connecticut River in North Hatfield, Massachusetts. The farm started with corn and vegetable crops in 1661 when the land was deeded to the family, and in 1964, it became a dairy farm. Today, Luther Belden, Inc. is home to approximately 200 Holstein cows. Along with their four children, the Williams are committed to preserving and maintaining the natural resources they use while taking the best possible care of their cows to produce a high quality, wholesome local product.

I'm your neighbor.





I'm a
farmstead
cheesemaker.

Dave Smith
Smith's Country Cheese
Winchendon, MA

**"I'M DAVE SMITH, AND I'M A
FARMSTEAD CHEESEMAKER."**

– Smith's Country Cheese, Winchendon, MA

Dave Smith is the Big Cheese at Smith's Country Cheese, or as his daughter puts it, he's "The Aged Gouda." Dave and his wife, Carol, have been dairy farming for over 40 years and making cheese for the last 26. The cheese is made with milk that is produced right on their dairy farm, and is then sold directly to cheese-loving customers out of the farm shop. Home to 200 cows, the farm is a picturesque, eco-minded and highly efficient business. After installing several energy efficient systems on the farm, Dave managed to cut the farm's carbon emissions by more than 60% in only three years.

I'm your neighbor.



CREAM OF ASPARAGUS SOUP

Serves 4 - 6 | Cook Time TBD

Ingredients:

- 1lb. of asparagus, trimmed,
washed and cut into pieces
- ½ cup finely chopped onion
- 1 tsp. celery salt
- 3 tbsp. butter
- 3 tbsp. flour
- ¾ cup Mapleline Farm Heavy
Cream
- ¾ cup Mapleline Farm Whole Milk

Preparation:

1. In a 1 quart sauce pan, cook asparagus in two cups of boiling water until tender.
2. Add onion and celery salt, cook until onions are soft.
3. Puree asparagus mixture in a food processor.
4. In the same sauce pan, melt butter and add flour, cook flour until golden brown.
5. Whisk milk and cream into butter and flour mixture. Stir until mixture thickens.
6. Add asparagus mixture from blender, mix all together in saucepan until smooth.
7. Add salt and pepper to taste.



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SUPER THICK CHOCOLATE SHAKE

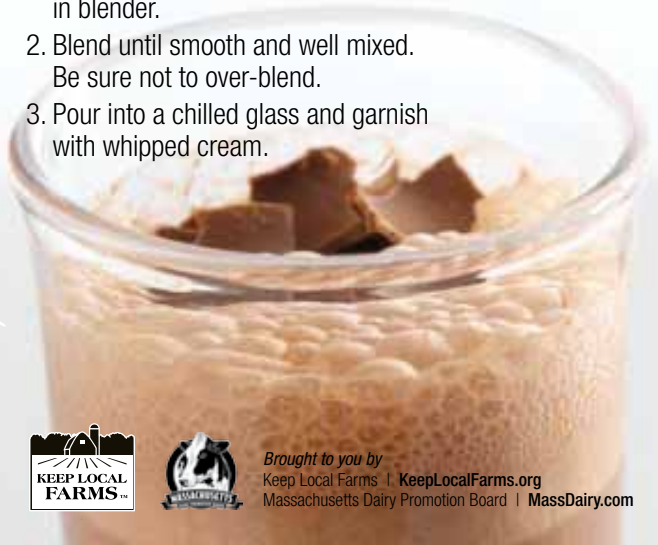
Serves 2 | Cook Time TBD

Ingredients:

- 2 cups whole milk (use more milk for a thinner shake)
- 1 cup premium chocolate ice cream (use more ice cream for a thicker shake)
- 4 tbsp. chocolate sauce
- Whipped Cream for garnish

Preparation:

1. Put all the ingredients (except whipped cream) in blender.
2. Blend until smooth and well mixed. Be sure not to over-blend.
3. Pour into a chilled glass and garnish with whipped cream.



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GRANDMA BELDEN'S QUICHE

Serves 6 - 8 | Cook Time TBD

Ingredients:

- 1 8-inch unbaked pie shell
- 1 lb. lean ground beef
- 1/3 cup chopped onion
- Salt and pepper to taste
- 1/2 cup mayonnaise
- 1/2 cup whole milk
- 2 eggs
- 1 tbsp. cornstarch
- 1 1/2 cups grated "seriously" sharp cheddar cheese

Preparation:

1. Pre-heat oven to 350° F.
2. In a sauté pan, brown beef and onions, season with salt and pepper.
3. In a bowl, blend mayonnaise, milk, eggs, and cornstarch until smooth.
4. Line bottom of pie shell with beef and onion mixture.
5. Pour the egg mixture over the beef and onions and cover evenly.
6. Evenly layer cheese on top of mixture.
7. Place on a standard 9 x 13 baking tray and bake for 35-40 minutes, until knife comes out clean.



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CAROL'S COMPANY CHICKEN

Serves 6 | Cook Time TBD

Ingredients:

- 6 boneless, skinless chicken breasts, pounded to ½ inch thickness
- 8oz. Smith's Farmstead Gouda Cheese, grated
- 1 can condensed cream of chicken soup
- ½ cup fat-free or low-fat milk
- 1 cup stuffing mix
- ¼ cup melted butter

Preparation:

1. Pre-heat oven to 350°F.
2. Place chicken breasts in 13 x 9 baking pan.
3. Top chicken with grated cheese.
4. Mix soup with milk and pour over the grated cheese and chicken breasts.
5. Combine stuffing mix with melted butter and sprinkle over the chicken breasts.
6. Bake in oven at 350°F for 45 minutes.



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