

# FREUND'S FARM & LAURELBROOK FARM NEWSLETTER

SPRING 2019

## Hi Neighbors!

This Spring has been wet and cold. That has made it challenging, and at times frustrating, to get our crops planted. The fleeting moments of sunshine between rain events has not been sufficient to access some of our fields. Meanwhile, our hay fields have flourished with this cool, damp weather and we are preparing for our first cutting of haylage. Although, this will also require the sun to come out.

As always, we appreciate the caution and care you use when traveling behind our farm equipment as we attempt to finish planting and begin our summer's harvests.

We are excited to be celebrating National Dairy Month and hope you'll join us by putting real dairy on your family's table this summer.

*Sincerely,*

*The farming families from Freund's and Laurelbrook Farms*

**JUNE** is National Dairy Month



Friends often ask how they can support local dairy farms when making food purchases.

**Here are our top 3 suggestions:**

**1** Our farms belong to the Cabot Creamery Cooperative. Every time you buy the Cabot brand, you are supporting our farms.

**2** Choose REAL dairy! No alternative or plant based beverage offers the same nutrition as a serving of milk. Real dairy milk is local 365 days/year and contains just 2 ingredients: Milk and Vitamin D.

**3** Include butter, cheese, yogurt, sour cream, whey powder, cream cheese, cottage cheese, buttermilk, half n half or ice cream on your next grocery shopping list.

**MCCADAM FARM CABOT**  
**OPEN HOUSE SUNDAY**

LET US THANK YOU

**MARK YOUR CALENDAR! October 6, 2019**

We will be hosting farm tours at Freund's Farm.

## Our Next Generation of Farmers



*L to R: Rachel, Isaac, Amanda Freund at Freund's Farm. Dalton, Colby, Austin Jacquier. Kayla, Morgan, Shelby Jacquier. Bailey Jacquier of Laurelbrook Farm.*

We are proud to have the next generation of our families involved in the farm businesses. Their contributions are vital to the future of our farms and continuing the legacy of agriculture in our community.



## The Freund & Jacquier Families

PO Box 636  
East Canaan, CT 06024

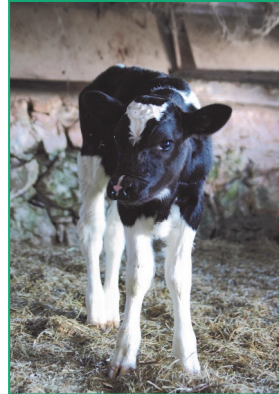
### Did you know?

The solar panels on our **2 farms** produce nearly **1 megawatt** of electricity.

Local  
Postal Customer

PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

## Reducing our Carbon Footprint and Providing Sustainable Nutrition



Animal agriculture provides high quality calories that are an essential contributor to a well balanced diet. The biological system that makes these nutritious products is the miraculous bovine rumen (a cow's stomach). It breaks down otherwise undigestible feeds like grass, cottonseed, beet pulp, wheat midds, and soy hulls into accessible nutrients for our cows, who then turn these byproducts into nutrient rich milk. These feeds would otherwise be considered food waste, fill landfills and produce methane as they degrade.

Methane is still a byproduct that needs to be managed. A 2016 study determined that the largest source of greenhouse gas emissions (GHGe) in the US comes from the transportation sector at 28%, while US dairy farms contribute 2% of total emissions. Dairy farmers recognized an opportunity to do even better and have committed to further reduce GHGe 25% by 2020.

### Specifically, how are OUR dairy farms doing that?

Since 1944, dairy farmers have **INCREASED** milk yield 4x while:

DECREASING

- Cropland Use 90%**
- Water Use 65%**
- Carbon Emissions 63%**

- ⇒ Freund's Farm has the longest continuously running methane digester in the country. We burn the methane biogas instead of oil to heat our house.
- ⇒ Freund's and Laurelbrook Farm generate renewable energy with solar panels, use LED lights and energy efficient motors.
- ⇒ Our corn fields are no-till, improving carbon sequestration from the soil.
- ⇒ Recycling water, using well water to cool the milk then passing that tempered water to the cows.

Have a question about dairy farms, dairy foods or something you read in this newsletter?

You are welcome to contact us. For dairy recipes and news, visit [www.dairygood.org](http://www.dairygood.org)

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Freund family: [amanda@cowpots.com](mailto:amanda@cowpots.com)

