



Thank you to the first responders, health care workers and the essential workers that continue to serve our communities.

Hi Neighbors!

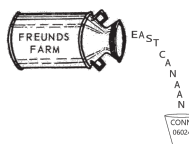
Through this pandemic, our farm has remained dedicated to caring for our cows, supplying CowPots and providing a healthy shopping experience in our farm market. Thank you to the customers of Freund's Farm Market who were patient with us as we worked to accommodate everyone's needs this spring, from curbside pick up to call ahead orders.

We were reminded of how lucky we are to live in an area where farmers go out of their way to help each other. Thank you to the Kilmer family from Twin Rivers Farm. We had a breakdown during our hay harvest and the replacement parts were not immediately available. Timing is critical and with the help of the Kilmer family, we were able to bring in a quality harvest.

As always, thank you to all the neighbors that traveled with caution as our farm equipment shared the road to plant and harvest our spring crops.

Sincerely,

The Freund family



MARK YOUR CALENDAR!

Virtual Farm Tour

We are partnering with New England Dairy to bring you on a Virtual Tour of our family's farm.

Join us on **July 22nd at 6 pm**. The whole family is invited!

You can visit our baby calves, watch the robot milk a cow, and ask questions, *all from the comfort of your couch!*

Register online and be entered to win a year's supply of Cabot cheese or a farm stay at Liberty Hill Farm's B&B in Vermont:

www.newenglanddairy.com/general-public-live-virtual-farm-tour

3 Reasons to Choose Milk over Plant Based Alternatives

1

There's just **3 simple ingredients: Milk, Vitamin A & Vitamin D**. Plant based alternatives typically have 10 or more ingredients, including sugars, thickeners and stabilizers.



2

One serving of any dairy milk (whole, 2% and even skim) provides **8 grams of protein**. Many plant based alternatives offer only 1 gram of protein in a serving.

3

Milk is local. Every-day. It takes just 48 hours for milk to travel from our farms to your fridge. Sweet corn is locally available in August each year, but milk is local 365 days/year.



The Freund Family

PO Box 636
East Canaan, CT 06024

Our dairy cooperative donated 34,000 pounds of dairy products to CT's foodbanks, pantries, schools and other community groups through the end of April as a response to Covid 19. Kudos to Litchfield County 4-H for assisting with the distribution.

Local
Postal Customer

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Conservation

You may have noticed a changing landscape on the Southside of Route 44 heading East towards Freund's Farm. We partnered with USDA Natural Resource Conservation Service on 2 projects this Spring. The first installed pipes to help drain wet spots in our field to reduce soil compaction.

The second project redesigned the layout of our fields to create strips that align with the topography of the hill so that the steeper slopes will grow our perennial crop— grass, while the more level ground will be used to grow our annual crop-corn. This will help reduce soil erosion and runoff as well as reduce our carbon footprint. Both practices meet a conservation goal of improved soil health. The aerial picture taken the week of 6/4, the grass seed has germinated and the corn was not yet visible.



Aerial view photo courtesy of Perry Gardner

Keeping our cows cool this summer

Cows do not like heat! They are most comfortable when it's only 42 degrees. With humid summer days, we have to be extra vigilant to keep them comfortable. *So, how do we do it?*



- Barn orientation** - our barn was designed for cow comfort, the East/West layout optimizes airflow.
 - Variable speed fans** - controlled by a thermostat, as the temperatures rise, the fans increase speed.
 - Mist-spraying** water on cows' backs allows for evaporative cooling.
 - Shade cloth** - Cows prefer being in dark areas during hottest part of the day.
 - Clean, dry bedding** - Especially with high humidity levels, we clean their beds twice/day so that they always have a dry place to lay down.
- These best management practices keep our cows happy and healthy.

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

Email the Freund family : amanda@cowpots.com

For dairy recipes and dairy facts, visit www.newenglanddairy.org

