

## TOPIC: Dairy Cows and Milk MOOOvement

Have you milked Milkie the Cow who lives at the Loudoun Heritage Farm Museum? Do you ever wonder what happens to her milk and how it gets to your table? Let's follow Milkie's Journey until her milk gets to your home.

### Types of Dairy Cows

Did you know that there are thousands of breeds of cows but there are six types of dairy cows? Milkie is a Holstein.



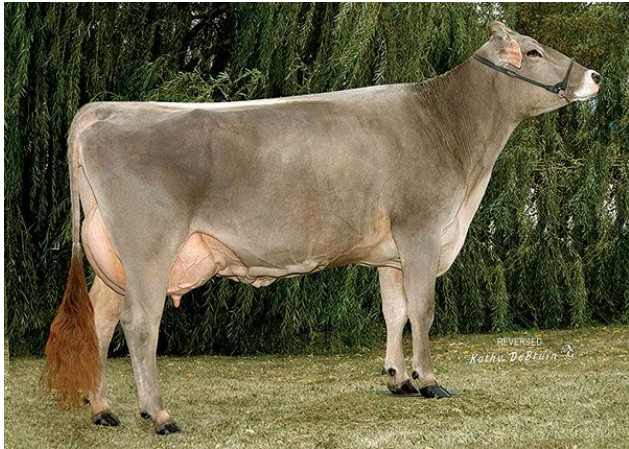
**Holstein** – This is the classic black and white cows that you see while driving around Loudoun County, Virginia. They make up 90% of all dairy cows in America. They are popular because they produce more milk than other breeds of dairy cows.

**Fun Fact:** Did you know that the spots on Holsteins are all different like there are no two snowflakes that are exactly alike?



**Jersey** – This breed is the smallest of the dairy cows and are known for their big eyes and gentle nature. They range in color from light to dark brown. You can recognize a Jersey from their black noses surrounded by a white muzzle. Jerseys produce the richest milk. Their milk is often used to make butter and cheese.

**Fun Fact:** The average lifespan of cattle is 18 to 22 years but Jerseys live to 25 years and beyond! The oldest known Jersey lived to 37!



**Brown Swiss** – The Brown Swiss is considered the oldest of the dairy breeds. Their bones have been found in Switzerland dating as far back as 4000 BC. Brown Swiss vary in color from silver to dark brown and have large floppy ears.

**Fun Fact:** The Brown Swiss cows who live in Switzerland are taken to the high mountain meadows to graze in the summer and wear cow bells so the farmers can find them in the fog!



**Guernsey** – The Guernsey is known for the golden color of their milk which is due to the high amounts of beta carotene (a source of Vitamin A) in their milk. They vary in color from fawn to golden and often have white legs and some white areas on the body.

**Fun Fact:** The Guernsey and Jersey are related. They both were bred in the Channel Islands. Guernsey on the Isle of Guernsey while the Jerseys were bred on the neighboring Isle of Jersey.



**Ayrshire** – The Ayrshire come from the Scottish county of Ayr. They are rusty red and white. However, they can range in color from all white to all red.

**Fun Fact:** The Ayrshire cow can sleep while standing.



**Milking Shorthorn** – The Milking Shorthorn is either red, red and white, white or roan (red black or brown mixed with white and not found in any other cow breed). This breed is known for their versatility as they have been used to pull wagons and plows.

**Fun Fact:** The first place Milking Shorthorns were imported to America was Virginia in 1783!

### **Facts About Cows**

- Cows have 4 compartments in their stomach.
- Cows that are milking eat about 100 pounds of feed every day.
- Milking cows drink about 30 to 50 gallons of water each day; that's a bathtub full.
- An average cow produces 7 to 9 gallons of milk a day.
- Cows wear ear tags so that farmers can tell them apart.
- Cows spend up to 8 hours a day eating.
- Cows need to be milked 2 to 3 times a day.
- Cow poop (manure) is used to fertilize the fields around the farm.

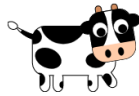
### **Farm to Table**

Now that you have some facts about dairy cattle, let's see where Milkie the Cow's milk goes after she gets milked.

After you are done, don't forget to go back to the website and put together a puzzle of Milkie!  
<https://heritagefarmmuseum.org/farmtastic-fun>

A MOOOING TIMELINE

# MILK: FROM FARM TO TABLE



### Cows Graze and Drink

Cows graze up to 8 hours a day on grass and hay/grain. They drink a bathtub's full of water every day!



### Cows are Milked

Cows udders are cleaned and are milked 2 to 3 times a day. An average cow can produce 6 to 9 gallons of milk a day.



### Milk is Stored in Steel Tanks

Fresh milk comes out at 100 degrees Fahrenheit and then is stored into steel tanks and cooled to 38 degrees within 2 hours. It gets tested for any bacteria.



### Milk is Picked Up and Transported

Milk tanker trucks have insulated steel tanks that can hold up to 8,000 gallons of milk. The milk gets taken to the milk processing factory where it gets tested again for bacteria.



### Milk is Processed

At the the factory, the milk is pasteurized (heat treated) to remove any harmful bacteria and re-cooled. The milk is then packaged and cooled again.



### Milk is Taken to Grocery Store

The packaged milk is then reloaded onto truck to be transported to the grocery store. This all happens within 48 hours of the cows being milked.



### Milk Comes Home

The milk is purchased at the grocery store, brought home, and ends up on the table!

Easy Word Ladder

## Cow Themed Word Ladder

Make your way from FARM to MILK by changing just one letter on each step to make a new word! There are 5 steps in this word ladder.



F A R M      A place that raises animals and crops.

F		R	M
---	--	---	---

Having a hard surface.

F	I		M
---	---	--	---

A movie.

F	I	L	
---	---	---	--

Opposite of emptying something.

	I	L	L
--	---	---	---

A machine like a flour \_\_\_\_\_.

M I L K      A drink that comes from cows.

Medium Word Ladder

## Cow Themed Word Ladder

Make your way from FARM to MILK by changing just one letter on each step to make a new word! There are 5 steps in this word ladder.



F A R M

A place that raises animals and crops.

F			M
---	--	--	---

Having a hard surface.

F	I		
---	---	--	--

A movie.

F	I		
---	---	--	--

Opposite of emptying something.

		L	L
--	--	---	---

A machine like a flour \_\_\_\_\_.

M I L K

A drink that comes from cows.

Hard Word Ladder

## Cow Themed Word Ladder

Make your way from FARM to MILK by changing just one letter on each step to make a new word! There are 5 steps in this word ladder.



F A R M

A place that raises animals and crops.

--	--	--	--

Having a hard surface.

--	--	--	--

A movie.

--	--	--	--

Opposite of emptying something.

--	--	--	--

A machine like a flour \_\_\_\_\_.

M I L K

A drink that comes from cows.

How many different words can you make from the words:

# The Cow Lives in the Barn



Handwriting practice lines consisting of two columns of horizontal lines. The right column has 8 lines, and the left column has 8 lines.





### **Books to Read**

You can borrow these books from the Loudoun County Public Library.

- ***Adventures of Cow*** by Lori Korchek: <https://bit.ly/3e5h4zL>
- ***A Cow's Alfalfa-bet*** by Woody Jackson: <https://bit.ly/3c3TkKM>
- ***The Family Cow*** by Dirk Van Loon: <https://bit.ly/3aSiUGA>