

Learn more about...



## ROGERS FARMSTEAD



### Butterworks Farm, Larson Farm & Rogers Farmstead

Westfield, VT, Wells, VT & Berlin, VT

In a state known for our dairy, we're proud to carry a wide variety of yogurts from Vermont farmers. Learn more about two of our local favorites below.

**Butterworks Farm** - Jack and Anne Lazor have been farming on their land in Westfield, Vermont since 1976. Their operation is certified organic and their Jersey cows are fed a 100% grass-fed diet. Their commitment to soil health and rotational grazing makes their high protein yogurts taste even better. As they say, "Butterworks Farm is a farm where a cow can be a cow."

**Larson Farm** - Larson Farm has been in business since 1976. While they began as a conventional dairy operation that shut its doors in 1993, the farm reopened in 2007 and eventually acquired organic certification. Their herd is made of 100% grass-fed Jersey cows milked twice a day and on pasture from May through November. Give their Icelandic Skyr a try for a thick, creamy, low-fat option.

**Rogers Farmstead** - Nate and Jessie Rogers have been farming on their land in Berlin, Vermont since 2012. Their operation is certified organic and their small herd of 100% Jersey cows are fed a grass-fed diet. They graze the pasture day and night and are milked twice daily. Try their maple yogurt with fresh berries for a delicious start to your day.

## Cucumber Yogurt Dip

### Ingredients:

- 1 cup plain yogurt
- ½ cucumber, peeled and chopped
- 2 Tbsp lime juice
- 1 Tbsp olive oil
- ½ Tbsp cilantro, minced
- 2 Tbsp chives, minced

### Instructions:

Combine all ingredients in a serving bowl. Allow the flavors to meld for 30 minutes in the refrigerator before serving. Serve with veggie sticks for a light and tasty snack.

*Tip: For a thicker consistency, use Greek yogurt.*



# Yogurt in Vermont & Beyond



Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End

[www.citymarket.coop](http://www.citymarket.coop)



# About our Yogurt

Here at City Market, we carry a wide variety of yogurts including many local options. In addition to traditional cow's milk yogurt varieties, we carry numerous goat and sheep milk yogurts as well as a variety of non-dairy options. Check out this brochure for more information on different kinds of yogurt, as well as some tips on our local favorites!

## What is Yogurt?

Yogurt is made by culturing milk with one or more strains of bacteria. These bacteria consume much of the sugar, or lactose, in milk, creating tart and tangy lactic acid, which thickens and naturally preserves the milk.

## Health Benefits

There are many health benefits associated with consumption of yogurt including:

**Probiotic** - replenishes the bacterial cultures in our digestive systems that aid with digestion and immunity.

**Digestion of Lactose** - live enzymes help break down the lactose in milk.

**High Protein** - higher in protein than a serving of milk, with live enzymes that help break down the casein in milk.

**High Calcium** - higher in calcium than milk, the live cultures help to increase the absorption of calcium into the body.

## Local Yogurt

We're proud to carry a variety of local yogurts including cow's milk and sheep's milk yogurt. Looking for single-source Vermont yogurt? Try **Butterworks Farm**, **Larson Farm** or **Rogers Farmstead** products for a wide variety of cow's milk yogurt products, including maple, vanilla, and lemon from **Butterworks Farm**, plain or maple yogurt from **Larson Farm** and plain, maple and vanilla from **Rogers Farmstead**. Interested in sheep's milk yogurt? Try black sheep yogurt from the **Old Chatham Shepherding Company**, based in Cazenovia, NY.

In addition to single-source yogurt operations, many other yogurt brands incorporate some Vermont dairy like **Cabot Creamery Cooperative**, **Green Mountain Creamery**, and **Stonyfield Organic**.

## What About Organic Yogurt?

We're proud to carry a variety of Certified Organic yogurts including **Butterworks Farm** (VT), **Maple Hill Creamery** (NY), **Rogers Farmstead** (VT) and **Stonyfield Organic** (NH).



## What Does It Mean for Yogurt to be Organic?

Animals must graze outside part of the year and eat organic feed grown without chemical fertilizers, pesticides, or GMOs.

Animals must not be given antibiotics or artificial growth hormones to boost milk production.

Overall, organic operations must demonstrate that they are protecting natural resources, conserving biodiversity, and using only approved substances.

## What's the Difference Between Pasture-Raised and 100% Grass-Fed?

While 100% grass-fed animals are only fed on grass, pasture-raised animals may supplement their grazing diet with a combination of other grains. Looking for 100% grass-fed yogurt? Try **Butterworks Farm** or **Maple Hill Creamery**.

## Strained or Unstrained?

Straining yogurt removes most of the liquid whey, creating a thicker and firmer texture and increasing the protein content. Strained yogurt varieties include Greek and Icelandic/Skyr yogurts.

## Flavored Yogurt

Because yogurt is tart by nature, sweeteners are often added, like maple, vanilla, or fruit flavoring.

Looking to reduce your sugar consumption?

- Try plain yogurt and mix in your own toppings to balance out the tart flavor. Topping plain yogurt with fresh fruit or granola is a great way to achieve that balance without processed sugars.
- Look for natural and organic sweeteners on the ingredient label like maple syrup, honey, and whole fruit.
- Look for the sugar content per serving and compare packaging to find the best option for you.

## Other Cultured Dairy Products

**Kefir** - Kefir is cultured with a combination of bacteria and yeast called a SCOBY. The cultures ferment almost all of the lactose, and kefir ends up being roughly 99% lactose-free, so it can be a good alternative for those with sensitivities to lactose. It also has a higher probiotic count than most yogurts and can be made from goat, sheep, or cow's milk. Looking for a local option? Try **Does' Leap Kefir** for a tasty local option.

**Filmjölk** - A Swedish dairy product that is fermented cow's milk and is similar in consistency to kefir or a thin yogurt. Fermented with a unique bacterial makeup and at a lower temperature than traditional yogurt, this option is roughly 99% lactose-free. Try Siggis Plain Filmjölk for a tasty non-fat option.