

HARVEST

{Of the Month}



MILK

Fast Facts

- ✓ In ancient Egypt, **milk and other dairy products were reserved for royalty, priests, and the very wealthy.**
- ✓ The **"GOT MILK?"** advertising campaign was launched in 1993 making it over a quarter of a decade old! Share photos of you and your milk with us you by using the **#MDKidsEatLocal!**
- ✓ **Milk provides nine essential nutrients,** including calcium, potassium, phosphorus, protein, vitamin A, vitamin D and vitamin B12, riboflavin, and niacin. Most of Maryland's school milk comes from Maryland dairy producers.

Availability

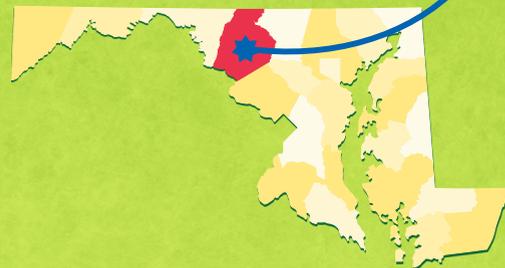
YEAR ROUND



Featured Farm

ELLERTON VIEW
FREDERICK COUNTY

Ellerton View is a family-owned, closed herd, dairy farm. A farm is considered a closed herd when all cattle are bred and raised right on the farm. The Grossnickle's milk 160 Holstein cows. Each cow has the capability of producing up to 8 gallons of milk per day!



MARYLAND DEPARTMENT OF AGRICULTURE
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 #MDKidsEatLocal