



Get More with Milk? Celebrate Dairy Month

National Dairy Month is celebrated every year in June. It started out as a way to distribute extra milk during the warm months of summer. Since 1939, families have been encouraged to make milk their beverage of choice based on its nutritional value. Celebrate Dairy Month this June by pouring one more glass of wholesome, nutritious milk in honor of Southeast dairy farm families. Dairy farmers work 365 days a year to provide you with nature's most perfect beverage. Visit thedairyalliance.com for more information, delicious recipes, and nutrition tips about dairy farming in our state and much more. Dairy farms often open their gates to visitors for tours.

2022 North Carolina Dairy Facts:

- North Carolina is home to about 40,000 dairy cows
- Dairy cows produce an average of 8.7 gallons of milk per day.
- North Carolina has 140 dairy farms and a typical dairy farm has a herd of about 286 milking cows
- Each dairy cow in NC provides an average of 2,666 gallons of milk in 2021. The total amount of milk produced equaled 107 million gallons
- The average value of a day's milk per cow was about \$14.03.
- In 2021, a dairy cow in NC cost about \$1,280.
- The top 5 milk producing counties are Iredell, Randolph, Gaston, Lincoln, and Alexander.
- NC ranks 27th in milk production
- 90% of all milk produced in 2021 was used and consumed in the form of fluid milk.

June Workshop Dates:

"Getting a Good Night Sleep" (1) In-Person: Tuesday, June 21st at 10am at North Granville Senior Center in Stovall, NC (2) Virtual Zoom: Tuesday, June 21st at 12pm. Both workshops are free. Register at go.ncsu.edu/fcsregistration

"Take Control" 8-week workshop series Thursdays, June 23 - August 11, 2022 at 2:00pm each day for free at the Granville County Senior Center



**NC Cooperative Extension
Person & Granville Counties
Family & Consumer Sciences
(FCS) Extension Agent**

Jennifer Brown
jennifer.brown@ncsu.edu
Follow us on Social Media:
[@persongranvillefcs](https://www.instagram.com/persongranvillefcs)

336-599-1195 (Person)
919-603-1350 (Granville)

Creamy Veggie Pasta

- 2 1/2 cups water or vegetable stock
- 1 cup heavy whipping cream
- 1 cup milk
- 1 Tbsp minced garlic
- 1 Tbsp sea salt & 1/2 tsp pepper
- 1 Tbsp Italian seasoning blend
- 2 Tbsp butter
- 12oz linguine pasta
- 1 dry pint cherry tomatoes, halved
- 1 bunch red kale leaves
- 8oz pkg sliced baby bella mushrooms
- 1 cup shredded parmesan cheese, divided

In large shallow straight-sided pan, such as cast iron 3.5 or 4-quart., place water, cream, milk and seasoning. Stir until well combined. Add butter, pasta and veggies, ensuring pasta is completely covered by liquid. Bring to a boil and cook until the pasta is al dente and liquid has nearly evaporated, about 10 minutes. Remove from heat and stir in half the parmesan cheese. Divide pasta into serving bowls and top with remaining cheese.

Source - *The Dairy Alliance* thedairyalliance.com