

Herdshare Member

Raw Milk Guide



Bees Knees Farm & Creamery

Welcome to the herdshare program!



This little guide is designed to give you a quick start to your raw goat milk herdshare.

Feel free to reach out to Sarah at info@beeskneesfarmkw.com if you have any questions.

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The Bees Knees Dairy Goat Herd



BREEDING OBJECTIVES

The herd at Bees Knees Farm is a mix of registered Alpine and grade Saanen does. Our herd objectives are to breed for a doe that is hardy, productive over a long lactation, parasite-resistant and metabolically stable without intensive management or extreme inputs.

We have chosen the Alpine and Saanen breeds because they are independent, smart, and as we are mindful of the needs of our shareholders, they produce more hypoallergenic milk than some of the other dairy goat breeds (and certainly more than cows). While all dairy goats produce A2 milk, there is another casein protein that has been implicated in allergic responses. Alpine and Saanen goats typically do not carry that mutation.

We participate in the American Dairy Goat Association (ADGA) performance programs including linear appraisal and DHI milk testing. We find these programs to be invaluable in making our keep/cull decisions and breeding plans.



The Bees Knees Dairy Goat Herd

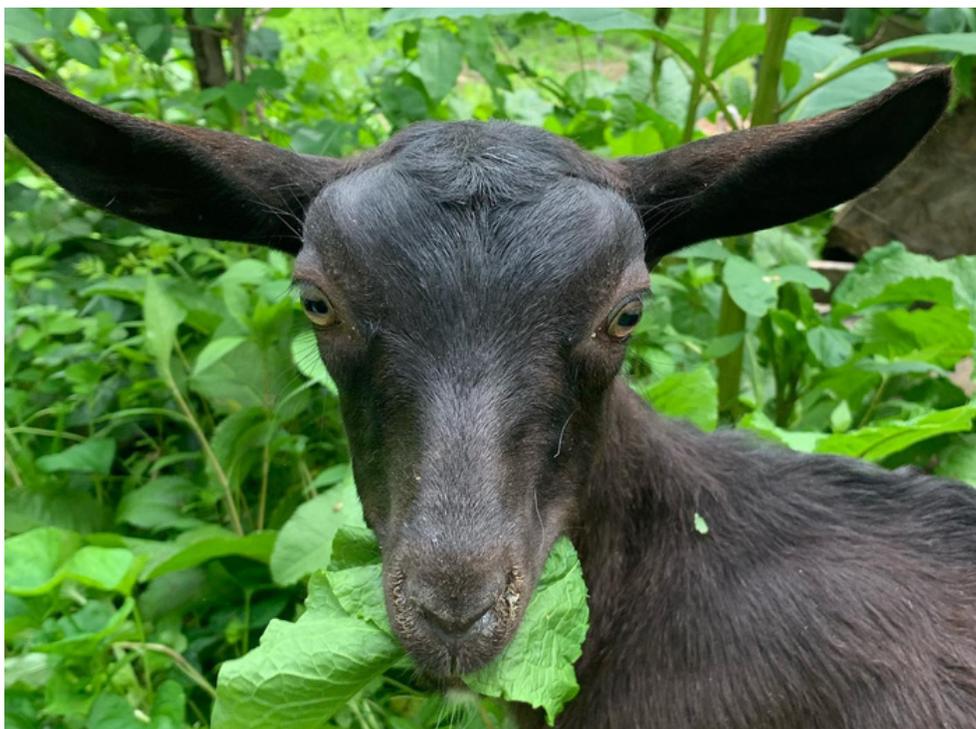


HERD MANAGEMENT

The herd is grazed on pasture from late March to November. We move them daily to fresh forage, both naturally occurring on the farm as well as planted specifically for them.

Goats are intermediate browsers (not grass eaters), and as such, they cannot be fed a grass-only diet. We feed a custom grain blend that is soy and GMO-free from a feed mill in Stuarts Draft, Virginia. We also feed locally sourced unsprayed alfalfa and grass hays.

We share milk with the baby goats. We feel it is important that the does raise their babies - both socially and to maintain a natural management style. Newborn kids stay with their moms 24/7 for 2 weeks. At 2 weeks, they are penned up at night, and mom is milked in the morning. Then the babies are released and spend all day with their mothers. Bucklings (boys) are weaned at 8-10 weeks, as they become fertile that soon! Doelings (girls) stay with mom for at least 12 weeks, and often permanently, naturally wean themselves around 6-7 months of age.



Milking and Sanitary Practices

MILKING PROCEDURES

We are a licensed dairy with the state of Virginia and are Raw Milk Institute Certified, and as such, have strict procedures in place to ensure that the milk is clean and chilled immediately to ensure great taste and low bacterial levels that will last in your fridge for weeks. We milk with a machine and have strict procedures about udder preparation, milk machine prep and cleanup.

We are proud to be listed by the Raw Milk Institute - the listing process is a rigorous review of all of our processes and monthly testing to ensure consistent milk quality. This listing makes us one of the few raw milk dairies reviewed and listed under the most rigorous raw milk standards in the world. In fact, we were the first goat dairy to be listed by RAWMI!

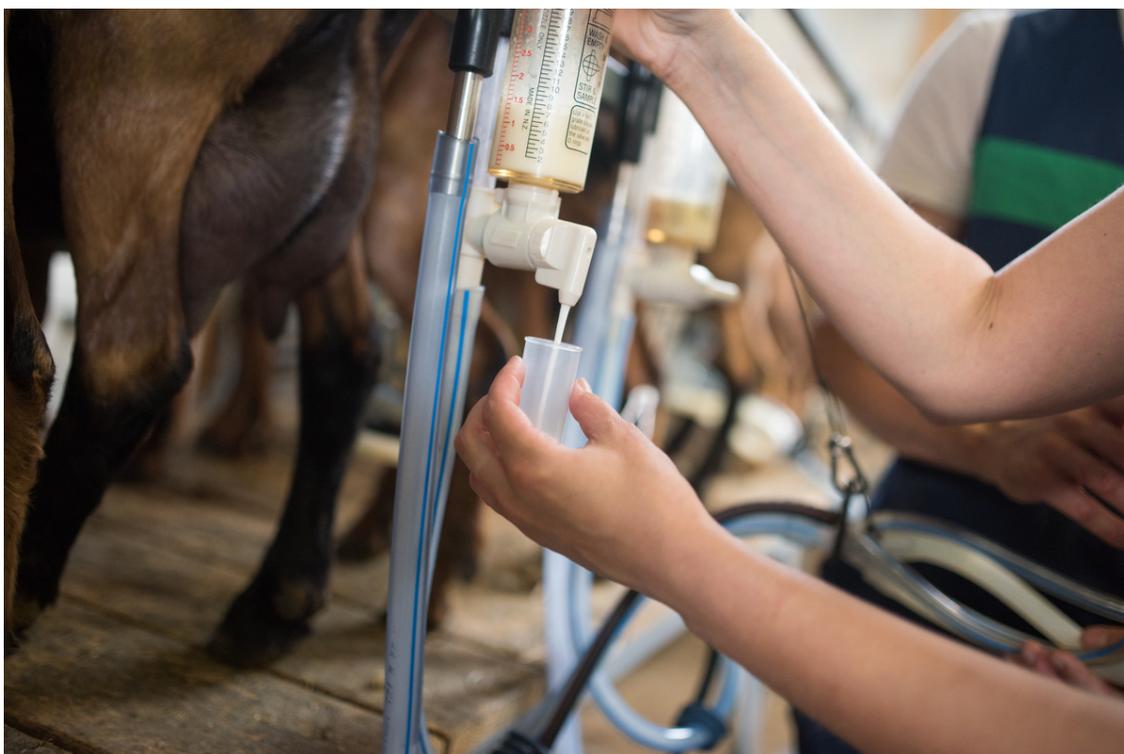


Milking and Sanitary Practices

MILK TESTING

We have a set of testing procedures to ensure that the milk that you receive each week is of the highest quality.

- Daily: we visually check over the animal and their milk before including them in the days milking.
- Weekly: we perform a California Mastitis Test (CMT) on each goat to ensure that there is no mastitis infection.
- Monthly: We send samples out to two different labs for testing and post those results on our website. We also have an on-site milk laboratory so that we can quickly test if we have an animal with questionable milk. The most recent 6 months of testing are on the website, and herdshare members are free to request full testing results since we began in 2015.
 - **Preliminary Incubated Count (PIC):** a measure of both animal milk quality as well as our sanitation practices.
 - **Coliform:** a measure of how clean the milking parlor is kept free of microorganisms
 - **Somatic Cell Count:** a measure of animal udder health



Picking up your milk



MILK DELIVERY & ON-FARM PICKUP DETAILS

Williamsburg:

Site: Morrison's Flowers & Gifts, 1303 Jamestown Rd, Williamsburg

Delivery Day: Thursdays

Pickup: 9 am - 4:30 pm on Thursday only

Details: Drive around to the back of the store, to the door marked 'Morrison's'. You'll see the coolers to the left of the door. Please review the sheet to make sure that you pick up the appropriate items.

Mechanicsville:

Site: Kroger, 9351 Atlee Rd, Mechanicsville

Delivery Day: Tuesdays

Pickup: 5-5:15 pm

Details: Sarah parks against the concrete median towards the back of the parking lot, near the gas stations. She is usually in a tan Subaru, with or without kayak racks depending on the season.

Midlothian:

Site: Good Health Herbs, 13601 Genito Rd, Midlothian

Delivery Day: Thursdays

Pickup: after 4 pm on Thursday, any time any day that they are open

Details: Go into the store, walk straight ahead and take a left around the bulk items. You'll see a bank of fridges to your right - your milk and other items are in the fridge with our logo on it.

On-Farm Pickup

Site: Farm Store, 3747 Custis Millpond Rd, West Point

Pickup Day: Fridays

Pickup: anytime after 8 am on Fridays

Washing & Returning Bottles



WASHING & RETURNING BOTTLES

Cleaning:

When your jar is empty, please rinse the jar and lid, and either wash with soap or water or place it in the dishwasher. Let it dry before closing the lid back up.

Fortunately, the wide mouth jars do well in the dishwasher, but it can be up to 3 weeks before I wash, sanitize and refill the jar you returned, so we need to make sure that it is clean and dry

Jar Return:

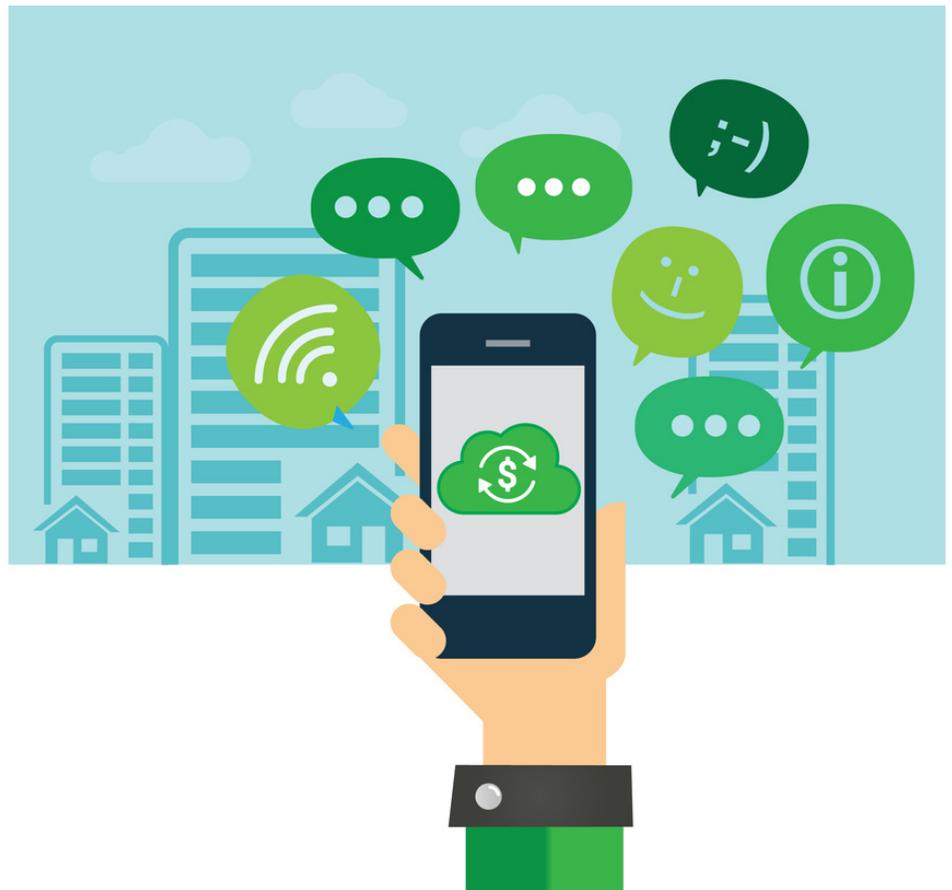
Please return jars when you pick up your next delivery of milk. There will be a return-jar crate or box near your pickup site for you to drop them by.



Invoicing

When you start with the herdshare program, we will set you up with automatic invoices that will arrive in your email inbox on the 1st of each month. The invoices go through Quickbooks, and you can choose to pay using electronic check or credit card through the invoice link, or Venmo (@beeskneesfarmkw), cash or check.

Your invoice covers milk and delivery for the upcoming month, and payment is due within 10 days. Late payments will result in a late payment fee in the following month, and eventually, cancellation of your share.



When We Have Extra Milk

MILK PRODUCTION USUALLY PEAKS IN THE SUMMER MONTHS, WHICH MEANS LOTS OF EXTRA MILK



We often have extra milk in the summer months, due to high production by the does after they have weaned their kids. As herdshare members, you are entitled to extra milk during those times **for no extra charge!** Keep an eye on your email for notifications of the exact window when we have extra milk.

To receive extra milk, please provide your own container (not your herdshare jars), cleaned with soapy water and sanitized with bleach. Place a strip of tape with your name, date and drop site on the lid, and leave the jar with the returned jars. I will fill them as I have extra milk and distribute with your normal delivery.

Going on Vacation? Need a break?

VACATIONS AND PAUSING YOUR HERDSHARE

If you are taking a vacation for a few weeks, you have a few options.

1. you can choose to pause your herdshare - let me know what weeks you'll not be picking up your milk (2 weeks notice required), and I will prorate your next invoice.
2. You can double up on milk before or after the time that you'll be gone (2 weeks notice required)

If you need to take a month or more off of receiving your milk, you can also put your herdshare on temporary or permanent pause. I will hold your place in the herdshare program, but you will not be charged board or delivery fees until you contact me to restart your share.



Winter Milk

MILKING THROUGH OR TAKING A BREAK?

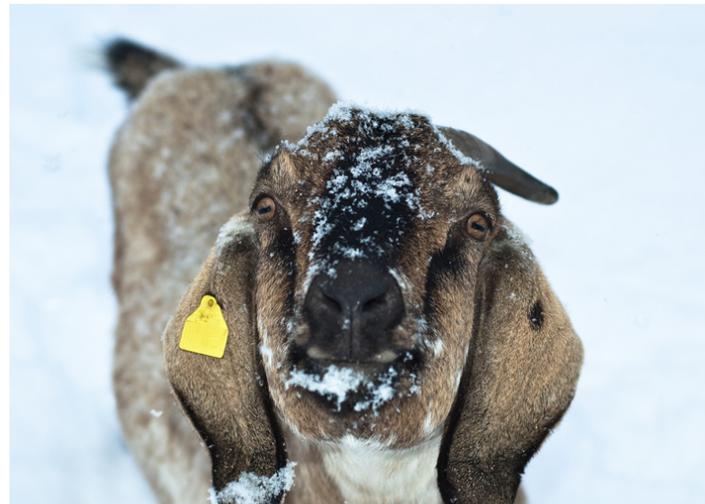
Most years, we do our best to provide you with at least some milk throughout the winter. This is somewhat of a gamble, as goats are quite seasonal in their fertility and therefore milk production, unlike cows who cycle and deliver babies year round. Once every 5 years or so, we will take an intentional 2 month break, just to give Sarah and the milkers a well-deserved rest.

Each year in the fall, I make a bet as to which of the goats I think could take us through the winter with milk for everyone. Sometimes I win, sometimes I lose. We never make cheese or caramel until our shareholders have enough milk - winter is a hungry time for milk!

There are a few different ways this can happen, depending on just how much milk I have to work with:

1. Full shares for everyone throughout the winter (yay!!)
2. Partial shares for everyone (half rations or full jars every other week)
3. Full shares for infants and severely immunocompromised members, everyone else on pause (sometimes frozen)
4. No milk for anyone. boo :(

Regardless of which option, we prorate invoices or give future credit if you are not getting milk. Frankly, it costs less to take care of goats who are not making milk, and it's less labor filling, cooling and distributing jars, so the pause in board is justified.



Why goat milk?

- Goat milk has been used for thousands of years as a substitute for breastmilk, and for orphan puppies, kittens, piglets, calves, and foals, as it is kinder on tender stomachs.
- Individuals with cow's milk allergies are usually able to digest goat's milk, as the casein protein responsible for allergies in cow's milk (A1) is not present in goat milk, which naturally has the A2 casein protein.
- If you are lactose-intolerant, you may be able to handle goat milk - the amount of lactose in goat milk is lower, and a raw product contains the enzymes and probiotics to help digest it.
- Goat milk is naturally homogenized, which means that the fat globules take a long time to rise to the top and you don't have to shake the raw milk like you would with cow milk. The fat globules are also smaller, and so are easier to digest.
- Goat milk is higher in calcium, potassium, phosphorus, and Vitamin A than cow milk.



Goat Milk Recipes

Goat Milk Yogurt

You can certainly make a simple raw milk yogurt by placing a spoonful of yogurt culture (I like the results when I use Siggi's Skyr yogurt), and incubating the milk for 12 hours in a warm oven or YogoTherm (or InstaPot). However, you will get a thicker result if you scald the milk first.

Cooked Yogurt Recipe:

1 qt goat milk

1 tsp yogurt (or dried yogurt culture)

Heat milk to a scald (180-195F. Take off the heat and let it cool until it is somewhere between 90 and 110F. Pour into a glass mason jar or culture vessel (InstaPot, YogoTherm, etc). Add the yogurt or culture, and maintain at 95-110F for 8-12 hours. Goat milk yogurt is quite thin. For a thicker yogurt, drain using a coffee filter or add 1 tsp of gelatin during the cooking process.



Goat Milk Recipes

Chevre (fresh goat cheese)

Recipe:

1 gallon goat milk

Chevre culture (NE Cheesemaking supply makes the most consumer friendly chevre culture packet - it includes the rennet so is super easy!)

Non-Iodized salt (important - iodine will wreck your cheese)

Cheesecloth

Heat milk to 86F. Take off the heat, and add 1/2 of a packet of culture (hint - you can place the rest of the packet in the freezer for next time). Cover and leave on your kitchen counter for 12-24 hours. Scoop the curds into cheesecloth and hang over a pot for 8-12 hours. Salt to taste (I use 1/2 tsp salt per lb of cheese produced). Add herbs or flavorings as you like.



Goat Milk Recipes

Goat Milk Kefir

Kefir is a bubbly, thin drinkable yogurt that is continuously cultured. You must purchase the grains that contain a combination of beneficial yeasts and bacteria and culture on your kitchen counter for 12-24 hours. You then filter out the grains and put them in a fresh jar of milk for another culturing session. The kefir can be stored in the fridge for up to 1 week before drinking. Instructions are best followed from the seller of your grains. You can certainly find them on Amazon, but I prefer to use Etsy and buy direct from a real person!



Herd List



GOATS CONSTITUTING THE DESIGNATED HERD 2021

Name & Registration

BEES KNEES POPPY

BEES KNEES ASPHODEL

VA*PROVIDENCE-HILL TALULLAH

VA*PROVIDENCE-HILL DAISY

BEES KNEES SUNFLOWER

BEES KNEES BLACK EYED PEA

BEES KNEES JARRAH

BEES KNEES CLOVER

BEES KNEES ROSEMARY

BEES KNEES DAFFODIL

BEES KNEES PALMETTO

BEES KNEES ACACIA

LA PAYSANNE ANGELICA SKYLAR

SGCH NODAWAY REV SKYLAR

BEES KNEES LEHUA

