



Harvest of the Month

Goat Cheese

Nutrition Information

- Goat cheese is lower in lactose and easier to digest than cow's milk cheese, making it ideal for those with lactose intolerance.
- Rich in calcium, phosphorus, and vitamin A, goat cheese offers essential nutrients.

Selection and Storage

- Fresh goat cheese should be bright white—yellow or pink spots mean it's going bad.
- Aged goat cheese should be firm with a smooth rind—avoid cracks or too much mold.
- Store goat cheese in the fridge (35°F–40°F). Keep fresh cheese airtight and eat within five days. Wrap aged cheese in parchment or wax paper and store it in the crisper for better humidity.

Fun Facts

- It's one of the oldest cheeses in the world, with records of production dating back to around 5,000 BC.
- Goats typically produce milk from spring through fall, so fresh goat cheese is at its best during those seasons.
- Goat cheese is enjoyed all around the world, with each region offering its own special version. In France, it's called chèvre and comes in many shapes and flavors. Greece is known for tangy feta, often made with goat's milk, while Spain offers creamy types like Garrotxa.



Recipes*

- [Vermont Root Vegetable Empanada with Maple Adobe Sauce](#)-VT Feed
- [Radical Root Crepes](#)-VT Feed
- [Black Bean and Sweet Potato Enchilada](#)-VT Feed
- [Broccoli Bites](#) – ICN Recipe Box (replace cheddar with goat cheese)
- [Fresh Veggie Wraps](#) – ICN Recipe Box (replace cream cheese with goat cheese)



While there aren't many credible recipes available that incorporate goat cheese, it is commonly used in sandwiches, burritos, pizza, pasta, salads, and more. You can craft or modify your own goat cheese recipe; just ensure its credibility by utilizing the [USDA Recipe Analysis Workbook \(RAW\)](#).

Educational Resources

- [Nutrients Help Me Grow & Farm to Table infographics \(English\)](#), [\(Spanish\)](#) - WA Dairy Commission
- [Ag Facts: Goats](#) - Oklahoma Agriculture in the Classroom
- [Growing Minds Day by Day](#)- Growing Minds
- [Five Facts About Cheese](#) - WA Dairy Commission
- [Dairy Goat Awareness Week Resources](#) - American Dairy Goat Association
- [Nutrients Help Me Grow & Farm to Table infographics \(English\)](#), [\(Spanish\)](#) - WA Dairy Commission

Sourcing

- Use the [Washington Food and Farm Finder](#) to find goat cheese and other seasonal foods from local producers. Check out the [WSDA Finding Farms](#) webpage for other resources.
- Can't find goat cheese in your area to feature? Substitute cheddar, feta, ricotta, or cream cheese for goat cheese which are also available in April.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

*As a reminder, the School Food Authority (sponsor) is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).