



YOGURT AND CHEESE

What is It?

- Most yogurt and cheese in the United States is made from cow's milk, which comes from dairy cows raised on farms.
- People around the world also consume milk from different animals including goats, sheep, donkeys, horses, oxen, buffaloes, and camels.
- To make cheese and yogurt, milk is combined with helpful bacteria that change its texture and flavor, forming curds for cheese and a smooth, tangy product for yogurt.
- There are six main dairy cattle breeds in the United States, including: Holstein, Ayrshire, Brown Swiss, Milking Shorthorn, Guernsey, and Jersey. The Holstein cow produces the most milk of all breeds, about nine gallons of milk per day! Each cow produces an average of six to seven gallons per day, which is 2,500 gallons of milk annually.
- Besides the amount of milk produced, different breeds produce varying amounts of milk fat and protein, making them more or less suitable for making dairy products like cheese and yogurt.



Cows, credit: OSPI



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Make It

Recipe: Frozen Yogurt Bark with Granola and Berries
Yield: 15 pieces

Ingredients	Directions
<ul style="list-style-type: none">• 2 cups Greek yogurt• 1 cup berries, fresh or frozen• 1/3 cup granola	<ol style="list-style-type: none">1. Line a 12-inch by 16-inch rimmed baking sheet with parchment paper.2. Spread the yogurt over the parchment paper in a thin layer approximately 1/4 inch deep.3. Sprinkle the fruit and granola evenly across the top of it.4. Cover and place in the freezer for at least five hours to harden.5. Cut or break the yogurt bark into pieces and enjoy!

Recipe adapted from [Right at Home with Violet](#).



Make It

Recipe: Grilled Cheese with Peaches
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none">• 8 slices of whole grain bread• 1 15-ounce can sliced peaches, drained• 8 slices cheddar cheese• 8 ounces fresh spinach• 4 teaspoons vegetable oil	<ol style="list-style-type: none">1. Heat the vegetable oil in a large pan over medium heat.2. Place a slice of whole grain bread in the pan.3. Layer one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of the bread.4. After four to five minutes, flip over the sandwich and cook for another 4–5 minutes.5. Repeat steps 1–4 until four sandwiches have been assembled.

Recipe adapted from Choose MyPlate.



Milking parlor, credit: OSPI



Make It

Recipe: Cheesy Breakfast Casserole
Yield: 8 servings

Ingredients	Directions
<ul style="list-style-type: none">• Olive oil or vegetable oil• 4–6 dinner rolls, torn into pieces or cubed• 10 eggs• 2 cups milk• 1/2 teaspoon salt• 1/2 teaspoon black pepper• 2–3 potatoes, grated• 1 onion, diced (optional)• 2 cups vegetables of choice (onions, tomatoes, broccoli, etc.), chopped• 1 1/2 cups cheddar cheese, shredded	<ol style="list-style-type: none">1. Lightly oil a 9×13-inch baking dish and place bread pieces inside. Set aside.2. In a large bowl, whisk together eggs, milk, salt, and pepper. Add grated potatoes, chopped vegetables, and 1 cup cheddar cheese. Stir to combine.3. Pour the egg mixture over the bread. Sprinkle the remaining cheddar cheese over the mixture. Cover tightly with foil and refrigerate overnight.4. When ready to bake, preheat the oven to 350 degrees F. Bake, covered, for 40 minutes. Uncover and bake for an additional 15 minutes until the center is puffy and the top is golden brown.5. Let it cool slightly before cutting into squares and serving.

Recipe provided by [The Dairy Farmers of Washington](#).



Make It

Recipe: Korean Corn Cheese
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 can (15 oz) canned corn, drained• 2 tablespoons mayonnaise• 1/2 teaspoon granulated sugar• 1 cup mozzarella cheese, shredded• Aonori, optional, to season	<ol style="list-style-type: none">1. Preheat the oven to 400 degrees F.2. In a medium bowl, combine corn, yogurt, sugar, salt, and pepper.3. Pour mixture into a lightly greased baking dish, then cover with shredded cheese.4. Bake corn and cheese mixture for 15–20 minutes to melt the cheese and heat through.5. Sprinkle with some aonori and enjoy while it's hot and cheesy!

Recipe provided by [The Dairy Farmers of Washington](#).

Eat It

Yogurt provides nine essential nutrients: protein, calcium, phosphorus, vitamin B12, zinc, riboflavin, pantothenic acid, selenium, and iodine. It also contains probiotics, which are live microorganisms that support healthy digestion.

Cheese provides eight essential nutrients: protein, calcium, phosphorus, vitamin B12, niacin, riboflavin, selenium, and iodine. It is a particularly good source of protein, which is essential for muscle repair and growth.

Read It

- Makin' Cows Smile, by Discover Dairy
- My Field Trip to a Wisconsin Dairy Farm, by Dairy Farmers of Wisconsin
- From Milk to Cheese (Who Made My Lunch?), by Bridget Heos and Stephanie Fizer Coleman
- Off to the Yogurt Factory, by Precious Mckenzie

Find It

- Most major grocery stores have a section dedicated to local cheese products available year-round. Check the product label or shelf tag to learn where a cheese was made. Washington-produced cheese is also often available at Washington farmers markets, farm stands, and other local markets across the state.
- Search for local farms and markets that sell Washington-produced yogurt and cheese here: [Washington Farms](#) | [Local Farm Finder](#) | [Washington Food](#).
- Find a [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.



Cow, credit: OSPI



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Washington Harvest of the Season: **Yogurt and Cheese**