

Family & Consumer Sciences Newsletter



National Dairy Month

June is celebrated as National Dairy Month, a time to raise awareness about the benefits of dairy products and promote the dairy industry. Milk, cheese, and yogurt are rich sources of calcium, protein, and vitamin D essential for building strong bones and maintaining overall health. June as National Dairy Month is a great reminder to enjoy the delicious and nutritious options dairy offers while supporting local farmers and the agricultural community.

This month, in honor of National Dairy Month, we will have a cheese-making workshop on June 20th. Later this month, participants can register at either the Boonville Library or the East Bend Library to learn how to make butter in a jar. Reach out to your local library to register! Don't forget about the Donation Station at the Farmers Market this year. On June 24th, the Cooperative Extension agents are giving away free ice cream. Support local and meet us at the Farmers Market! Check the "Community Events" section for more details.

If you want to stay updated on the Family & Consumer Sciences program in the upcoming months, please send your email or mailing address to cpjohns5@ncsu.edu to join our mailing list.

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America's Dairy Producers

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U.S. DEPARTMENT OF AGRICULTURE

USDA SUPPORTS America's Dairy Producers

A snapshot of investments in 2023



Supporting Trade

\$1.19 billion preserved in dairy export market access to countries like India, Columbia, China and the UK



Dairy for Emergency Food Operations

Purchased over **\$1 billion** in surplus dairy, including \$163 million in milk, to distribute to anti-hunger programs, plus food donation reimbursements



Delivering Nutrition to Children

\$2.4 billion in healthy dairy products served to kids and families through WIC and school meals



Keeping Farmers Farming

\$1.33 billion in safety net payments, including 51,000 payments to small farms at financial risk, plus 1,700 EQIP conservation contracts for dairy farmers signed in 2022-2023



Growing the Organic Dairy Sector

\$75 million for organic marketing costs, and \$6 million to support organic dairy research and market development



Research and Innovation

Over **\$200 million** in research through Dairy Business Innovation Centers and USDA's Agricultural Research Service, on animal health, nutrition and more



New Revenue for Small Businesses

Over **\$100 million** to help dairy businesses grow local markets, adopt renewable energy, and produce value-added products

*NOTE: More detailed information on the reverse.

A Deeper Look Into The Facts:

Supporting Trade

By continuing to hold other countries accountable for rules violations, removal of non-tariff barriers to trade, and ensuring issuance and acceptance of permits, among other measures, USDA preserved \$1.19 billion in dairy export market access to countries like India, China, Colombia, and the UK in 2023. USDA also worked with foreign governments and border inspection posts around the globe to clear \$1.7 million in detained and stuck shipments. Additionally, eight dairy companies participated in USDA trade missions to Panama, the Netherlands, Japan, Chile and Malaysia and reported over \$12 million in projected 12-month sales as a result.

Dairy for Emergency Food Operations

In 2023, USDA directly purchased 70 million pounds of dairy products, a \$149 million value, for distribution at food pantries and other institutions, and reimbursed the donations of more than 9 million pounds of dairy products to non-profits. In FY 2022 and 2023 combined, USDA purchased an additional \$1 billion in surplus dairy products, including \$163 million in milk, to distribute to a variety of anti-hunger programs.

Delivering Nutrition to Children

The school meals program serves \$2.4 billion in healthy dairy products to kids annually, mostly as fluid milk, and USDA is ensuring an increasing amount is locally sourced. In 2023, WIC participants spent \$707 million on milk, cheese, and yogurt, and more than 19 million half pints of milk were served to over 1,500 school and childcare institutions, including summer camps, through USDA's Special Milk Program—a 28% participation boost since 2022.

Keeping Farmers Farming

USDA's farm safety net programs, including Dairy Margin Coverage and the Dairy Indemnity Payment Program, paid \$1.33 billion to dairy farmers in 2022-2023, including 51,000 payments to small dairy farms at financial risk. The Pandemic Voluntary Market Assistance Program provided \$335.5 million to 25,000 dairy farmers, mostly small business owners.

Through nearly 1,700 new contracts signed in 2022 and 2023, \$1.9 million in Environmental Quality Incentives Program funding is helping dairy farms address water, air and soil quality for the next decade.

Growing the Organic Dairy Sector

There are more than 3,500 certified organic dairy producers in the U.S. USDA invested \$75 million in 2023 to cover organic marketing costs, and \$6 million to support organic dairy research and market development in 2022-2023. In 2022 USDA finalized the Origin of Livestock regulation to promote fairness in the organic industry, and is investing \$100 million to support farmers transition to organic production, including dairy farmers, through the Transition to Organic Partnership Program.

Research and Innovation

In 2022-2023, USDA's Dairy Business Innovation centers utilized \$126 million to support dairy processors and the farmers that supply them through business development, product innovation, marketing, and distribution of dairy products; this includes technical for businesses, for example to produce specialty cheeses or other milk-based products.

USDA's Agricultural Research Service conducts \$55 million in dairy-focused research annually, centered on climate, livestock health, nutrition, and other areas to contribute to a thriving dairy sector. This is in addition to tens of millions in research grants and partnerships between USDA and other organizations, plus economic research on dairy production, market updates and more that provide transparency and stability in dairy markets.

New Revenue for Small Businesses

In 2023, USDA invested over \$100 million to support dairy farm businesses, directly benefitting over 900 dairy farmers. Additionally in 2022-2023, over \$200 million in grants and loans helped farmers invest in renewable energy systems, including anaerobic digesters, to lower costs and generate new revenue. In 2022-2023, USDA also invested \$8 million in Value Added Producer Grants, to assist 47 businesses process or market dairy products, helping to create about 130 jobs tied to dairy farms.

High-Protein Greek Yogurt Crème Brûlée

Each serving of this crème brûlée delivers around 15-20 grams of protein, depending on the Greek yogurt and protein powder used, while keeping refined sugar low by using honey or maple syrup.



Recipe and photo from Undeniably
Diary

Ingredients

- 4 egg yolk
- 1 cup whole milk
- 1 vanilla bean pod, or 2 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- 1/2 cup whole fat plain greek yogurt
- 1/4 cup honey, or maple syrup
- 2 tablespoons sugar, for the brûlée topping

Directions

1. Preheat oven to 325°F (160°C). Separate egg yolks and set aside in a large bowl. Melt butter and pour in 9 x 13 pan.
2. Heat milk in a saucepan until it boils. Quickly remove from heat and whisk in protein powder and vanilla extract until smooth.
3. Whisk egg yolks until pale and gradually add the milk mixture while whisking to temper the eggs.
4. Cool down for 10 minutes, then stir in Greek yogurt and maple syrup.
5. Strain the mixture through a sieve for a smooth custard
6. Divide mixture into ramekins. Place ramekins in a baking dish and add hot water halfway up their sides so ramekins sit in a water bath.
7. Bake uncovered for 25-30 minutes or until the custard sets; it should have a wobbly center, and the edges should remain still.
8. Place them on a cooling rack until they reach room temperature, then chill them in the refrigerator for at least 2-3 hours.
9. Before serving, sprinkle granulated sugar on top and caramelize with a torch or under a broiler. Let the crystallized sugar rest for 3 minutes before eating.
10. Serve immediately and enjoy!

SUMMER AGRICULTURE TOURS

Please join the Yadkin County Cooperative Extension for our summer agriculture tours! Participants will be able to get behind-the-scenes tours at local farms in Yadkin County. We will go to local restaurants for lunch on both days.



**July 9th - Windsor Run
Cellars (\$15)**

Cost includes wine tasting.

**August 4th - Enon
Meadows Farm (\$15)**

**Cost includes pick-your-
own blueberries.**

**Transportation will be provided! Limit to 10 participants.
Participants should meet at the Yadkin County Agricultural
Building at 9AM**

**Yadkin County Agricultural Building
2051 Agricultural Way, Yadkinville, NC 27055.**

REGISTER

go.ncsu.edu/yadkinagtours

Contact Chelsea Johnson to
register at
Chelsea_Johnson@ncsu.edu
or 336-849-7908 or scan the
QR code



JUST SAY cheese

Join the Yadkin County Extension Agents to learn how to make fresh, homemade cheese in celebration of National Dairy Month! Please note that space is limited to 10 participants.

Yadkin County Agricultural Building
2051 Agricultural Way, Yadkinville,
NC 27055

June 20th
4:00PM-6:00PM

Cost: \$15

Contact Chelsea Johnson to
register at
Chelsea_Johnson@ncsu.edu
or 336-849-7908 or scan the
QR code



NC

**COOPERATIVE
EXTENSION**

N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO CHELSEA JOHNSON, CPJOHNS5@NCSSU.EDU OR 336-849-7908. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE EVENT.

Join us for Yoga



**New Waves of Relaxation Yoga will be at the Yadkin County
Cooperative Extension Office on June 23rd to teach Yoga for
Beginners. Participants are encouraged to bring their own yoga mat,
blanket, or towel.**

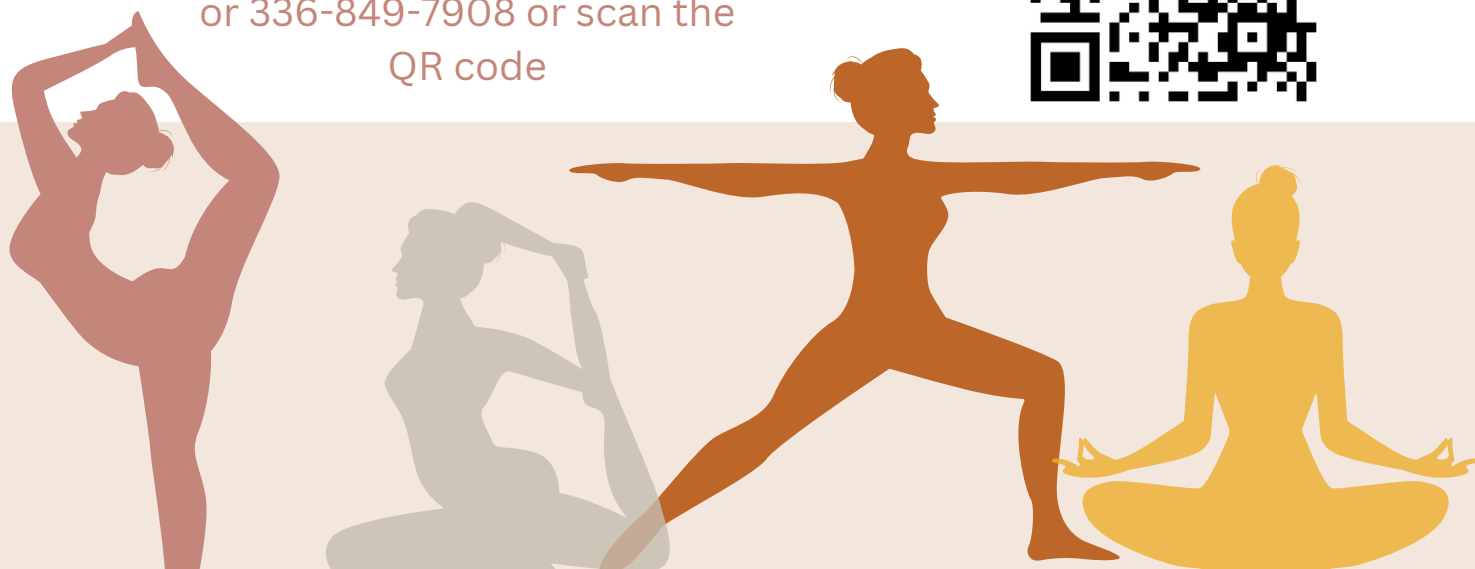
**23
JUNE**

**2051 Agricultural Way
Yadkinville, NC 27055**

\$10

Start at 11 AM

Contact Chelsea Johnson to
register at
Chelsea_Johnson@ncsu.edu
or 336-849-7908 or scan the
QR code



FARMER'S MARKET DONATION STATION

The Yadkin County Cooperative Extension, in partnership with the Yadkinville Farmers Market, will offer the Donation Station program this summer at the farmers market in Yadkinville. Customers at the market can donate food purchased from market vendors or make a financial contribution that can be used to purchase products from the vendors.

Donation Station days for
2025 are

May 13, May 27, June 10,
June 24, July 8, July 22,
August 5, and August 19.



What is a Donation Station?



Support farmers
by purchasing
their food



Make healthy, local food
available to food pantry clients
and other food insecure
populations



Divert any food
waste at the end of
the market

JUNE

Public Events Calendar

Some events require advance registration and payment. Please call 336-849-7877 or email Chelsea_Johnson@ncsu.edu for inquiries.

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	Farmer's Market Donation Station 3P-6P	Melt & Pour Soap-making 10A (Register with Yadkinville Library)	12	13	14
15	Butter Making - Boonville Library 11A-12P	17	18	19	Cheese Making Workshop 4P-5:30P	21
22	Beginners Yoga - 11A	• Butter Making - East Bend Library 11A-12P • Farmer's Market Donation Station & Ice Cream 3P-6P	25	26	27	28
29	30					



Extension At Home

Helping You Improve Your Life!





Every Third Tuesday of The Month 10:00 am ET

Find us at go.ncsu.edu/extensionathome



**NC COOPERATIVE
EXTENSION**

NC Cooperative Extension is an
equal opportunity provider.

January 21 - Spice Up Your Life
February 18 - Food Labels Myths & Facts
March 18 - Food Connects Us
April 15 - Fundamentals of Composting
May 20 - Fry It Up: Air Fryer Essentials
June 17 - Microgreens: Windowsill Gardening

**Yadkin County Cooperative
Extension**
2051 Agricultural Way, Suite 201
Yadkinville, NC 27055
336-849-7908
Monday - Friday ~ 8AM - 5PM

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