



Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

Did you know?


- In the cattle industry, specific breeds are classified as "beef or dairy" cattle due to their efficiency in producing meat or milk. Female cattle, or cows, produce milk after giving birth to their calf. Such breeds of dairy cows raised in the U.S. include Holstein, Ayrshire, Brown Swiss, Guernsey, or Jersey.
- One dairy cow's daily milk production (about 70 pounds) can produce 8 gallons of milk or 3.3 pounds of butter or 7 pounds of cheese.
- Milk provides nine essential nutrients in each serving: protein, calcium, phosphorus, vitamins A and D, and four B vitamins—B12, riboflavin, pantothenic acid, and niacin.
- Today, most milk is pasteurized and homogenized before it is sold. Pasteurization is the process of heating liquids for the purpose of destroying viruses and harmful organisms such as bacteria, protozoa, molds, and yeasts.
- Homogenization of milk prevents or delays the natural separation of milk. The fat in milk normally separates from the water and collects at the top. Homogenization is the process of breaking up that fat into smaller sizes so that it no longer separates from the milk.



What about production right here in Kansas?

 Kansas is home to 173,000 milk cows on a mixture of more than 228 large and small dairy farms.

 Kansas ranks 16th in the U.S. for milk production and Kansas dairies produced 4.1 billion pounds of milk in 2021.

 In Kansas, the average dairy cow produces about 7.55 gallons of milk per day. That's more than 2,755 gallons of milk over the course of a typical year.

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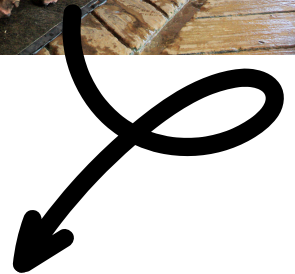
Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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How does milk get to the grocery store?

- First, dairy farmers ensure their cows are healthy and comfortable. This includes a nutritious diet, clean water, bedding, and an environment that's not too hot or cold. Sometimes cows get sick and farmers will treat illnesses with antibiotics.
- If a cow is currently milking and receiving antibiotics, her milk is not collected with the rest of the milk.
- Dairy cattle convert feed energy to milk production. A cow produces milk in her udder and exits through the teats.
- Dairy cows are milked 2-3 times a day in a milking parlor where the teats are cleaned and attached to mechanical and robotic milkers. These technologies are more comfortable for the cows and more efficient than milking cows by hand.
- Using pipes hooked to the mechanical milkers, milk travels to a storage tank on the dairy farm where it is cooled to below 45 degrees.
- Insulated milk trucks (tankers) will visit the farm to pick up the milk.
- The driver of the milk tanker will collect milk samples from each tank on each dairy. Typically, a milk tanker will pick up milk from various dairies and haul all of the milk in one load. The milk is then delivered to a dairy processing plant where it will be tested for quality and safety.

From Milk...



...To Market

- At the milk processing plant, the milk's temperature is retaken, and the milk in the tanker is specifically tested for any traces of drug residue from the use of antibiotics.
- Milk that is safe and free from drug residue continues through the processing plant and undergoes various processes including standardization, pasteurization, homogenization, and fortification.
- It then gets turned into all our favorite dairy products such as milk, yogurt, cheese and ice cream!

Information provided by the Kansas Livestock Association and Louisiana Ag in the Classroom



(785) 738-3597
blairet@ksu.edu



POST ROCK EXTENSION DISTRICT
WWW.POSTROCK.KSU.EDU

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