



Where's the Milk?

Where to purchase dairy milk

Some of you have wondered where to purchase local, organic milk.

Guernsey Dairy and Calder Dairy are local producers of milk. Their cows are not in confined feed lots and they do not use antibiotics or hormones. These dairies are not certified organic. (You can be certified organic and be inhumane.) Guernsey Dairy uses only Michigan farms and they know the farmers. Calder Dairy Farm is in Monroe county. You can visit their farm and their milk production operation.

Maureen Sharp, garden member and owner of Health Matters Herbs & More in Monroe, sells both Guernsey



There are local suppliers of organic milk.

and Calder milk. She also sells natural milk (not homogenized). You may want to visit her store to find out more.

Organic Valley organic milk is not sold in Monroe area. It is sold at Whole Foods in Ann Arbor. Their milk is certified organic and comes from sustainable family farms.

Curb Antibiotic Resistance

Take Action

The Union of Concerned Scientists state that antibiotic resistance is on the rise. This crisis is linked to the use of human drugs given to healthy and sick animals

in confined animal feeding operations.(CAFOs) Ask Congress to pass the Preservation of Antibiotics for Medical Treatment Act (PAMTA) to put an end to the misuse of important human drugs in

Garden planning meeting

Mark your calendar

Monday, March 1

6:30 p.m.

IHM Motherhouse

Community Room

The birds are singing and the days are staying lighter longer. It will be spring time before we know it. Have you thought about what you plan to grow this season?

Join us for the meeting to talk about our new growing season and to hear from MSU Monroe County extension agent, Jennie Stanger.



Special points of interest

- Best places to buy dairy milk
- Curb antibiotic resistance
- Garden members meeting to plan for 2010
- Recipes:
 - Fennel and Celery Salar
 - Lemon Cheesecake with Sour Cream Topping
 - Graham Cracker Crust

CAFOs. To take action on this issue, click on [this link](#).

Or go to the Union of Concerned Scientists Web site (www.ucsusa.org) and click on Take Action. Click on "Tell Congress: Keep Antibiotics Working."



Fennel and Celery Salad (easy)

2 medium fennel bulbs, trimmed, some fronds reserved
 3 celery ribs, trimmed
 1/4 cup extra virgin olive oil
 3 tablespoons fresh lemon juice, to taste
 Salt to taste
 1/4 teaspoon black pepper, more to taste
 Freshly shaved Parmesan cheese.

Cut fennel bulbs in quarters lengthwise, discarding outer layer if it is exceedingly tough. Use a mandoline to slice quarters thinly; slice celery equally thin.

Put sliced fennel and celery into a large bowl and drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently to combine. Top with lots of freshly shaved Parmesan and chopped fennel fronds if you like.

Yield: 4 to 6 servings

Graham Cracker Crust

For any single-crust pie, 8 to 10 inches
 Time: 20 minutes

To crumble graham crackers, place them in a heavy plastic bag and seal, then roll over the bag as many times as necessary with a rolling pin. Alternatively, break the crackers into the container of a food processor and process until crumbly. (Or buy graham cracker crumbs.)

6 tablespoons unsalted butter
 6 ounces broken graham crackers, about 1 - 1/2 cups
 3 tablespoons sugar
 1. Gently melt the butter in a small saucepan.
 2. Combine sugar with graham cracker crumbs in a bowl or food processor. Slowly add the butter, stirring or processing until well blended. Press the crust into the buttered spring form pan as directed above.

These recipes are from famed author, Mark Bittman. Check out Mark Bittman's Web site at <http://markbittman.com>. Take the Food Matters challenge.

Lemon Cheesecake with Sour Cream Topping

Makes at least 12 servings
 Time: About 1 1/2 hours

Unsalted butter for greasing the pan
 1 double recipe Graham Cracker recipe
 4 eggs, separated
 24 ounces (3 [8-ounce] packages) cream cheese
 Grated zest and juice of 1 lemon
 1 cup sugar, plus 1 tablespoon (optional)
 1 tablespoon all-purpose flour
 2 cups sour cream (optional)
 1 teaspoon vanilla extract (optional)

Preheat the oven to 325°F. Liberally butter a 9- or 10-inch spring form pan, then press [the crust](#) [2] into its bottom. Prebake the crust for 8 to 10 minutes, just until it begins to brown. Cool on a rack; the crust will harden as it cools.

Use an electric mixer to beat the egg yolks until light; add the cheese, lemon zest and juice, and 1 cup of the sugar and beat until smooth. Stir in the flour.

Beat the egg whites until they hold soft peaks; use a rubber spatula or your hand to fold them into the yolk-cheese mixture gently but thoroughly. Turn the batter into the prepared pan and place the pan in a baking pan large enough to hold it comfortably. Add warm water to the baking pan, so that it comes to within an inch of the top of the spring form pan. Transfer carefully to the oven and bake until the cake is just set and very lightly browned, about an hour. Turn the oven up to 450°F if you're making the sour cream topping.

Remove the cake from the oven and cool completely if not adding the sour cream topping. If you're making the topping, combine the sour cream with the vanilla and the optional 1 tablespoon sugar and spread on the top of the cake. Return it to the oven for 10 minutes, without the water bath; turn off the oven and let the cake cool for 30 minutes before removing it. Cool on a rack, cover with plastic wrap, then refrigerate until well chilled before slicing and serving. This will keep in good shape for several days.

Ricotta Cheesecake. This is somewhat lighter (and far lower in calories, especially if you use part-skim ricotta): Substitute 1- 1/2 pounds fresh ricotta for the cream cheese. Beat it in an electric mixer until lightened, then add the yolks. Increase the sugar to 1 1/4 cups; the flour remains the same. Substitute 1 teaspoon orange zest for the lemon zest, and use 1 additional teaspoon vanilla in place of the lemon juice. You can omit or include the sour cream topping, as you like. Bake as above.

The sun hears the fields talking about effort and the sun smiles, and whispers to me, "Why don't the fields just rest, for I am willing to do everything to help them grow." Rest, my dears, in prayer.

- St. Catherine of Siena

St. Mary Organic Farm

Sharon McNeil, Ecology Director
 610 West Elm Ave.
 Monroe, MI 48162
 Phone 734-240-9720
 Fax:734-240-9784
 E-mail smcneil@ihmsisters.org
www.ihmsisters.org

