

Harvest of the Month



Literature Links

- *The Big Cheese*, by Jory John
- *From Milk to Cheese*, by Bridget Heos

Joke Corner

Which cheese is the smartest?

Cheese whiz!

What cheese did the basketball player eat before her big game?

Swish cheese!

What do ducks eat for lunch?

Cheese and quackers!

Local Highlight

Humboldt and Del Norte Counties are well suited for dairy farming, and for making dairy products like cheese! Check out our video about local milk and Rumiano Cheese!

vimeo.com/channels/hcoenutrition

Harvest of the Month



CHEESE



Spanish: el queso
Hmong: cheese, mis nyuj khov

Nutrition Power

Cheese is a good source of protein and calcium.



Protein

Helps you grow strong muscles!



Calcium

Helps keep your bones healthy!

History

Cheese is an ancient food, but there is still a lot of mystery surrounding its origins. Most likely cheese was first made by accident around 9,000 to 10,000 years ago in or near the Fertile Crescent. This is when humans first domesticated animals and started consuming animal milk. One possibility is that someone left a container of sheep or goat milk in the heat for too long, causing the milk to curdle and form what is now known as curds and whey. After draining off the whey, the people found that they could safely eat the soft curds. Curds became the building blocks of cheese, and now there are thousands of types of cheese around the world!



Did You Know?

- ❑ Cheese is made from milk, including cow, sheep, goat and buffalo milk!
- ❑ To make cheese, milk is acidified so that it separates into curds and whey. Some soft cheeses are made by simply adding salt to the curds. Hard cheeses are made by further processing and aging the curds to develop different flavors and textures.
- ❑ While a cheese ages, it becomes drier, harder, and more tangy. Cheddar is usually aged for 2-4 months, while Parmesan can be aged for up to two years!
- ❑ It takes about 10 pounds of milk to make one pound of cheese!

