

Harvest of the Month



CHEESE



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some cheese on its own.
2. **MAKE** a dish with cheese using the recipe and ingredients provided.
3. **LEARN** about cheese with the information below.

Fun Facts

- The first cheese was likely made by accident by farmers in or near the Fertile Crescent around 9,000-10,000 years ago.
- A cheese's flavor and texture depend on many factors, including the type of milk the cheese is made from (cow, goat, sheep etc.), how long the cheese has been aged, and even the time of year! For example, the milk from a cow eating spring grass will give cheese a different flavor than from a cow eating hay in winter.
- Cheese is a good source of protein and calcium!

Local Connection



Based in Crescent City, Rumiano Cheese Company was founded in 1919 and has become a leader in organic cheese production and sustainability. They source milk from organic, grass fed cows from family-owned dairies in Northern California.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Got CalFresh? Sometimes DHHS needs to call CalFresh recipients. Make sure your name is included in your voicemail greeting so that DHHS can legally leave a detailed message.