

# YELLOW FARMHOUSE

---

## EDUCATION CENTER

**Dairy Farming and Value-Added Products** February 9, 2023

[Video](#)

This workshop on dairy farming in New England includes interviews with three New England dairy farmers and demonstrates culinary lesson ideas using dairy and dairy byproducts.

In the first interview, Brie Casadei, owner of [Terra Firma Farm](#) in North Stonington, CT, describes a day in the life of a dairy farmer which includes rising at 3am to feed and milk the herd, processing the milk, and delivering dairy products. She shares her feelings about the demands and satisfactions of being a dairy farmer. [Terra Firma Farm](#).

Next, Amanda Freund of [Freund Farm](#), tells us about her path to farming and the diversity of knowledge and skills involved in being a dairy farmer. She talks about the importance of cow well-being and some of the factors that go into raising happy and healthy cows. We also learn about the ways that Freund Farm works to be responsible environmental stewards by cultivating soil health, containing water runoff, generating solar energy, and using anaerobic digesters to convert cow manure into solids and gas that can be used as fertilizer and biogas, respectively. [Coming Back to the Farm](#), [Animal Care on Our Dairy Farm](#), [Environmental Sustainability on our Dairy Farm](#)

In the third interview, Melissa Griffin of [Clessens River Farm](#) in Buckland, MA shares her interest in genetics and breeding, how milking robots have made Clessens Farm more efficient, and her advocacy work on the Holstein USA Legislative Affairs committee. Finally, Melissa plays a song for her cows on her trumpet. [Music on the Farm](#), [What a Wonderful World](#)

In the second part of the workshop, Educators from the Yellow Farmhouse Education Center demonstrate a lesson, *Cooking with Dairy and Dairy Byproducts*, that engages students in cooking with dairy and preventing food waste. We demonstrate how to make butter, ricotta cheese, and yogurt – and then use the byproducts, buttermilk and whey, to make buttermilk pancakes, whey flatbread, and whey protein powder. [Cooking with Dairy and Dairy Byproducts](#)

We want to thank CT Dairy and North East Dairy for sharing their resources with us to help create this workshop.

Resources

[TFF Dairy Movie](#)

[Coming Back to the Farm](#)

[Animal Care on Our Dairy Farm](#)

[Environmental Sustainability on our Dairy Farm](#)

[Music on the Farm](#)

[What a Wonderful World](#)

[Lesson: Cooking with Dairy and Dairy Byproducts](#)