

# CO-OP CHEESE

Monthly Newsletter

*April-May 2009*



Spring is here! Goat Cheeses are the focus of the April-May Newsletter because they go so well with the seasonal produce that is available in the springtime. In this month's newsletter, you will find out about a local creamery that specializes in goat cheeses and other goat's milk products. We will also give you some advice on some great goat cheeses to try as well as recipes that incorporate these great cheeses.



# *Local Cheesemakers*

**Shellbark Hollow Farms** in West Chester, PA is a local creamery that specializes in goat cheeses and milks. Shellbark makes award winning artisan goat cheeses, cheese spreads, yogurt and kefir, all from their own herd of purebred Nubian goats. Everything is hand-made on site, packaged and delivered fresh to local markets, restaurants, vineyards and specialty shops that refuse to compromise when it comes to the quality and freshness of their products. To learn more about this great farm and goat handlers, visit the farm's website: [www.shellbarkhollow.com](http://www.shellbarkhollow.com) Not only does this website have a full listing of their handmade products, you can also view current photos of their baby goats and watch them grow and play!

Shellbark's Nubian goats produce a high quality, very rich butterfat milk from which fresh clean flavored cheeses are created. The goats are fed a special blend of alfalfa hay and the farm has their grain custom made to ensure proper nutrition for the herd.



**Here's a list of what the Co-op has available from Shellbark:**

Fresh Chevre Spreads--  
*assorted varieties*  
Fresh Yogurt  
Kefir--Goat's milk  
Goat's Milk scented soaps



# CHEESE OF THE MONTH

For April and May we are featuring some great Goat Cheeses that we have available in our artisan Cheese Case that are made right here, the U.S. Shawn O'Connell, our in-house cheese expert and merchandiser, has picked out some of her favorites to share with you.

**HUMBOLT FOG**, named for Humbolt County in Northern, CA, is a brilliant and very special goat cheese. Inside the cheese is crumbly, fresh and tangy with a line of ash running through it. Outside its bloomy rind ages and the cheese below gets creamier and more runny, also more ripe with flavor!

**TRUFFLE TREMOR** is also made in California by Cypress Grove. This cheese is similar to Humbolt Fog in taste and texture, but what makes it truly unique and decadent are the truffles added to this exceptional goat cheese.

**MIDNIGHT MOON** is a goat gouda from Cypress Grove. It's got the sweet nuttiness of a gouda with a mild goat flavor. Also try the Arina Goat Gouda which is similar but creamier

**EWE'S BLUE** is a new sheep's milk blue (Roquefort style) from Chathan Hill Farms in NY. Also, from Cypress Grove, CA, we have **LAMB CHOPPER**, which is a mild creamy sheep's milk gouda.

Goudas are some of my favorite cheeses from the hard crystal laden, Beemster XO, or Old Amsterdam to Prima Donna and Parrano which have characteristics of both gouda and a hard Italian cheese like Parmigian Reggiano. As younger goudas go, I love the goat and sheep ones because they have a more interesting flavor to me. So, if you are a gouda lover like myself, try a goat's or sheep's milk gouda.



# RECIPES OF THE MONTH

As the weather warms up, we tend to eat lighter and fresher. Goat cheeses are fantastic with salads and they make a wonderful addition or substitution to some of your favorite dessert recipes. Here's two for you to try.

## Sharp Shellbark Chevre Salad

**Salad** (*amounts of each ingredient is up to you and depends on how many servings and your own preferences*):

Baby Arugula  
Butter crunch lettuce (local if available)  
Thinly sliced fennel  
Sliced pink lady apples  
Sliced toasted almonds  
Flat-leaf parsely (a small handful, roughly chopped)  
Shellbark Farms sharp chevre

**Dressing:**

60/40 Olive oil and Balsamic vinegar  
Squeeze of lemon juice  
tsp. dijon mustard  
tsp. honey  
sea salt  
pepper  
chopped flat leaf parsely (or your favorite herb)

*Instructions:*

1. Mix salad ingredients together.
2. Combine dressing ingredients, mixed well with a whisk or by shaking in a closed container.
3. Pour dressing over salad, toss and enjoy!



# RECIPES OF THE MONTH

## Goat Kefir Smoothie

### *Ingredients:*

1/4 -1/2 bottle Shellbark Hollow Farms Goat Kefir  
1 Cup milk of your choice: goat, cow, soy, rice, coconut or fruit juice  
Chunks of papaya, frozen or chilled  
A few strawberries, frozen or chilled  
(or pick two of your favorite fruits)  
Granola for some texture

**\*\*Sneak in some extra nutrition with flax oil or your favorite powdered supplement. Local honey or bee pollen is a good addition for spring time allergy sufferers.**

### *Instructions:*

1. Combine ingredients into blender.
2. Blend til smooth.



You can find these recipes and more on our website Shared Recipes Page.

Visit: [www.swarthmore.coop](http://www.swarthmore.coop) and go to the community tab.



# Goat Cheese Facts

## What's the difference between sheep's, goat's, and cow's cheese?

“The difference between the three milks is their composition or structure. The milks have different protein structures, different fatty acids, and different butterfat contents. This is part of the reason that each milk, when it becomes cheese, tastes different from the others. There are other factors too, including how each animal metabolizes what they eat. That translates directly to the milk. For example, goats don't metabolize carotene the way that cows do. As a result, goat's milk remains snow white in color, while cow's milk has a yellowish or sometimes orangeish hue.”

*-Laura Werlin, The All American Cheese and Wine Book*

## What is it?

Goat cheese, sometimes called chevre, is a cheese product made from the milk of goats. Goat cheese comes in a wide variety of forms, although the most common is a soft, easily spread cheese. Goat cheese can also be made in hard aged varieties as well as semi firm cheeses like feta. Goat cheese is especially common in the Middle East, Africa, and some Mediterranean countries, where the hardy goat survives in areas where cows cannot.

[www.wisegeek.com](http://www.wisegeek.com)

## How is it made?

Goat cheese has been made for thousands of years, and was probably one of the earliest made dairy products. In the most simple form, goat cheese is made by warming goat milk, mixing it with rennet to curdle, and then draining and pressing the curds. Soft goat cheeses are made in kitchens all over the world, with cooks hanging bundles of cheesecloth filled with curds up in the warm kitchen for several days to drain and cure. If the cheese is to be aged, it is often brined so that it will form a rind, and then stored in a cool cheese cave for several months to cure.

[www.wisegeek.com](http://www.wisegeek.com)

## Compared to cow's milk cream cheese . . .

Goat cheese has about 1/3 less calories per ounce.

Goat cheese has about 1/3 the fat.

Goat cheese has about 1/2 the cholesterol.

Goat cheese has about twice as much protein.

Goat cheese is safe for many people who are lactose intolerant or have other cow's milk related allergies.

[www.mackenziecreamery.com](http://www.mackenziecreamery.com)

## How do you store Goat Cheese?

Store, naturally in the refrigerator. Keep wrapped, I find Ziploc sandwich bags work great and you can squeeze out all the air. Once opened, goat cheese will last about 5 days. If you need to keep it longer, goat cheese can be frozen. Best frozen in one-pound logs, wrap tightly before putting in freezer. As long as the cheese is fresh when frozen, it will retain its taste and texture after freezing. To use let thaw in the refrigerator.

Do this slowly, allowing 24 to 48 hours of refrigeration out of the freezer.

[www.angelatunner.wordpress.com](http://www.angelatunner.wordpress.com)

