



JUNE IS DAIRY MONTH!

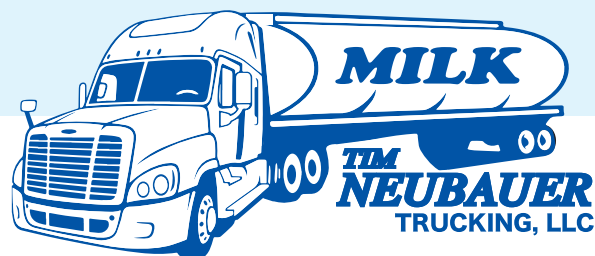
INSIDE:
• Meet the
Monroe County
Dairy Breakfast
farm family
— Page 8

A CALF RESTS AT MAPLTWN
FARMS, THE HOST OF THIS
YEAR'S DAIRY BREAKFAST

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**We appreciate the
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Cinnamon Swirl Yogurt French Toast

INGREDIENTS

French Toast

- 2 whole medium eggs
- 4 egg whites
- 1 cup milk
- 1/2 teaspoon cinnamon
- 8 pieces cinnamon swirl bread

Topping

- 16 ounces plain yogurt
- 5 tablespoons maple syrup
- 2 cups coarsely chopped fresh fruit i.e. grapes, strawberries, oranges, blueberries, peaches

INSTRUCTIONS

1) Combine the topping ingredients, except for fruit, in small mixing bowl. Refrigerate.

2) In a medium bowl, beat together eggs, milk and cinnamon. Preheat a non-stick skillet over medium heat and lightly coat with

nonstick cooking spray.

3) Dip each piece of bread into the egg mixture and coat thoroughly. Place in skillet and cook for about 2 minutes on each side.

4) To serve, cut warm French toast on the diagonal. Arrange on plate. Top with fruit, then the yogurt mixture.

Notes: To reduce prep time, use frozen French toast. Note, nutritional information may change.



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VERNON COUNTY DAIRY BREAKFAST IF YOU GO:

When: 7-11 a.m. Saturday, June 10

Where: Gerald and Connie Vesbach family, 57303 Hwy. 82, Viroqua. Free parking at the farm. Bus rides available from Vernon County Fairgrounds from 7 a.m. to 12 p.m.

Cost: \$8 per adult, \$4 for those 10 and younger, and \$12 steak breakfast

Menu: Pancakes, steak eggs, sausage, cheese curds, cottage cheese, milk, juice and coffee

Activities: Kids' activities, petting zoo, games and farm education

Number of Licensed Dairy Herds in Wisconsin: 6,033 herds

Monthly Milk Production Per Wisconsin Cow: 2,085 pounds or 242 gallons

Cashton Record

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The County Line

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MONROE COUNTY HERALD

This year's special section on the Monroe County Dairy Breakfast was brought to you by three local newspapers: The County Line, the Cashton Record and the Monroe County Herald.

Here's how you can reach us:

• **The Cashton Record** — (608) 654-7330; cashtonrecord@mwt.net; cashtonrecord.com

• **The County Line** — (608) 337-4232; countyline@thecountyline.net; thecountyline.net

• **The Monroe County Herald** — (608) 269-3186; editor@monroecountyherald.com; monroecountyherald.com

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June is Dairy Month

NATIONAL DAIRY MONTH started out as National Milk Month in 1937 as a way to promote drinking milk. It was initially created to stabilize the dairy demand when production was at a surplus, but has now developed into an annual tradition that celebrates the contributions the dairy industry has made to the world. After the National Dairy Council stepped in to promote the cause, the name soon changed to "Dairy Month."

National Dairy Month is a great way to start the summer with nutrient-rich



dairy foods. From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

Cheesy Stuffed Meatball Cups

INGREDIENTS

- 8-ounce block Mozzarella cheese divided
- 1 pound ground beef
- 1 egg
- 1 cup Panko-style bread crumbs
- 1/2 Parmesan cheese, grated
- 1 tablespoon garlic minced
- 1 tablespoon Italian seasoning
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 package thin-crust refrigerated pizza dough, 11-ounce
- 3/4 cup prepared jar marinara sauce
- Garnish: fresh chopped parsley

INSTRUCTIONS

- 1) Preheat oven to 350°
- 2) Cut block of mozzarella in half. Using a box grater, shred one half of cheese; set aside. Cut the other half into twelve cubes; set aside. In a large mixing bowl, combine ground beef and next eight ingredients. Combine until all ingredients are thoroughly incorporated. Shape mixture into

12 (3-inch) balls. Press 1 cheese cube into center of ball, sealing it inside. Repeat for remaining 11 meatballs.

3) Heat butter and olive oil in heavy bottom skillet or cast-iron pan over medium heat. Gently place meatballs into pan, just to brown on each side, about 1 minute on each side. Once brown, remove and place on paper towel lined baking sheet or plate to drain off excess fat.

4) Spray 12 regular-size muffin cups with cooking spray. Unroll pizza dough per package directions. Using a 3-inch round cutter, cutout 12 rounds of pizza dough and press each firmly into bottom of each cup well. Dough will not cover sides completely. Place 1/2 tablespoon of marinara sauce in each muffin cup, top with 1 meatball, another 1/2 tablespoon of sauce and sprinkle of shredded mozzarella cheese. Repeat for remaining 11 meatballs. Bake on middle rack for 25-30 minutes, or until cheese is bubbly and browned. Remove from oven and garnish with fresh parsley. Serve immediately.

Number of Dairy Cows in Wisconsin:
1,268,000 dairy cows (April 2023)

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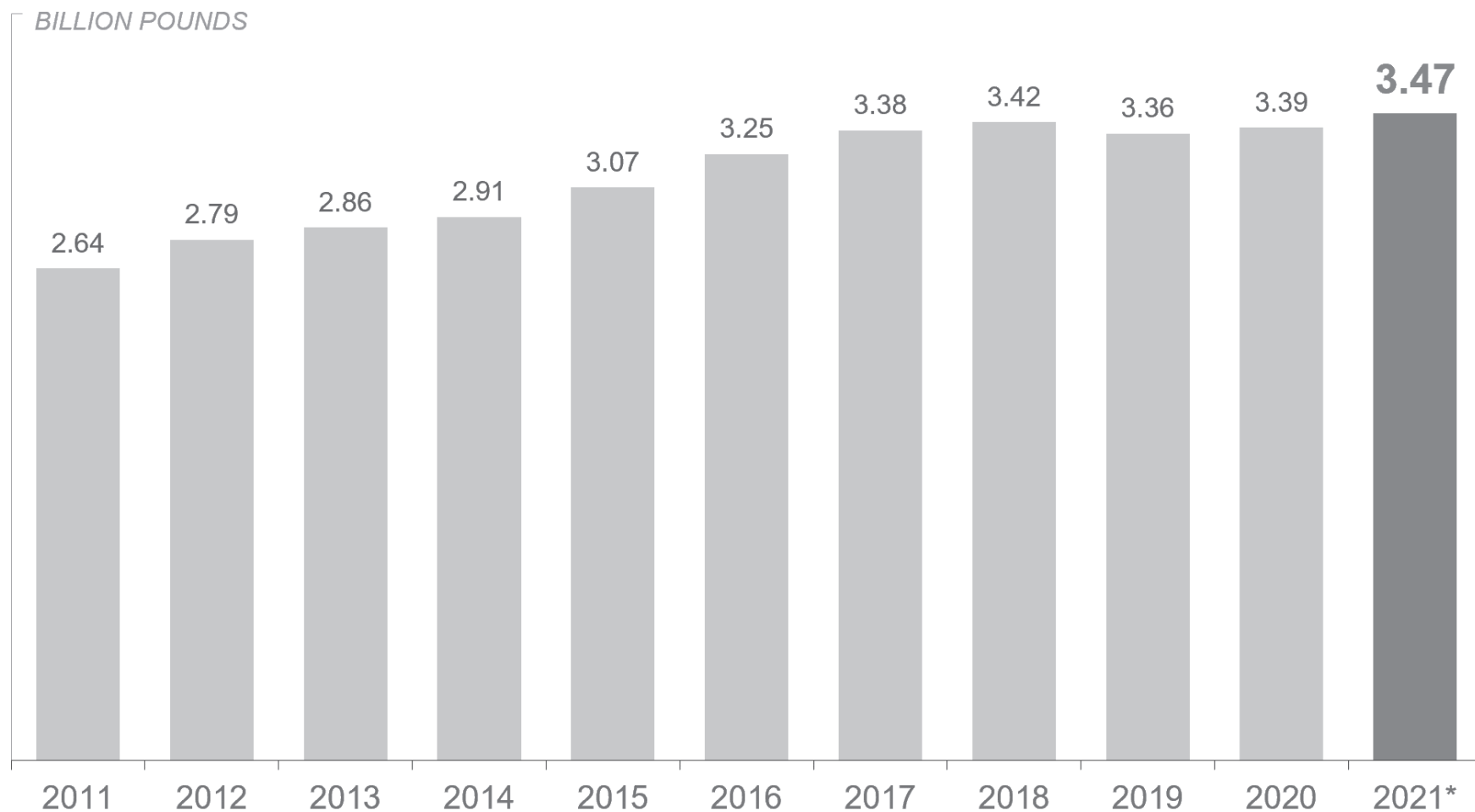
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Wisconsin Cheese Production, 2011-2021

Wisconsin produced 3.47 billion pounds of cheese in 2021, a new high and representing an increase of 32% over the past decade



DAIRY FARMERS OF WISCONSIN®

Source: USDA, Dairy Products Annual Summary

* Preliminary estimate; Excludes cottage cheese

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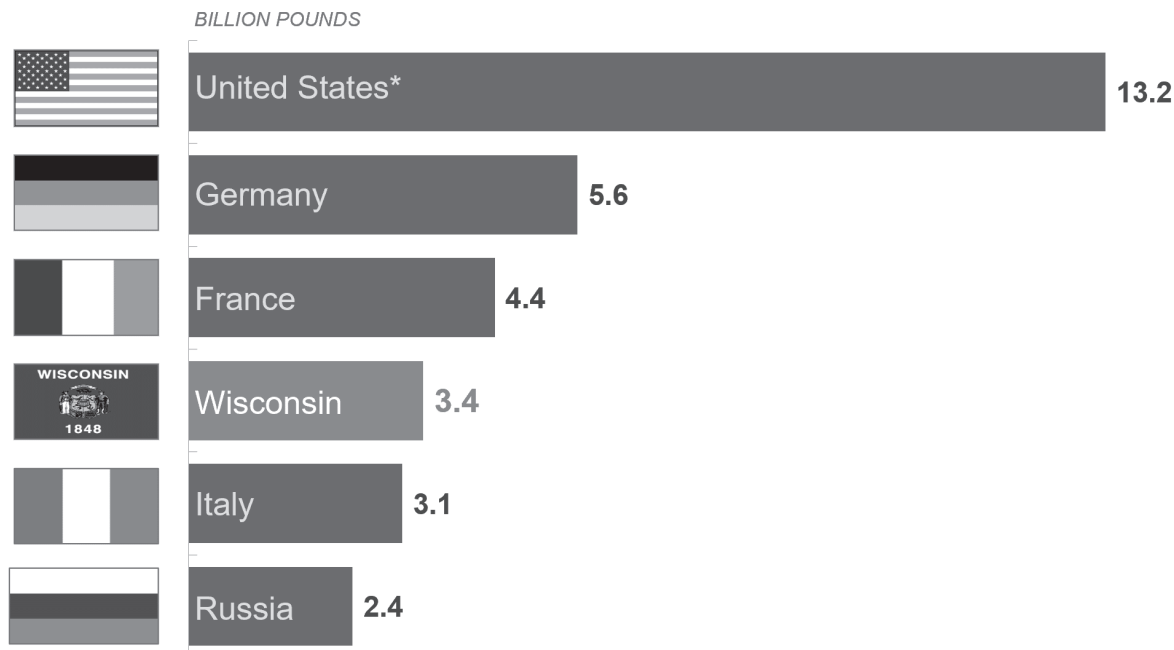
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Wisconsin Rank Among Countries, 2020

If Wisconsin were a country, it would rank 4th in the world in cheese production



DAIRY FARMERS OF WISCONSIN

Source: USDA, Dairy Products Annual Summary; EuroStat
Online Database; USDA/FAS PSD Online Database
* Includes Wisconsin; Excludes cottage cheese

SUSTAINABLE FARMING

In America, the dairy industry is responsible for only about 2% of total greenhouse gas emissions and has recently adopted a goal to reduce that even further by 2050.

**AVERAGE NUMBER
OF COWS PER
WISCONSIN DAIRY FARM:**
210 dairy cows (April 2023)

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Scenes from Mapltwin Farms



Mapltwin Farms in rural Cashton is the host of this year's Monroe County Dairy Breakfast. **Above, left:** The original barn. **Above, right:** The milk parlor. **Below:** The free-stall barn. (Contributed photos)



MEET THE FARM FAMILY

Mapltwin Farms to host Monroe County Dairy Breakfast

Undoubtedly agriculture has undergone an evolution in the past 75 years, and few farmers likely are more aware of it than Jon Peterson and his son Chris Peterson, under whose guidance Mapltwin Farms has grown from a small herd producing milk for the now-defunct Portland Creamery to a farm of more than 500 head whose production is now measured by the semi-load.

The milk that once went to an obscure creamery on Highway 33 now finds its way into the vast Kwik Trip network of convenience stores. Although the number of Wisconsin dairy farmers has sunk to low levels, three generations of Petersons heeded the call to “get big or get out.” On Saturday, guests at the Monroe County Dairy Breakfast will have an opportunity to tour the farm and view for themselves what a 21st century dairy farm looks like.

When Jon Peterson purchased the 160-acre farm in 1956, he still did fieldwork with horses. His new farm came with 16 cows, plus he added five more from his home farm. Just after he had graduated from high school, Peterson had begun his farming career by renting the farm that would become his own two years later.

Today, 550 milk cows and 270 young stock dwell on the farm, which now consists of 700 acres owned and 500 acre rented.

Peterson and his wife Sandra, who were married in 1957, remain engaged in the farm operation. Their son Chris continues with the day-to-day farming, as do Chris’ children, Eric, Jacob and Sarah. Chris’ wife, Betty, serves as the farm bookkeeper.

Jon and Sandra also have two older sons, Steven and Michael, both of whom pursued careers off the farm.

At first, the farm grew incrementally, starting in 1959, when the Petersons built a new 126-foot dairy barn to replace an older, 86-foot barn that needed extensive repairs. That upgrade allowed the family to expand the herd to 50 cows.

The Petersons built a new milkhouse in 1963 and joined the Grade A milk market, selling to Hiawatha Dairies.

More enhancements followed throughout the years: 1964 brought a corn-crib combination building; 1967 and 1969, two cement silos; 1969, a heifer barn with a free-stall design; 1971, a machine shed; 1974, a Harvestore high-moisture corn silo; 1976, an 80-foot Harvestore silo; 1981, a second house; 1987, another dairy farm three miles from the home farm that has its own milking herd; and 1996, a new maintenance shop.

Also, in 1978, the Petersons added on to the existing barn, expanding the herd from 50 to 70. Purebred, registered Holstein cattle had been incorporated into the herd in 1968.

The farm began a significant transformation in 1998, when the Petersons built a milking parlor with a double-12 milking system, along with a free-stall barn to house 250 milk cows. The old milking barn was renovated into a loafing barn for the heifers.

In 2008, the farm had another growth surge, which



Above: The second and third generation of the Peterson family is made up of (left to right, front to back) Chris and Betty, Amy and Eric, Jacob, Rachael, and Sarah and Billy.

Left: Jon and Sandra Peterson were the first generation on Mapltwin Farms in rural Cashton. Jon purchased the farm in 1956. (Contributed photos)

■ Mapltwin Farms

(Continued from page 8)

allowed the Petersons to expand the herd to 500-plus. That development consisted of a second free-stall barn, a barn for 100 heifers, a barn for 60 calves, five new silage bunkers, an expansion of the lagoon system, and an augmented farm workforce. Today, eight milk-team members join the Peterson family in the farm work.

The farm sells its milk to Foremost Farms, which in turn sells it to Kwik Trip. Its production is 40,000 gallons of milk per day, or 1.2 million pounds per month.

Across the generations, agriculture has been an integral part of the Petersons' daily lives both on and off the farm. All three of Jon and Sandra's sons were active in FFA and 4-H. And Jon's civic and professional record is lengthy: treasurer for the Portland Creamery, board member for the Cashton Co-op Elevator, executive board member of the Young Farmers of Hiawatha Dairies, president of the Monroe County Holstein Breeders Association, director of the Sparta Mutual Fire Agency, member of the Tri-State Breeders Young Sire Program, member of the Governor's Task Force - Green Bay Cheese Exchange, member of the Tri-State Breeders Association, member of the Monroe County Farm Bureau, and secretary of the Moen Cemetery Board. Also, he was a 4-H Dairy Leader and a Wisconsin Master Farmer.

Sandra not only ran the household through the

farm's growth, but also worked in the barn with the rest of the family. She also has taught Sunday school at Immanuel Lutheran Church and is a member of the Ladies' Aid.

Chris also is a member of boards and organizations, such as Premier Cooperative, the Wisconsin Holstein Breeders Association, and Accelerated Genetics.

The 42nd annual Monroe County Dairy Breakfast, slated for Saturday, June 3, will offer the public to get a firsthand look at Mapltwin Farms and the result of the Peterson family's 67 years' worth of work. The event runs from 7-11 a.m., with an opening ceremony at 8:30 a.m.

A diverse makeup of activities will be offered:

- Gary's Ridgeland Dutchmen will perform
- A petting zoo, animal education and face painting will serve to entertain the children
- Attendees will get to tour the milking parlor, free-stall barns, the calf barn, and other buildings.
- Participants can take tours of the property via horse-drawn wagon rides.
- Farm equipment, both old and new, will be on display.
- Culver's will serve up strawberry sundaes, with donations going toward local FFA chapters, and the Monroe County All Breeds Junior Dairy Club will sell cheese curds.

For more on Mapltwins Farm, go to mapltwins.com.

IF YOU GO:

When: 7-11 a.m. Saturday, June 3, with opening ceremony at 8:30 a.m.

Where: Mapltwin Farms, 28521 Navajo Road, Cashton. Some parking will be available on the farm, plus parking will be available at Cashton Elementary School for those who wish to take the bus shuttle. The bus shuttle will drop off dairy breakfast attendees near the food tent. Shuttles will run from about 6:30 to 11:30 a.m.

Cost: \$5 per adult, \$3 for 6-10 year olds, and free for 5 and younger.

Menu: Ham and cheese omelets, pancakes, buttered toast, cheese, doughnut holes, cookies, coffee and milk, plus Culver's will serve strawberry sundaes and the Monroe County All Breeds Junior Dairy Club will sell cheese curds.

Activities: Educational displays, children's activities, cow bouncy house, bicycle smoothies, farm equipment display, dairy farm viewing, antique-tractor display, horse-drawn wagon rides, and animal education area. Also, Gary's Ridgeland Dutchmen will perform at the tractor central music stage.



Holsteins make their home in a free-stall barn at Mapltwin Farms in rural Cashton. (Contributed photo)

THEN AND NOW



Above: An aerial photo depicts Mapltwin Farms in 1984. Two years later, in 1986, the farm would host the annual Monroe County Dairy Breakfast. **Below:** A recent aerial shows the farm after several expansions. (Contributed photos)



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Congratulations to the Dairy Farm families for hosting this year's Dairy Breakfast!



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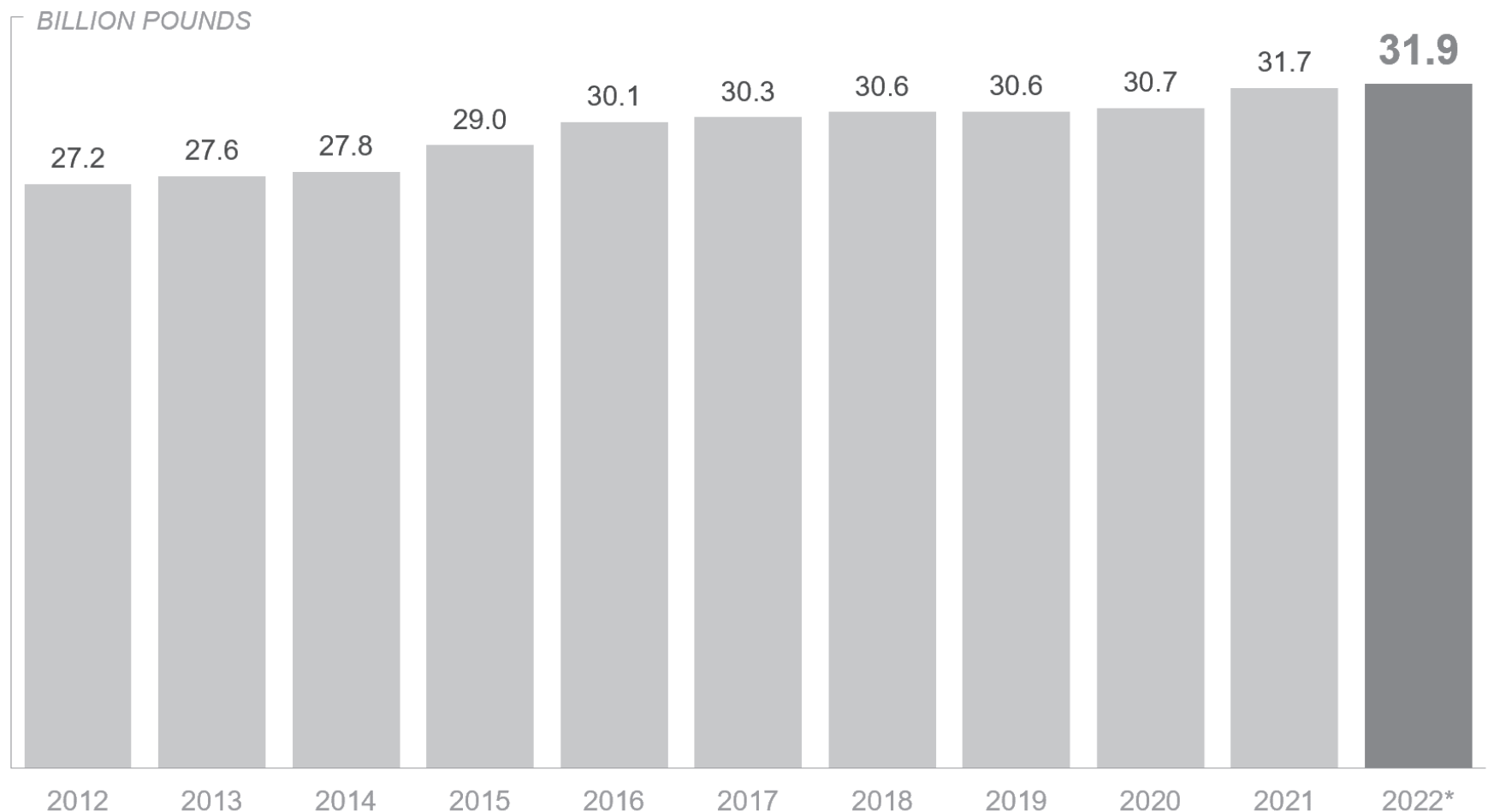
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Total Wisconsin Milk Production

After a bump in 2021, Wisconsin milk production was relatively flat in 2022 with +0.5% growth to reach **31.9 billion pounds**



DAIRY FARMERS OF WISCONSIN®

Source: USDA/NASS, [Milk Production](#)
*Preliminary estimate

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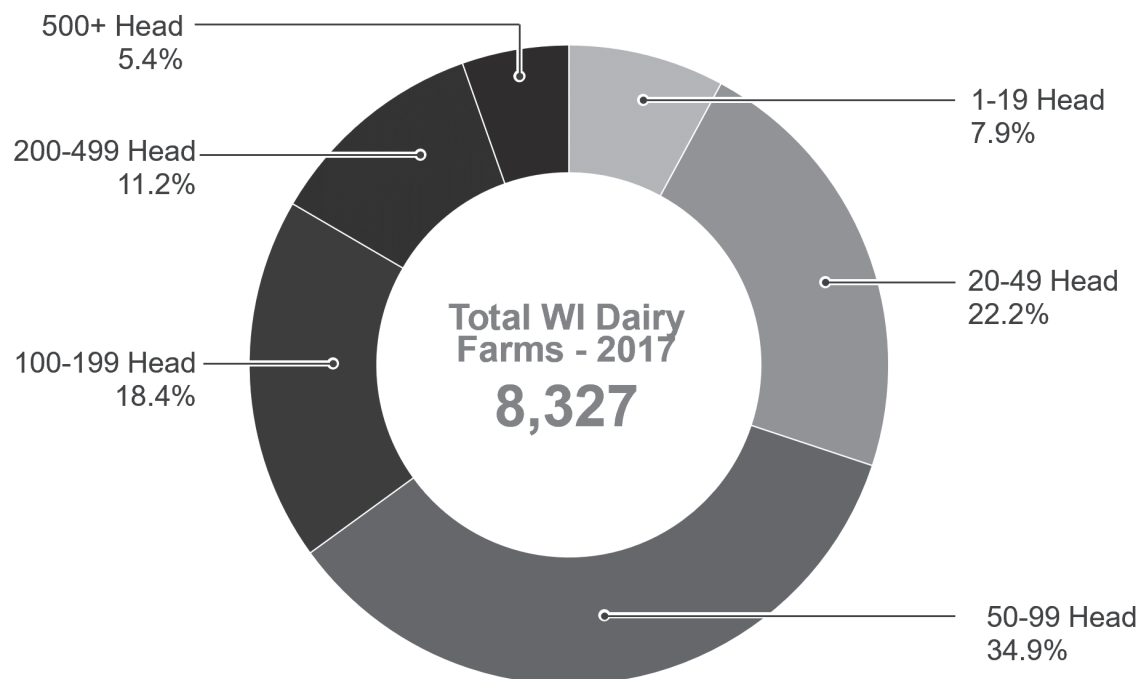
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Wisconsin Dairy Farm Share by Herd Size*

In 2017, two-thirds of Wisconsin's dairy farms had 100 cows or less; the proportion of very large herds of 500+ cows remains relatively small at 5.4%



DAIRY FARMERS OF WISCONSIN

Source: USDA/NASS, 2017 Census of Agriculture
*Operations with Milk Sales

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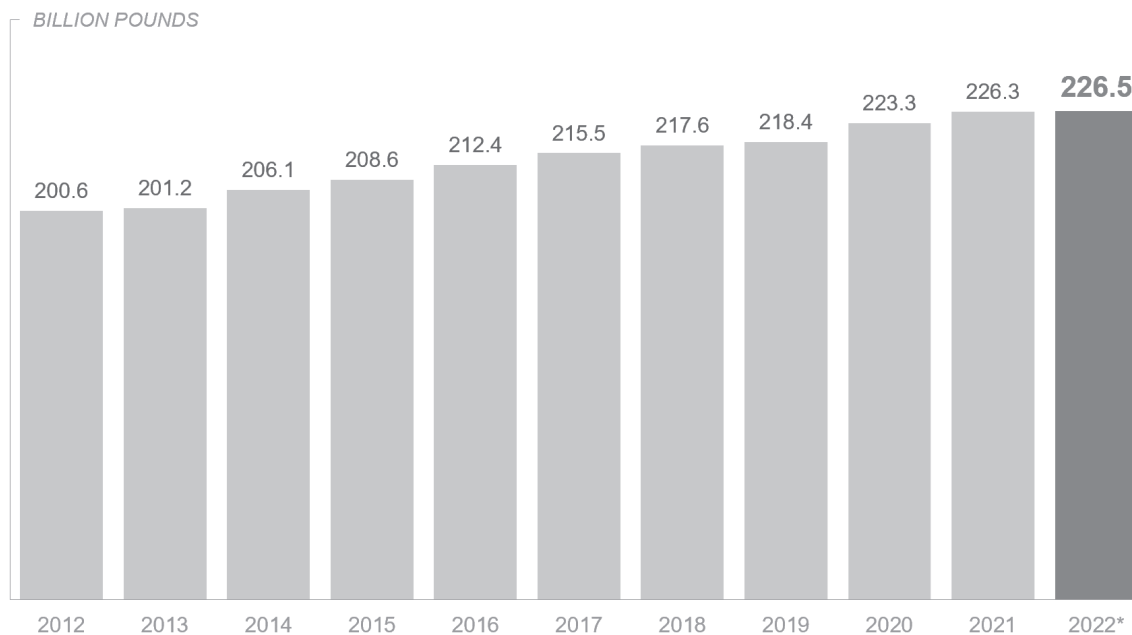
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Total U.S. Milk Production

U.S. milk production is relatively flat vs. last year, at about **226 billion pounds**



DAIRY FARMERS OF WISCONSIN

Source: USDA/NASS, Milk Production
*Preliminary estimate

Ham and Swiss Quiche Muffins

INGREDIENTS

- 8 large eggs
- 1/3 cup whole milk
- 1 tablespoon melted butter
- 1 cup shredded Swiss cheese
- 1/2 cup diced ham
- 1/4 cup fresh spinach leaves
- 2 tablespoons diced pimiento
- 1 tablespoon minced green onion
- 1/4 teaspoon seasoned salt

INSTRUCTIONS

Preheat the oven to 350°. Whisk together the eggs, milk and butter in a large bowl; stir in the cheese and the remaining ingredients. Portion the mixture between 12 lightly greased, standard-size non-stick muffin cups; place on a baking sheet. Bake 22 to 25 minutes or until puffed and set. Remove from the oven; cool 3 minutes. Gently loosen the quiche muffins with a small offset spatula; remove from the pan.



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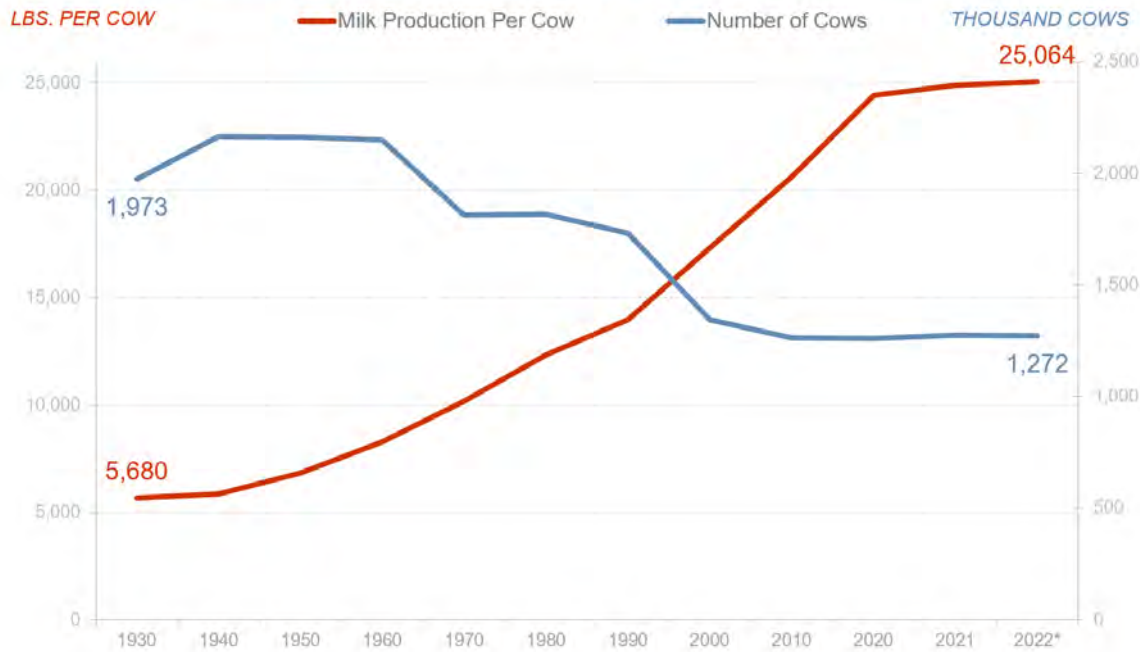
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Wisconsin Dairy Cow Trend, 1930-2022*

In 2022, Wisconsin produced 185% more milk with 36% fewer cows than in 1930, due to **much higher** milk production per cow



DAIRY FARMERS OF WISCONSIN

Source: USDA/NASS, Milk Production
*Preliminary estimate

Roasted Garlic and White Bean Dip

INGREDIENTS

- 1 (16-ounce) container cottage cheese
- 1 (14 ounce) can cannellini beans, drained
- 4 roasted garlic cloves
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- Fresh herbs
- Olive oil

INSTRUCTIONS

In the bowl of a large food processor, place cottage cheese, drained beans, garlic, salt, and pepper. Blend until smooth, about 1-2 minutes. If necessary, scrape down sides and blend another minute. Transfer dip to serving bowl. Garnish with freshly chopped herbs such as thyme and parsley, drizzle with a little olive oil if desired. Serve with fresh vegetables or crackers.



Dip can be made 1-2 days ahead of time. Store in airtight container in the refrigerator for up to 5 days.

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JUNE DAIRY MONTH**

WITH YOUR FRIENDS AT
SCENIC BLUFFS!

WE HOPE TO
**SEE YOU AT THE
DAIRY BREAKFASTS**

Monroe Vernon
La Crosse Crawford

Scenic Bluffs
COMMUNITY HEALTH CENTERS

Wisconsin dairy generates more than \$45.6 billion to Wisconsin's economy – more than the combined total of Florida citrus and Idaho potatoes.

**THANK YOU,
DAIRY FARMERS**

