



CT DAIRY FACT OF THE WEEK APRIL 23, 2009

Did you know...



***CT farmers produce 40% of the milk consumed in this State.
The remaining 60% is transported from other states. Some facts:***

Gallons of fuel required to transport milk from other states is **297,100**

Pounds of carbon dioxide emitted from one gallon of diesel fuel is **22.2**

Total pounds of carbon dioxide produced (gallons x pounds of CO₂) is **6,595,000/year**

***Less dairy farms in CT = more Carbon Dioxide emissions
in order to supply CT citizens with milk.***

Keep it local, keep it healthy, keep it clean!

*Data collected from USDA, Environmental Protection Agency's Emission Facts 2/05,
and U.S. Department of Energy's "Transportation Energy Data Book".*



DAIRY RECIPE OF THE WEEK

'tis the season of Asparagus and Bacon Quiche

INGREDIENTS

- 1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
- 10 slices bacon
- 2 (8 inch) unbaked pie shells
- 4 eggs
- 1 1/2 cups CT half-and-half cream
- 1/4 teaspoon ground nutmeg
- salt and pepper to taste
- 1 cup shredded Swiss cheese
- 1 cup shredded cheddar



DIRECTIONS

1. Preheat oven to 400 degrees F (200 degrees C). Place asparagus in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and cool.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. Sprinkle cheeses in pie shell, next put crumbled bacon and chopped asparagus over cheese.
4. In a bowl, beat together eggs, cream, nutmeg, salt and pepper. Pour egg mixture on top.
5. Bake uncovered in preheated oven until firm, about 35 to 40 minutes. Let cool to room temperature before serving.