

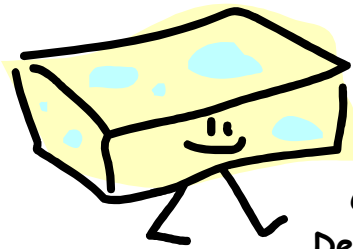
Cornell University
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Seneca County

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Your child learned about...

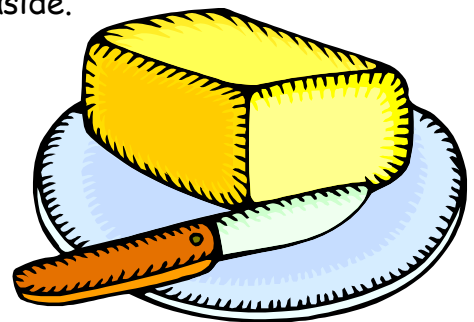


the New York State dairy product butter,
today with a guest speaker from the Seneca
County Cornell Cooperative Extension and 4-H Youth
Development Program.

Your child participated in the following learning task which they will
enjoy telling you about:

**How to Make Homemade Butter from Heavy Whipping Cream with the
Help of an Adult**

1. **Wash your hands with warm, soapy, running water before working with food.**
2. **Gather the following items:** a 1-quart jar with a tight lid; a marble; a strainer; a 1-quart bowl; a measuring cup; and a wooden spoon.
3. **Remember to chill the jar and the marble for at least 1 hour to help the butter form more quickly.**
4. **Place** the strainer over the bowl and set them aside.
5. **Pour** 1 cup of refrigerated heavy cream and a pinch of salt into the jar. **Drop in** the marble into the jar and **fasten** the lid tight.
6. **Shake** the jar. At first you will hear the marble moving. After about 15 minutes, the cream will get so thick that you won't hear or feel the marble. The sides of the jar will be coated with thick cream.

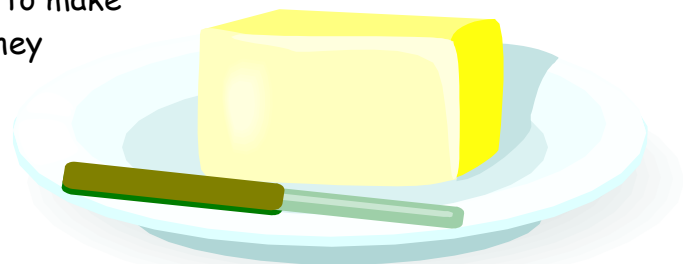


7. **Continue shaking** the jar. After 15 to 30 minutes, butter will begin to form. First **you will hear** the marble moving again, then the coating of cream **will disappear** from the sides of the jar and **you will see** lumps of butter in a milky liquid. The liquid is buttermilk.
8. **Open** the jar and **pour** the butter and butter milk into the strainer. The buttermilk will flow into the bowl, and the butter will stay in the strainer. You can drink the buttermilk or use it in a recipe. Buttermilk must be refrigerated and stored in a covered container if you choose to use it at a later time.
9. **Rinse** the bowl with cold water to remove all of the buttermilk.
10. **Turn** the butter out of the strainer and into the bowl. **Cover** the butter with cold water and then **pour** the water off through the strainer. **Do not save** this milky water.
11. **Sample** your homemade butter on a fresh slice of bread or a cracker.

To keep your homemade fresh butter for more than just a day you'll need to follow these steps before refrigerating your butter:

Keep washing the butter this way until the water you pour off is clear. You are washing out the buttermilk - buttermilk that is not washed out will turn the butter sour. Use a clean wooden spoon to stir and press the butter against the side of the bowl. Continue pressing the butter against the side of the bowl to work out any liquid that is left in the butter. Pour the liquid off. You may add salt, if desired. Chill butter for 1 hour before serving.

Did you know... Milk is separated into a solid and liquid during pasteurization? Your child was able to make butter by using the solid (cream). They shook the cream in a baby food jar until it turned into butter.



Educator Lesson Plan Preparation Note:

To show children where butter comes from enhance your lesson with pictures dairy cows. To download free photos visit the following websites:

<http://www.moomilk.cow/tours/tour1-1.htm>

<http://www.usda.gov/oc/photo/opc-dcat.htm>

A song to sing while shaking jar:

Making Butter (Sung to " Frere Jacques")

Making butter, Making butter,

Um-mm, good. Um-mm, good.

I can smell the butter.

I can smell the butter.

Smells so good, smells so good.

Making butter, making butter,

Um-mm, good. Um-mm, good.

Now it's time for tasting.

Now it's time for tasting.

Tastes so good, tastes so good.



Fascinating Facts About Butter

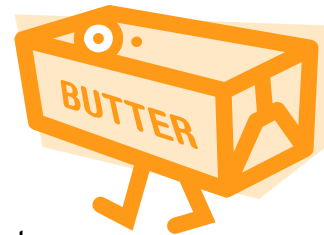
History

Butter is produced today essentially as it was thousands of years ago, by churning fresh cream until the fats separate from the liquid (buttermilk). It is one of the most highly concentrated forms of fluid milk.

Mr. Howe, of the Fairmont Creamery Company, introduced using parchment sheets for wrapping pound prints of butter in 1888. Vegetable parchment's grease-proof character, insolubility, strength and odorless and tasteless properties made it the perfect butter wrap and is still used today.

Fine butter was considered a delicacy in the early 1900s and was consistently sought by the commissaries of mining and lumber camps for flavoring flapjacks.

In 1914, the U.S. Navy ordered millions of pounds of canned sweet butter which, thanks to the new canning procedure, could be carried long distances in almost any climate.



Production

- It takes 21 pounds of fresh, wholesome cow's milk to make each pound of butter.
- Butter is graded by letter code, AA, A or B, according to flavor, texture, aroma and body, with AA being the supreme quality. Most butter sold in supermarkets is AA.
- Butter contains no trans fatty acids, which recent studies have shown can raise LDL ("bad") and lower HDL ("good") cholesterol. Butter consumed in moderation using the 2005 Dietary Guidelines for Americans and the Food Guide Pyramid can easily be enjoyed in ones diet.

Consumption

- The United States produces more than 1.2 billion pounds of butter every year. Wisconsin and California account for more than half of the nation's total.
- Americans consume more than 4 pounds of butter per person per year.