



## High Lawn Farm

Lee, Massachusetts

High Lawn Farm is a 1,300 acre farm located in Lee, Massachusetts. It is the last remaining, complete dairy farm in the Berkshires - producing, bottling, and delivering its own milk - representing over 100 years of ownership and operation in the same family. They provide their milk, butter, cream and half-and-half to Wild Oats.

The milk from High Lawn Farm is all-natural and absolutely hormone free. Their award-winning Jersey cows feed off fresh grass during the Summer months and nearly all of their winter feed comes straight from their corn and hay fields. They don't use genetically modified seeds and they avoid using harmful pesticides and herbicides. There are never any animal by-products in their feed.

The Jersey milk naturally has 20% more calcium than other milk, as well as 17% more protein and higher amounts of Vitamin A, thiamin (B<sub>1</sub>), and riboflavin (B<sub>2</sub>). Since High Lawn Farm distributes their milk locally, they do not need to "ultra" pasteurize their milk and, therefore, they are able to avoid the destruction of important enzymes and essential proteins that occur in that process. (Thirsty yet?)

In addition to their commitment to producing healthful milk, High Lawn Farm believes that it is critically important that children understand the processes behind the production of their food. Informed consumers, no matter how young, will make the most healthful food choice decisions. Their farm regularly schedules school tours. The farm also provides their milk to Williams, Smith, Wellesley and Springfield colleges and Phillips Academy.

