

# A Salute to Farmers

## June is Dairy Month

June is Dairy Month and Governor Jay Inslee wants to be sure dairy is being celebrated throughout the state of Washington.

According to a proclamation signed by Governor Inslee, "dairy is essential for some of the most delicious food combinations imaginable including cereal and milk, mac and cheese, hot fudge and ice cream, and cheeseburgers."

National Dairy Month began in 1937 as National Milk Month to promote all the benefits of drinking milk. In recent years, it has become a tradition that celebrates and promotes all dairy, from cheese and yogurt to ice cream.

Dairy products are packed with key nutrients such as calcium, potassium, and vitamins A, D, and B12 which

make it one of nature's most perfect foods.

Dairy, the second-largest agricultural commodity produced in Washington has an economic impact of more than \$3.2 billion per year, which fuels jobs throughout the state and allows for a strong trade market.

More than 275,000 cows on over 400 family-run dairy farms call Washington home. The damp and mild climate allow cows to be comfortable year round which makes them some of the most productive in the nation.

Scott Kinney, DFW CEO says, "Dairy farmers work 365 days a year to get milk to your local grocery store and even across the globe," said Kinney. "And now more than ever before, farmers are producing more with less."

"Innovative technology has allowed farmers to take better care of the land while giving their cows the utmost care. All this while producing one of the most delicious and nutritious local food products available. There is so much to celebrate – we could really use more than one month!"

To learn more about how Washington farmers care for the land, their cows and what they are doing in the community, visit [www.wadairy.org](http://www.wadairy.org). Join the dairy celebration through sharing photos and favorite dairy foods on social media by using the hashtag #wamilksplash.



## State Dairy Ambassador Coronation June 22

June is "Dairy Month" and also the traditional month for the Washington State Dairy Ambassador Contest. This program provides a tremendous professional and educational opportunity for young women. The young women chosen to serve as Washington's Ambassadors for Milk receive a generous college scholarship, internships and extensive communication training.

"It will soon be time to say good bye and thank you to our 2018-2019 State Dairy Ambassador Abigail Zurcher and State Alternates Agathe Lopez and Jacoba (Cobi) Van Slageren. They have done a fantastic job representing the Dairy Farmers of Washington this past year and I'm sure they will continue to be lifelong advocates of our industry," commented Kathleen Anderson, State Ambassador Advisor.

You are invited to the 2019



Pictured left to right: Agate Lopez, Alternate Ambassador; Abigail Zurcher, State Ambassador; Cobi Van Slageren, Alternate Ambassador.

Washington State Dairy Ambassador coronation on Saturday, June 22 at the Lynnwood High School Performing Arts Center, 18218 North Road Way in Bothell. Doors open at 6:00 p.m. and the event begins at 7:00 p.m. Light refreshments will be served during intermission.

Tickets purchased by June

14 will be \$20 for adults, students \$10, and under 6 years admitted free. Tickets purchased after June 14 or at the door will be \$25 for adults, students \$15. For ticket information, please contact Gloria Edwards by email at [Gloria.wsdw@hotmail.com](mailto:Gloria.wsdw@hotmail.com) or 360-273-7313.

## Eat locally grown food

Farmers growing for local markets tend to grow a greater diversity of plant varieties and animal breeds selected for their regional adaptability and flavor. Our local farmers grow over 200 varieties of fruits and vegetables – asparagus to zucchini, including over a dozen delicious varieties of potatoes, plus an array of livestock, poultry, cheese and other dairy products, honey, herbs and flowers.

Buying locally grown products ensures that the food we serve at our table is fresh and full of flavor because it spends less time in transit from farm to plate and therefore loses fewer nutrients and incurs less spoilage.

Buying locally grown also

helps put more dollars in the hands of local farmers. This helps local farms survive and thrive, keeping land from being redeveloped into suburban sprawl.

Take the pledge to have at least one locally grown food on your table!