

## **RAW MILK CHEESE AVAILABLE NOW**

**We at Rocky Plains Quality Meats are always looking for additional products to offer you that are safe and healthy. We are now offering Amish Raw Milk Cheese in many flavor varieties.**

**The Raw Milk Cheese comes from an Amish Farm owned by Amos Miller (Miller Farms). Mr. Miller makes and ages all of the raw milk cheese on his farm. Raw Milk cheese that is aged for 60 days or more is very low in moisture and high in acid which means that pathogens can not survive. (Miller Farms is listed as a supplier of Raw Milk Cheese in the Weston A. Price Foundation Weston Journal)**

**We are excited to be able to bring this homemade, delicious product to our customers directly from the Amish farmer. The Amish still live very simply. Their animals are truly free-range and highly respected. Most everything in the process is still done by hand with attention to every detail. As I get older, I can certainly appreciate the simpler life.**

**Why Raw Milk Cheese you might ask. In my previous column I talked about the many benefits of Raw Milk which also come through in Raw Milk Cheese. Raw Milk Cheese is also a terrific source for conjugated linoleic acid (CLA). CLA is an essential fatty acid which contains anti-cancer and fat-fighting properties.**

**In animal studies, CLA has been shown to reduce tumors and reduce the risk of several types of cancers including:**

- **Breast**
- **Colorectal**
- **Lung**
- **Skin**
- **Stomach**

**The best way to increase CLA in your diet is not from supplements, but from natural grass-fed foods. This would include grass-fed buffalo, raw milk and raw milk products from grass-fed cows or goats.**

**For more information about any of our products, please visit our website [www.rockyplains.com](http://www.rockyplains.com) or see our ad here in the Consumer Report.**

**Dee West is a partner in Rocky Plains Quality Meats serving two locations in Northeastern Colorado: 4022 WCR 11, Dacono, Co. and 207 S. Washington Ave., Loveland, Co.**