



Farmers' All Natural Creamery Authentic Organic Cottage Cheese!

The name cottage cheese originates from how it was first made — in country cottages with simple ingredients found on hand at the farm. Following that tradition, we make our cottage cheese purely without the gums and other additives found in most cottage cheeses today. Using only non-homogenized milk, cream, salt and cultures, we've created an authentic taste and texture you'll savor every time you choose Farmers' All Natural Creamery organic cottage cheese.

What makes Farmers' All Natural Creamery organic cottage cheese authentic?

It's what goes into, or should we say, doesn't go into Farmers' All Natural Creamery organic cottage cheese that makes it authentic. When you read most ingredient labels today for cottage cheese you see a long list of words that you can't pronounce or have no idea what they are- guar gum, xanthan gum, locust bean gum, etc. These things are added to speed the process for making cottage cheese,

create uniform textures, and/or extend shelf life. These practices are so universal one might think these ingredients constitute "authentic" cottage cheese. Not so. Cottage cheese is yet another food that industrialization altered from its original quality.

Just as its name suggests, cottage cheese was first made in the kitchens of country cottages where staple ingredients (non-homogenized milk, cream, and cultures) were used to slowly

continued

Authentic Organic Cottage Cheese

4% Milkfat
←
2% Milkfat

“We believe in doing less- not more –when it comes to food. We bring you food in its most natural state.”

BILL EVANS,
KALONA ORGANICS FOUNDER

(continued from front)

make the simple cheese that came to be known as cottage cheese. We persist in practicing that original method by using just non-homogenized milk, cream, salt, and cultures to make Farmers’ All Natural Creamery organic cottage cheese. These basic ingredients give our cottage cheese such pure

texture and full cheese flavor that you will realize the slippery, pasty textures and bland flavors the industrialized food movement brought to cottage cheese. Your first experience of trying Farmers’ All Natural Creamery Authentic Organic Cottage Cheese will make it your favorite.



NUTRITION FACTS

	Percentage of Daily Value (grams)	
	4% Milkfat	2% Milkfat
Serving Size	1/2 cup (110g)	1/2 cup (110g)
Calories	110	90
Calories from Fat	45	25
Sat Fat	15% (3g)	8% (1.5mg)
Trans Fat	0% (0g)	0% (0g)
Total Fat	8% (5g)	4% (2.5g)
Cholesterol	7% (20g)	5% (15g)
Sodium	22% (520g)	20% (490g)
Fiber	0% (0mg)	0% (0mg)
Sugars	(3g)	(3g)
Total Carb.	2% (5g)	1% (4g)
Protein	(11g)	(12g)
Vitamin A	4%	2%
Vitamin C	0%	0%
Calcium	10%	8%
Iron	2%	2%

www.kalonaorganics.com



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