

PRODUCT	LIFE EXPECTANCY		REFRIGERATE at 34-36°F	NOTES		
	OPENED	UNOPENED				
COW						
Milk	4-5 days	10-14 days	yes	remove a ½ cup of milk before freezing to allow enough space to expand		
Yogurt	1-2 weeks	3+ weeks	yes	may develop a stronger taste as it ages		
Kefir	1-2 weeks	3+ weeks	yes	may develop a stronger taste as it ages		
Cream	1-2 weeks	2 weeks	yes	if the jar begins to smell sour, transfer remaining cream to a clean jar		
Buttermilk	1-2 weeks	2 weeks	yes			
Colostrum (thawed)	1-2 weeks	2-3 weeks	yes	will last 6+ months if kept frozen; slowly thaw at room temp or in the fridge		
Whey	1-2 weeks	2 weeks	yes			
Sour Cream	1-2 weeks	2+ weeks	yes	may develop a “scum” layer across the top		
				– scrape off and continue using as long as it still smells ok		
Cottage Cheese	1-2 weeks	2 weeks	yes			
Butter (thawed)	8-10 weeks	8-10 weeks	yes	will last 9+ months if kept frozen		
				can be stored at room temp for up to a week		
Raw Cheese	1-2 weeks	3-4 weeks	yes			
GOAT						
Milk	4-5 days	5-7 days	yes	remove a ½ cup of milk before freezing to allow enough space to expand		
Yogurt	1-2 weeks	2 weeks	yes			
Chèvre	1-2 weeks	2 weeks	yes			
SHEEP						
Milk (thawed)	2 weeks	2 weeks	yes	will last 6+ months if kept frozen; slowly thaw at room temp or in the fridge		

Once products are opened, new bacteria is introduced and quality will begin to decline. Opened milk products should be used within several days. Cultured dairy will last somewhat longer. Rarely will raw dairy products spoil unless well past the expected shelf life. Instead, they will ripen or culture and begin to develop a stronger taste which is not always pleasant. There are many variables such as room/fridge temperatures, types of air borne bacteria, pets, indoor/outdoor air quality, etc. that can affect the life and taste of milk once it's opened in your home. Unopened, adequately refrigerated products will last even longer. Dairy products that may warm up to room temp - this will not affect the **safety** of the product but may affect the **shelf life**.

HOWEVER, trust your nose – do not use if it smells "off".

HERD SHARES EXPLAINED

"In a cow share, goat share, or herd share agreement, consumers pay a farmer a fee for boarding their cow or goat, (or share of a cow or goat), caring for the cow or goat, and milking the cow or goat. The herd share owner then obtains the milk from his own cow or goat. This arrangement is similar to arrangements of owning a share in a racehorse or a bull." – Weston A. Price Foundation

Vintage Meadows is charged an annual fee by our dairy farmer partners to cover the cost of our partial ownership or "share" of their cow/goat herd. This fee is calculated according to how much milk and dairy products we expect to use in a given year. The farmers figure how many cows it takes to provide that amount of milk or product for us and divide the value of the cow by approximately 9 years, which represents an average productive life span of a milking cow in most herds. That number is the annual share cost that we are charged. We simply divide our herd share costs by the number of customers we expect to order dairy products from us.