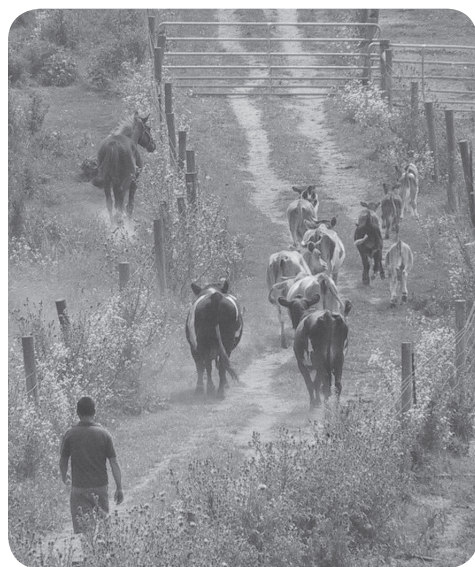


# In the Community

## Farm Feature: Colonial Classics Farmstead Cheese

By Jesse Sharrard

When I met Kebria Dye, she was wearing a crisp lab coat, high heels, and make-up. She would have fit perfectly in front of a biology classroom—exactly where you would have found her fifteen years ago. Twenty years ago, William Dye came home from his job as a USAirways pilot with a copy of the *Stockman Grass Farmer*, a newspaper for the grass-fed beef industry, and ideas for the future. “I thought he was crazy,” confesses Kebria, “We didn’t know a thing about cows. But I kept thinking about my grandmother and her farm.” They bought a farm in Scio, Ohio, and started grazing cattle. Kebria was excited, even if her children weren’t. She laughs as she recounts her oldest son asking, “Please tell me what possessed you to come to this God-forsaken place.”



Kebria’s reasons become clear when she starts talking about agro-industry. “Something’s gone wrong with conventional agriculture,” she says, “We’ve got to work *with* our animals instead of against them.” She calls feedlot cows “*bovine couch potatoes*,” and explains the nutritional implications of their lifestyle: “Because the cows eat so much without exercising, they’ve got higher saturated fat.” She takes further umbrage at the hormones that increase milk production to eighty pounds of milk per cow per day. Kebria complains, “They treat their cows like factories and they die after two or three years.”

Kebria’s herd suffers from none of the situations she decries. “This is where the biologist in me comes out,” she explains, “The entire ecosystem works together; no conventional farmer will ever replicate nature.” Except for the couple of hours a day they’re at the farm’s open-air milking machine, the cows are constantly at pasture, rotating through much of the farm’s 252 acres. Kebria’s oldest cows are 14—as old as her farm—and she usually receives “30 to 35 pounds of milk per cow per day—how much they’re supposed to give.”

When they started farming, the Dyes intended to sell milk, but as prices bottomed out at \$7 per 12 ½ gallons, they decided that cheese was a simple, elegant way to stay in the dairy business. Now,



Kebria and William make their cheese several times a year in a “small, but functional,” cheese factory.

Because the Dyes use raw milk for their cheeses, cleanliness is of utmost importance. They sanitize everything both before and immediately after making cheese. The state of Ohio requires the Dyes to document bacteria levels in the milk, of which Kebria says, “A bacteria level of 1,000,000 is allowed; we usually come in at 2,000 to 5,000.” The health inspectors are always surprised at how low their bacterial counts are. Kebria credits the accomplishment to the cows’ healthful lifestyle.

They do not cook their cheese, relying instead on lactic acid bacteria to produce acidity sufficient to kill harmful microbes. When the milk has reached a desirable acidity, Kebria adds vegetable rennet to coagulate the milk. The milk is stirred manually just enough to evenly distribute the rennet. The mixture separates into curds and whey. The whey is drained; the curds are packed into sanitized stainless steel hoops and placed under 600 pounds of pneumatic pressure overnight to drain. Once removed, they are aged in a controlled environment for at least 60 days or up to two years. The cheese, says Kebria, is fairly soft when removed from the hoops. The longer it ages, the harder and sharper it gets because the bacteria convert more sugar to acid. Different batches may vary in color, depending on the cows’ seasonal diet.

The results of Kebria’s efforts speak for themselves. Colonial Classics Farmstead Cheese is delicious by itself, on crackers, or melted over apple pie. It is, in a word, natural.



### Colonial Classics Farmstead Cheese

Scio, OH

(740) 945-2079

[www.naturalcheese.net](http://www.naturalcheese.net)

- ‘Farmstead’ is to cheese what ‘estate bottled’ is to wine: produced on-site.
- This cheese qualifies as part of the 100-mile diet.
- Available in the East End Food Co-op Dairy aisle.

## Community Highlight

### YWCA of Greater Pittsburgh: Eliminating Racism and Hate Crime part of YWCA Greater Pittsburgh’s “Week Without Violence” October 15-21, 2006

#### “Ordinary and Extraordinary Racism

a brown bag lunch  
with Lu-in Wang and Kathleen Blee

- Friday, October 20, 12-1pm
- YWCA Greater Pittsburgh,  
305 Wood Street, Downtown
- Free!

Wang is an Associate Professor of Law at the University of Pittsburgh and author of *Discrimination by Default: How Racism Becomes Routine*. Blee is a Professor of Sociology at the University of Pittsburgh and author of *Inside Organized Racism: Women in the Hate Movement*. Blee is also a recipient of the YWCA Greater Pittsburgh Racial Justice Award.

More info at [www.ywcapgh.org](http://www.ywcapgh.org) or 412.364.3844.

The YWCA Greater Pittsburgh believes their first responsibility is to serve the women and teens of Allegheny County. They constantly strive to empower women and to eliminate racism and sexism.

#### Peacemaking: the art of eliminating racism and crime

- Friday, October 20, 7-10pm
- The Union Project,  
801 N. Negley Ave, Highland Park
- \$5 Admission

A dynamic evening of arts-based approaches to peacemaking. Features the artwork of Lynn Johnson from her exhibit “From Intolerance to Understanding,” drumming and storytelling performance by Kelly E. Parker, and a shadow puppet show by Indicator Species entitled “The Hardest Question Ever.” Discussion with the artists and reception follows.

### Just Harvest: 18th Annual Harvest Celebration Dinner

#### “Bringing Democracy to Life,”

a presentation by Frances Moore Lappe

- Wednesday, October 25, 6pm
- Omni William Penn Hotel
- Tickets \$40 per person
- Table of 10 is \$350
- Tickets available at 412.431.8960

Just Harvest is a membership organization which promotes economic justice and works to influence public policy and to educate, empower and mobilize the citizens of Allegheny County, Pennsylvania communities toward the elimination of hunger.

Lappe is the author of fifteen books including the groundbreaking *Diet for a Small Planet*, *Hope’s Edge*, with her daughter Anna Lappe, and her newest title, *Democracy’s Edge*. She is also the co-founder of the Institute for Food and Development Policy (Food First) and the Center for Living Democracy. More information at [www.smallplanetinstitute.org](http://www.smallplanetinstitute.org)

Honored will be Seeds of Justice Award-ees George and Jane Becker.

More information at [www.justharvest.org](http://www.justharvest.org)

### Nutty for Walnuts, continued from Page 4

#### A Handful of Walnuts Provides the Recommended Daily Intake of Omega-3s

Omega-3 fatty acids are a type of essential fatty acids associated with many health benefits. They are considered an “essential” type of fat because the human body cannot make omega-3’s. We have to get our omega-3s from food sources. Walnuts are the only nut with a significant amount of omega-3s. The National Academy of Sciences recommends a daily omega-3 intake of 1.1 grams per day for women and 1.6 grams per day for men. A 1.5 ounce

serving of walnuts contains 3.8 grams of omega-3s. Enjoy walnuts as a snack and include them in any meal! For an easy to prepare and great tasting twist with this popular nut, try People’s Walnut Salad. You’ll love the rich taste that won’t go to your waist; research experts believe that walnuts can ease hunger and aid satiety, a factor in successful weight loss and weight management.



#### PEOPLE’S WALNUT SALAD

##### INGREDIENTS

¼ bunch celery, sliced cross-wise  
2 ½ cups red cabbage, chopped  
½ bunch of parsley, chopped  
½ bunch scallion, sliced cross-wise  
½ cup red pepper, diced  
1 cup walnuts, whole or large pieces  
¾ cup walnuts, chopped

##### DRESSING

2 T. mellow white miso  
3 T. brown rice vinegar  
3 T. lemon juice  
¼ box of soft Silken tofu  
1 tsp. ginger, minced  
1 tsp. wet mustard  
2 T. sunflower oil  
1 ½ tsp. dill  
1 ½ tsp. Spike

Combine all dressing ingredients in food processor or blender and blend until smooth. In a large bowl combine all other ingredients, cover in dressing and mix well. Serve and enjoy. (Note: before adding to salad mixture, sift well through nuts to remove any shells.)