

Organic Milk

One of the many dairy farms in Northeast Iowa is celebrating June Dairy Month in a special way this year. They recently replaced their current milking facilities with a new parlor and freestall barn. Todd Bushman of Calmar is happy after 22 years in the dairy industry to have a highly efficient and technologically advanced dairy facility now.

The new parlor is capable of milking 24 cows at one time and all 300 cows will be milked twice each day. This new parlor enables the Bushman's to cut their milking time in half. Two full time employees also work on the Bushman Farm.

OPEN HOUSE

Sunday, June 24th • 11-3 p.m.
Todd & Connie Bushman
1402 St. Hwy. 150 • Calmar, IA

"Come and see our new dairy facilities"

The Bushman's also farm 600 acres of hay and corn, supplying feed and grain for their dairy herd. No chemicals are applied to their fields and the cows are not given antibiotics, making the Bushman Dairy Farm a certified organic farm. The organic milk is hauled to Kemps® in Rochester, MN.

Hawkeye REC plays an important part on dairy farms throughout our service territory. With their new facilities, the Bushman's upgraded their electrical supply to a three-phase line.

The Bushman daughters, Ashley 13 and Megan 11, have both been crowned "Little Miss Squirt" in their community. They attend Osasian Middle School and Todd's wife Connie is a teacher's associate.



Todd, Connie, Ashley and Megan Bushman of Calmar.

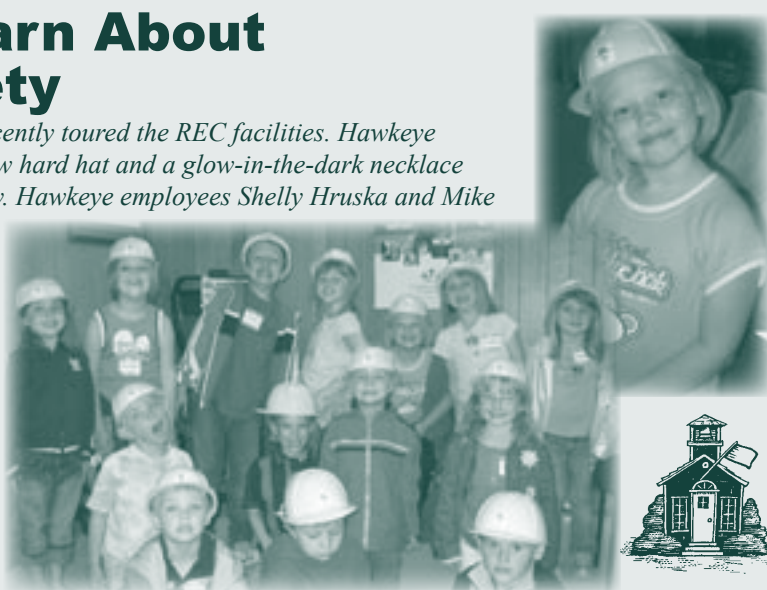


(more on June Dairy Month on page 2)



Students Learn About Electric Safety

Crestwood's kindergarten class recently toured the REC facilities. Hawkeye provided each student with a yellow hard hat and a glow-in-the-dark necklace promoting safety around electricity. Hawkeye employees Shelly Hruska and Mike Walton provided a guided tour emphasizing what to do around a downed power line. Hawkeye is committed to the electric safety and education of area youth. Hawkeye employees Ron Stika and Kevin Reicks also presented a safety demonstration at the Protivin Elementary School to over 60 students.



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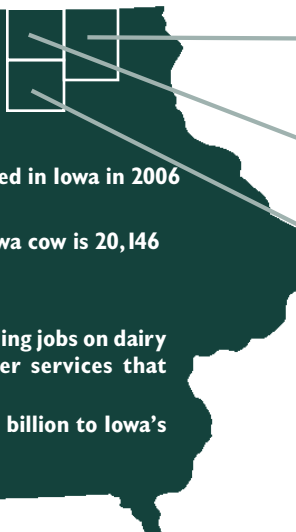
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Salute To Area Dairy Producers



Iowa Dairy Facts

- 12th in Total Pounds of Milk Produced
- 11th in Dairy Cow Numbers
- 9th in Production Per Cow
- 4.13 BILLION pounds of milk were produced in Iowa in 2006
- 250,000 dairy cows in Iowa
- The annual average milk produced per Iowa cow is 20,146
- 2,143 dairy farms in Iowa
 - Average dairy herd size = 85 cows
 - Provides more than 26,000 jobs (including jobs on dairy farms, by dairy processors, and other services that benefit and aid the dairy industry)
 - Annually contributes, an excess of \$1.5 billion to Iowa's economy



Winneshiek:

15,500 cows
171 dairy farms

Howard:

2,400 cows
64 dairy farms

Chickasaw:

6,100 cows
57 dairy farms

Source: USDA National Agriculture Stats and Iowa Dept. of Agriculture

Milk Facts

- ▲ Chocolate milk has the same excellent nutritional profile and as much calcium as white milk (usually made with lowfat or skim milk). The only difference is that chocolate milk has 60 more calories because of the sucrose and other nutrient sweeteners.
- ▲ Can you get enough calcium in your diet without dairy products? Yes, but it would be very difficult. You would have to eat 8 cups of spinach, 2½ cups of broccoli, almost 7 oranges or 6 slices of wheat bread to get the amount of calcium absorbed from an 8 oz. glass of milk.

Cheese Facts

- ▲ Cheese making dates back more than 4,000 years.
- ▲ More than 10 pounds of milk go into one pound of cheese
- ▲ About 300 varieties of cheese are sold in the U.S.

Ice Cream

- ▲ It takes 12 pounds of whole milk to make one gallon of ice cream.
- ▲ 1.6 billion gallons of ice cream frozen yogurt, sherbet and other related products are produced in the U.S.
- ▲ More ice cream is sold on Sunday than any other day of the week

FAQ's

What are milk's nine essential nutrients and what role do they play in a healthy diet?

Potassium: Helps regulate your body's fluid balance. Vitamin B12: Helps build red blood cells. Vitamin A: Helps maintain normal vision and skin. It also regulates cell growth and helps maintain the immune system. Riboflavin: Helps convert food into energy. Niacin: Supports the normal function of enzymes in the body and is involved in the metabolism of sugar and fatty acids. Phosphorus: Helps strengthen bones and generates energy in a body's cells. Calcium: Builds strong bones and regulates muscle contractions. Protein: Maintains and repairs muscles. Vitamin D: Promotes the absorption of calcium and optimizes bone mineralization.

What is organic milk?

It comes from a cow whose milk production was not prompted by an artificial growth hormone, whose feed was not grown with pesticides and which had "access to pasture," a term so vague it could mean that a cow might spend most of its milk-producing life confined to a feed lot eating grain and not grass.

Organic milk accounts for more than 3 percent of all milk sold in the United States. There is no scientific study that shows organic foods are safer, healthier or more nutritious than conventional foods.