

FarmHer's Table

Milk Cow Share

Updated November 2025

What is a Cow Share? You own a share of a milk cow herd, a Jersey cow to be exact, which can produce up to 35 gallons of milk a week. We will be selling shares based on the milk production of our cows. One cow share receives about one gallon of milk per week. Share numbers are adjusted at freshening time as the cow's production changes. 1/2 shares are also an option!

What is the cost? Purchase a share for \$30.00 (one-time cost /undivided interest) [\$15 half share] in a cow herd. When you leave the cow share, sell your share back (less any outstanding balances owed). Weekly boarding fees pay for labor and the expenses involved in feeding and caring for the cow.

* Fees may be subject to change.

Weekly Boarding Fees: Option 1: \$10 per week (= roughly 1 gallon of milk per week)

Option 2: \$5 per week (= roughly 1/2 gallon of milk per week)

Cream \$8 quart or \$4 pint

Delivery options from the driving co-op are available (inquire about any possible fees)

How do I get started? Read and sign the Milk Cow Boarding Agreement. As soon as your signed agreement and payment are received and accepted, you own a share of a cow in the cow herd!

What are the cows fed? The cows always have access to grass pasture. Their primary feed source will be grass and clover from the pasture or premium alfalfa hay, with a small balanced feed ration at milking time. Are Antibiotics used? Antibiotics will be used as a last resort and never given as a preventative measure. The milk will not be used if antibiotics are given until the hold-off period is over. We try to make sure none of the animals in our care have a bad day so they stay healthy.

Why do you feed grain? I've heard grass-only is better... Our cows don't get large amounts of grain, just a few pounds at milking. Although the cows don't produce huge quantities of milk, they truly need the grain for the extra energy necessary for milk production. Without it, they become quite skinny, even with free access to hay/grass. This leads to stress on their bodies, which, in turn, leads to lowered immune systems. All of this leads to...multiple issues. Cows with lowered immune systems are more susceptible to mastitis (infection of the udder), respiratory infections, and hoof problems.

Do you ever use hormones? No, but cows do produce naturally occurring hormones. Are the cows tested for Bovine Tuberculosis and Brucellosis? Yes. Cows are tested when added to the herd. Should a cow test positive, they are not added or purchased.

How do I get my milk? You will be assigned a mutually acceptable day; this will be the day you receive your milk. Options for receiving milk include driving co-ops or coming to the farm. If you cannot pick up your milk that day (weather conditions, etc.), please email or text Amy.

What about the jars? We ask that you provide your own glass jars with lids. We will require that you leave a CLEAN (labeled with your name) jar with us to refill for your next pickup. We ask that you do a general cleaning of the jar before trading out each week (in other words, return it in a condition that you would drink from it). We will not wash your jar for you. Please do not return jars smelling of sour milk.

Our definition of CLEAN = one that you would fill back up and use immediately. There is a \$2 per jar cleaning fee for milk not picked up each week.

How long does a cow produce milk? A cow begins to produce milk after birthing. She is normally milked for about 305 days and then dried up for 70 days prior to giving birth again. Please remember, you are not buying milk, but rather paying for feed/care of your share of your cow, so boarding is still due, notwithstanding milk availability.

How long will my milk stay fresh? When kept at the optimal temperature of 36-38° F. (2.2- 3.3°C), you can expect fresh raw milk to last from 7-10 days. Higher temperatures allow the normally occurring lactobacilli to get busy making lactic acid, which gives soured milk its characteristically tangy taste and reduces its shelf life. Bring a cooler bag and ice or gel packs with you on hot summer days, or if you have a long drive home, it'll stay fresher longer. Your milk will be "raw."

How to Pasteurize Milk at Home. Milk that has been pasteurized can no longer be considered "raw." The idea behind raw milk is to preserve the delicate bioactive factors it contains. However, if you prefer to pasteurize your milk, the following will explain how to do so.

Boil empty milk bottles submerged in water for 10 minutes to sanitize them. Alternatively, you can place the milk bottles in an oven preheated to 212° F (100° C) for 20 minutes to sanitize. Place a metal-stem thermometer into the milk to monitor its temperature. Keep the thermometer from touching the sides or bottom of the pan so you get an accurate temperature reading of the milk, not the container. Heat the milk to 165° F for at least 15 seconds, stirring constantly. Put the top section of the double boiler that holds the heated milk into a pan of cold or ice water to cool the milk. Continue to stir. Cool the milk until it reaches 40° F or below. Pour the pasteurized milk into the disinfected milk bottles. Cover and store in the refrigerator.

What if I need extra milk from time to time...do I need to buy another share? No. Due to production changes in lactation, if you need extra milk that week when you pick up your share, you may ask if there is any available beforehand. Please let us know in advance, and please bring extra jars with you.

Won't raw milk make me sick? If it is properly collected from clean, fed, and well-cared-for cows, raw milk will not make you sick. Grass-fed milk has natural antibiotic properties that help protect it (and those who drink it) from pathogenic bacteria. If you've been using pasteurized dairy products, you might want to eat small amounts of yogurt or kefir for a week or so, to give your digestive tract a probiotic boost, before switching. It may take your gut a few weeks to adjust. This is normal, but use your best judgment if it's a good fit for you.

Will I get cream with my milk? You will have the choice of whole or skim milk. Left whole, there's typically a cream line. This can be skimmed off quite easily and made into butter, sour cream, etc. What is homogenization? Homogenization is the process of forcing whole milk through small orifices under very high pressure. This breaks the fat globules into much smaller particles and prevents the cream from rising to the top. The intense pressure also subjects the milk to high heat for a second time, alters color, flavor, and, very likely, nutritional value of the end product. This milk will NOT be homogenized.

I'm lactose intolerant. Can I drink raw milk? Chances are good that you may. Unheated milk contains its full complement of enzymes and lactase-producing bacteria needed by our bodies to break down and assimilate the milk sugar lactose. These helpful bacteria are killed in the pasteurization/homogenization process. Fermented milk products, such as yogurt and kefir, are naturally lower in lactose due to the actions of various Lactobacillus and other lactic acid-producing bacteria, and may be better tolerated by some.

Here are some sites with more information on the subject – please note everyone has a point of view, but the choice is yours.
<http://www.raw-milk-facts.com/index.html> <http://www.realmilk.com/> <http://www.rawmilkbenefits.com/>

Milk Cow Boarding Agreement

FarmHer's Table ("FT") and _____ ("Share Holder(s)") agree as follows: *While Share Holder(s) do not own a particular milk cow or an entire milk cow, these terms apply to the Share Holders) part interest in the FARMHER'S TABLE herd and will be referred to as "Share Holder cows." FT agrees to provide care and boarding of Share Holder's cow(s) in the FARMHER'S TABLE herd. Care and boarding will include appropriate shelter when needed, feed, water, labor, milking of the cows, and routine healthcare. The milk cow(s) in FARMHER'S TABLE herd will have access to grass at all times, outside of being milked, during the grass growing seasons. They will have a balanced diet of grasses and grains to maintain health. FT will inspect Shareholders' cows regularly for signs of ill health. If medical treatment is indicated, the cow will be treated. Should veterinary care be needed for ill health, pregnancy screening, or TB testing, the monthly boarding fee will pay for these services. Shareholders) will not be asked to pay extra for these services. The FARMHER'S TABLE cow(s) will have access to fresh air and water at all times. FT covenants that it will maintain premises and facilities in healthy and safe conditions for the cow(s) and workers. FT will facilitate annual breeding of the FARMHER'S TABLE herd to ensure that the cows will continue to produce milk. FT will absorb the cost of breeding in exchange for the value of the calves born to the cows. Shareholders) will purchase a share for \$30.00 (undivided interest) in a cow. It is a one-time cost. When you leave the cow share, you sell your share back to us and get your \$30 back (less any outstanding balances owed). One cow share entitles you to about 1 gallon of milk a week. The boarding fee pays for labor and the expenses involved in feeding and caring for your share of the cow(s). Costs may be subject to change. Shareholder (s) will pay AM (Option 1: \$10 per week, roughly 1 gallon of milk) (Option 2: \$5 per week, roughly 1/2 gallon of milk) per calendar week for the cost of boarding his/her animal. This payment is due to FT in the first week of each month. If Share Holder(s) fail to pay FT or notify them of delayed payment, FT will hold Share Holder(s) share until the amount of missed payments equals the value of Share Holder(s) share. If Shareholder(s) fail to pay the amount due, they forfeit the ownership of the share, and no money will be returned. AM and Share Holder(s) may settle on a per diem rate for the first partial month that the Share Holder(s) have ownership in a FARMHER'S TABLE share. Shareholder (s) agree that they will pay this per diem rate, in total, by the time they pick up their by-products for the first time. A portion of the boarding fee is designated as money for the "Replacement Cow Fund." This fund will be used to purchase a new cow for FARMHER'S TABLE in the event of a cow needing to be replaced FT agrees to milk the cows daily, unless a cow is in her dry period. FT will collect and store the milk in designated places. Milk will be chilled to 40 degrees Fahrenheit or lower within 1 hour of the cow being milked. AM is responsible for milk testing. All Shareholders) will be notified if the milk tests positive. Both parties agree that because milk is a perishable product, should Share Holder(s) fail to retrieve their stored milk from FT on a weekly basis, FT may dispose of the stored milk. FT is not responsible for storing Share Holder(s) milk beyond the day that they are assigned to retrieve the milk. This contract will be interpreted and enforced in accordance with the laws of the State of Kansas.

This Boarding Agreement represents the entire agreement between the parties regarding each party's duties and obligations to the other.

Signed this _____ day of _____, in the year 20_____.

FARMHER'S TABLE: Amy Saunders and/or Dan Saunders

Owner(s): _____

Print Name Share Holder(s): _____

Signature _____

Milk Cow Boarding Contact Information

Name(s) _____

Email _____ needed for contacts and billing (will not be shared with third parties)

Home Phone _____ Cell Phone _____ Do you accept texts? Yes or No (Used in emergencies or reminders)

Address _____ Please send this with your check to: FARMHER'S TABLE 17967 23rd Street Lawrence, Ks 66044