

# HEN HOUSE

## MARKET

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**Farmhouse Cheese**  
**Jason Wiebe**  
**Durham, KS**  
**A GNFF Alliance Member**



The *Jason Wiebe Dairy Farm* is what brings you the award-winning Good Natured Family Farms *Farmhouse Cheese*. GNFF *Farmhouse Cheese* took second place at the World Dairy Expo in 2006 and fifth place at the U.S. Cheese Championship in 2005 for best jalapeno cheese. Mild Cheddar, Cheddar Pepper, Colby and Raw Milk White Cheddar make up the GNFF *Farmhouse Cheese* selection.

The Wiebe dairy farm has been in the family for three generations now. Jason's grandfather and father both had a dairy on the same farm; and Jason bought his first cows at the age of 17. To produce such notable cheese requires a family effort. Jason's mother, Lillian Wiebe is actively involved in the cheese processing and Jason's wife, Sheri, also contributes to the cheese production. Jason and Sheri's three children: Benji, age 10, Matthew, age 8, and Shannon, age 5, all help with small chores and are continually learning more.

Jason's cheese-making all began in a small kitchen with 5 lbs of cheese. That was eight years ago. Then they constructed a small building to produce a 40 lb. batch and two years later began pasteurizing with making 550 lbs. per batch. Over the year 2007 they produced 36,270 lbs. of cheese! Wow!

The 120 dairy herd that supplies such delectable cheeses consists of Holsteins, mixed Jerseys, Brown Swiss and Swedish Reds. All are raised on the farm from the baby heifer calf stage. Jersey cows especially are known for producing a "creamy cheese" because their milk contains a higher butter fat.

Beating sunrise, a typical work day on the Weibe Farm commences at 4:30 AM. Cows are milked, then fed, then the calves receive milk, water and are fed too. Cows are milked once more at 4:30 PM and then fed again. Calves are also fed in the late afternoon. On average, cheese is made twice a week. The cheese-making process requires a full day's work from Jason. Hired men look after chores and the Wiebe boys help with the calf chores. Their spare time is spent on repairs, and putting up hay and corn silage.

Unique to their land is the crossing of the Santa Fe Trail. An old wagon rut still remain clearly visible. Throughout the years many artifacts have been discovered on their 230 acre farmland.

Cleanliness is top priority for the Wiebe's. The cheese plant is inspected regularly to insure proper food safety. The Wiebe family finds it very rewarding to sell a quality product to local people.

### World Dairy Expo 2006 - 2nd Place in the Flavored Natural Cheese Class.

This cheese was named a winner in the 13th Bi-ennial United States Championship Cheese Contest



**(Note to self: Stop eating cheese with crackers: You can't truly taste the cheese for the cracker flavor. And don't eat it cold: You can't truly taste cold cheese.)**

•This newsletter is printed on recycled paper

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## Cheese

✓ Certain cheeses such as Cheddar, Swiss, Blue, Monterey Jack, and process American cheese, among others, have been demonstrated to reduce the risk of dental caries. Milk proteins in cheese have been demonstrated to neutralize plaque acids through their buffering capacity. Cheese appears to prevent acid demineralization and enhance remineralization of tooth enamel. To help reduce tooth decay, health professionals recommend eating cheese immediately after meals, or as a between-meal snack.

✓ Many cheeses, particularly aged cheeses such as Cheddar and Swiss, contain little or no lactose. For this reason, cheese is an important source of calcium and many other nutrients found in milk for lactose maldigesters or persons who have difficulty digesting lactose or milk's sugar.

### Cheese tips

- ✓ Most cheeses should be stored in the refrigerator but served at room temperature.
- ✓ Cheeses are easier to grate when cold from the refrigerator.
- ✓ Because cheeses need to breathe as they are stored, experts usually do not recommend covering them in clear plastic wrap for long-term storage. Wax paper is a better choice.
- ✓ If firm or semi-firm cheeses develop mold, just cut it off before using.
- ✓ Cheeses undergo changes in texture if frozen. The changes aren't noticeable if the cheese is used in cooking.
- ✓ Add cheese to a casserole only at the end of cooking.
- ✓ Be careful when adding acid to a cheese dish, as it may cause cheese to separate.
- ✓ Remove strong-flavored cheeses from the refrigerator 60 minutes before serving. Mild flavored cheeses need to be removed 30 minutes before serving.
- ✓ Mild flavored cheeses are best when paired with tart fruit. Strong flavored cheeses go best with sweet fruit.

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## Cheddar-Pepper Corn Chowder

by Chef Mark Alan Mollentine - GNFF Chef

This easy recipe combines fresh vegetables, cheddar pepper cheese and bacon bits into a a rich, delicious bowl of hearty chowder that is just perfect for a cool evenings meal. serves 6

2 T. oil

1 large Yukon gold potato - small dice

1/4 cup each onion, carrot, zucchini, - small dice

1 cup corn kernels

1 1/2 quart chicken stock (or vegetable)

1 cup half & half

10 oz. Good Natured Family Farms cheddar pepper cheese - shredded Salt & pepper to taste

Garnish: bacon bits & cheddar pepper cheese

Sauté onion, potato and carrots in oil in a 3-4 qt saucepan until soft. Add chicken (or vegetable) stock and bring to a simmer. Stir in the half and half, add the corn kernels and diced zucchini and simmer for 5 more minutes. Turn off the heat and melt in 8 oz. of the shredded cheddar pepper cheese. Season with salt and pepper to taste. Serve with a garnish of bacon bits and shredded pepper cheese. Goes great with Farm to Market chili cheese bread.

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## Good Natured Family Farms



Our labor of love is taking local farm fresh foods from the small family farm to the mainstream supermarket. Today the GNFF alliance is comprised of over 100 family farmers in KS & MO Reach us at [www.goodnatured.net](http://www.goodnatured.net)