

Information about the quality of milk from the Vista Alegre farm dairy herd is offered below. We consider this information to be vital for both ourselves as farmers and for consumers if we wish to jointly further food sovereignty. We also hope to clarify some of the doubts concerning the relationship between milk quality and dairy cow feeding regimes on the one hand, and milk quality and the way milk is processed before being consumed on the other.

Introduction

Three of the issues that heavily influence the nutrient composition and health quality of milk from the Vista Alegre dairy herd are:

- the type of fodder given to cows and the way it is supplied
- the importance given to cleanliness and hygiene on the farm and in milking
- the way milk is processed in the farm dairy

As far as the type of fodder given to the dairy herd is concerned, two parameters have a positive impact on milk quality: firstly, the high percentage of forage in fodder and the low percentage of concentrates; and, secondly, the fact that cows graze at least seven months a year, weather permitting. Our cows are not permanently stabled and are thus able to move around more freely, a fact that has positive implications for the dairy herd's health.



[Milk production in the dairy sector](#) and the Official Milk Control Agency (OMLC)