



Our life. Our work. Our home.

Quarterly Moos - Winter 2016

Dear Friends and Neighbors,

As the weather turns colder and the calendar signals that we are nearing the end of another year, we know that Christmas will soon be upon us. For our family, Christmas has always been a magical time of the year that we all love and look forward to each year.

Christmas is an excellent time for reflection, taking a moment to be thankful for our many blessings, as well as looking forward to a new year filled with endless and exciting possibilities. Christmas is also a time to spend with friends and family, swapping life stories and catching up, and simply enjoying each other's company. The Christmas season is also the perfect time to reminisce and honor the memories of loved ones that are no longer with us. However you choose to celebrate Christmas, we hope that this blessed season will bring you and yours peace, health and happiness.

Remember to keep in mind the real reason for this wonderful season, and remember that it is possible for the Spirit of Christmas to live within each of us every day of the year.

Merry Christmas!

The Kinnard Family

*Joe Rod Maureen
Jackie David*



Lee, Jackie, David, Maureen & Rod



Apply for the Kinnard Farms Excellence in Agriculture Scholarship

Our family, farm and employees are proud to again offer three scholarships open to any graduating senior at Kewaunee, Luxemburg-Casco, Algoma, Denmark, or Southern Door high schools. The 2016 recipients were Abigail Joski of Kewaunee, Carmen Haack of Algoma, and Emily Gilson of Luxemburg.

Requirements include:

- An agricultural focus such as dairy or animal science, horticulture, mechanics, agronomy, pre-veterinary, agricultural communications, or a trade.
- Must be accepted into a two-year, four-year or short course program.
- An essay (250-500 words) describing how you became interested in agriculture, your experience and what you bring to the field along with your professional goals.

Applications are on our website KinnardFarms.com and **due March 15, 2017**.

Funds are released on proof of enrollment after the school year begins.

Good luck seniors!

Matt Waldron, Ph.D.

Dairy Nutritionist



Matt Waldron

While eating during the holidays do you ever pause to think about the nutrients in each bite? Neither do our cows, because that's the job of our dairy nutritionist, Matt Waldron. Matt is with Nutrition Professionals Inc. based out of Hortonville. He determines what the cows eat and how much they eat with the goal of keeping healthy cows producing healthy milk. We asked Matt to provide a few insights into his work.

Tell us about your background.

Before I became an animal consultant in the dairy industry, I was a professor at both the University of Missouri and the University of Vermont. I taught animal science so I talked in-depth about both the animals and the feed. We studied the basics of metabolism and health, and also the basics of plant growth, because that's all part of feeding the cows the best possible diet.

What is your role on the farm?

Much like a human dietitian I put together diets for dairy cows to optimize animal health and productivity. I also provide management consultant services. I come to the farm every four weeks and during those visits I look at every animal on the farm and evaluate their body condition, the environment they are living in, and evaluate the feed that is put before them. I also review all the ingredients that are grown and stored on the farm during the summer months and make sure those are being managed properly.

A very significant part of modern dairy farming comes back to cow comfort. We need to make sure that the cows are comfortable because that is going to translate into healthy cows. This is a big part of what I do. I assess if the cows are comfortable, and by comfortable I mean are they doing what they should be doing? For a dairy cow that means I want her either lying down, eating, drinking, or else being milked.

Why is dairy cow nutrition so important?

You need maximal quality feed to make quality, healthy milk. A healthy cow utilizes as many nutrients from her feed as possible, and what's left over is minimized. The cow is the number one priority to the nutritionist and to the Kinnard family. They believe in 70% forage diets, which means the cows are eating home grown product. Calculating the diet and mixing the formula is a complex process. It truly is incredible the amount of conversion of feed into edible product, milk. We try to apply all the science and technology that exists today from research studies on the farm to optimize and support the genetic capability of the cow. Our goal is to optimize milk production by maximizing animal health.

What's a typical day for you on Kinnard Farms?

They do a great job on this farm, but sometimes when you see something every day, you might not realize small changes that occur over time that can become problems. I provide a fresh set of eyes and talk with Lee about it. As an example, when I'm with Lee and we are out assessing the feeds, if we notice one small change in a large pile of silage, immediately he's trying to figure out the best way to deal with it. It's the same in the barns and with the cows. We assess if the cows are comfortable ... if they are eating, drinking, or lying down up to 12-14 hours/day. It's a real joy to work with the Kinnard family and their team, because they tend to be extremely responsive. Lee always says again and again that we must make sure we are "taking care of the girls" and it is a wonderful experience to work with someone who truly cares about the animals to that degree.

Smart Sustainability

Healthy feed plus healthy cows equals healthy soil



Checking the feed

We base our farming practices upon science, and adhere to a concept we refer to as "Smart Sustainability" to guide us as we plan for the future. This concept is one of innovation, constant education, and continuous improvement. Smart Sustainability plays a role in dairy cow nutrition.

A cow is a metabolic marvel from beginning to "end." The "end" is the manure, filled with soil nutrients that help plants grow. Let's start at the beginning and work our way to the "end."

We believe in high forage diets and place great emphasis on high quality forage to feed our cows. We grow 70% of our cows' food locally. The other 30% consists of ingredients unfit for human consumption, including by-products from corn syrup production and the ethanol industry, such as distiller's grains.

A cow is a ruminant with four compartments to her stomach. The dairy cow eats forages (the entire plant vs. only the grain), such as alfalfa. With the help of microbes in her stomach, she transforms this low-energy fiber into a high protein and energy product. She uses the energy and the nutrients from the plants to make milk, which feeds people.

Approximately 50% of our feed pile is converted into milk. But there are always some of the forages that the cow does not digest, and those feeds pass out the back end of the cow and become a soil amendment. These organic nutrients help the plants grow. Then, the plants are harvested. It's a continuous cycle.

There's a lot of science involved. Our cows utilize every bit of nutrient possible. What remains is minimized so that what goes onto the field is a minimal amount of nutrients, which is just what the plants need. We make sure the nutrients being applied to the fields are monitored so that they are not going into our groundwater and lakes. If you over-fertilize, you can injure the plant. It's the same way in your garden.

Smart Sustainability is something that can continue for years and years and not exhaust the resources. We take great pride in determining how many nutrients our plants need and how many nutrients our cows need. We use those nutrients in a specific way so the plants have enough food — but not too much — and also, so the cows have enough food, but not too much. Good nutrition increases the longevity of our cows. It's a sustainable cycle that carries on for years.

We pride ourselves on our smart, sustainable commitment to our community, our employees, our cows, and our dedication to ensuring our farming practices protect and enhance the soil and water resources for future generations.



Do you have questions about our farm, or do you just want to talk with us? We're always available. Give us a call at 920-837-7644 or visit kinnardfarms.com.



Mom had dozens of cheesecake recipes, but her absolute favorite came from Maureen's mother, Leona (Lee) Evers. It is super easy to make, but looks and tastes incredible! From the Kinnards and the Evers, we hope you enjoy this recipe and have the Merriest of Christmas seasons!

Mom's Favorite Cheesecake

Ingredients:

CRUST:

- 2½ cups graham cracker crumbs
- ½ cup butter, melted

FILLING:

- 3 (8 oz.) packages cream cheese, softened
- 1½ cups sugar
- Dash salt
- 6 eggs (room temperature)
- 1½ tsp. vanilla

TOPPING:

- 24 oz. sour cream
- 1½ tsp. vanilla
- 6 Tbsp. sugar

Directions:

Preheat oven to 325°

CRUST: Combine graham crackers and melted butter. Press into the bottom and sides of 9"x13" pan or (2) 8" pie pans. Do not bake.

FILLING: Cream together softened cream cheese, sugar and salt. Add eggs, one at a time, beating after each addition. Add vanilla and beat well.

Bake 40-45 minutes until center is set but top is not brown. Remove from oven and cool 30 minutes before adding topping.

TOPPING: Mix sour cream, vanilla and sugar. Spoon topping over warm cheesecake, spreading to edges.

Bake 10-15 minutes more. Cool on wire rack to room temperature. Refrigerate for several hours before serving.

Delicious served plain, or top with your favorite fresh fruit or pie filling. It makes a beautiful Christmas dessert served with cherry pie filling!

NOTE: This cheesecake freezes very well. Cover before freezing; thaw in refrigerator for a couple hours before serving.

