



## Ways YOU Can Help CREATE A MORE SUSTAINABLE FUTURE

### NUTRITIOUS DAIRY PRODUCTS

Milk, cheese, yogurt, and butter from grazing dairy cows are not only delicious but are also high in antioxidants and essential nutrients.

- **Vitamin A** is important for vision, for healthy skin and mucus membranes, and for strong bones and teeth.
- **Beta-carotene** (pro-vitamin A) enhances immune system, helps the reproductive system function properly and may protect against cancer.
- **Lutein** reduces the risk of macular degeneration, improves skin health and may help prevent breast and colon cancer.
- **Vitamin D** plays a critical role in the body's use of calcium and phosphorous.
- **Vitamin E** acts as an antioxidant, protecting vitamins A and C, red blood cells and essential fatty acids from destruction.
- **Selenium** is a mineral that acts as an antioxidant by protecting cells from damage by free radicals.
- **Omega 3** is an essential fatty acid that plays a vital role in healthy functioning and balance of cells and systems.
- **Conjugated Linoleic Acid (CLA)** is a polyunsaturated fat that has been proven to be a potent defense against cancer.

### THRIVING RURAL COMMUNITIES

DGA aims to create more managed-grazing dairy farms that will diversify the dairy industry, repopulate rural communities, and support local businesses. These farms generate **\$21,000** of economic activity per cow per year to the local economy and support the infrastructure upon which other value-added farming enterprises depend.

**DONATE** help DGA expand its efforts to train new farmers nationwide. It's easy! You can donate online at <https://www.dga-national.org/Donate>

If you prefer to send a check, please make payable *Dairy Grazing Apprenticeship* and mail to:

Dairy Grazing Apprenticeship  
522 4th, Hudson WI 54016

DGA is a 501(c)3 organization and your donation is tax deductible.

**SPONSOR** the training of a new generation of dairy farmers who will be the clients of your Ag-related business.

**INVEST** in new models for sustainable development of a grazing-based dairy industry.

CONTACT DGA FOR MORE INFORMATION

[info@dga-national.org](mailto:info@dga-national.org)  
**715-560-0389**



Farmers Training Farmers in  
Grazing Based Dairy  
MAKING FOOD GOOD



[dga-national.org](https://www.dga-national.org)

# Who will produce our food?

# DAIRY FARMING FOR GOOD

## WHAT IS MANAGED GRAZING?

Managed grazing is a sustainable farming method in which the majority of farm acres are planted to perennial pasture and livestock are rotated through paddocks of high quality grasses and clovers that are allowed to rest and regrow.

Farmers use lightweight portable fencing to mimic movements of wild herds in natural ecosystems.

The result is **HEALTHY ANIMALS** who enjoy:

- A nutritious forage-based diet appropriate to ruminants
- Social interaction, physical exercise, and natural herd behaviors
- Improved health, longevity, and quality of life



## Farming that RESTORES Ecosystems

### BUILDING SOILS

Grazing animals distribute organic matter that is vital to soil organisms, which in turn make nutrients available to the plants that they eat.

### RESTORING WATER RESOURCES

The root systems of managed pastures act like sponges, slowing the movement of water, allowing natural filtration, keeping soil in place, and reducing run-off.

### CONSERVING ENERGY & SEQUESTERING CARBON

Managed grazing not only reduces the use of fossil fuels and off-farm inputs but also captures atmospheric carbon and stores it in the soil.

### PROTECTING CRITICAL HABITAT

Diverse plants, clean water, and rest periods in managed grazing restores habitat for pollinators, ground-nesting birds, endangered reptiles and amphibians, and other wildlife.

## An Innovative Direction in Beginning Farmer Education

### DAIRY GRAZING APPRENTICESHIP (DGA) IS THE FIRST FORMAL APPRENTICESHIP

**FOR FARMING IN THE NATION.** Modelled after the system of education used to train skilled people in the trades for more than a century, DGA provides a structure of support for the transfer of knowledge , skills, and farms from one generation to the next.

**Apprentices earn while they learn!** The two year program combines fulltime on-farm employment and mentoring under an experienced farmer with formal coursework.

Apprentices who complete the program become Journey Dairy Graziers and move into management, partnerships, and farm ownership. Once established, they have the option of becoming Masters and training Apprentices themselves.