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.

Ways YOU Can Help
Create A More Sustainable Future

**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](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
715-560-0389

dga-national.org
Who will produce our food?

The trend in recent decades toward fewer, larger confinement dairy operations, while successful in terms of production levels, has resulted in increased threats to animal, human, and environmental health as well as barriers to ownership for aspiring dairy farmers. Retiring producers who do not have an identified successor are often forced to sell their cows and land, which leads to more consolidation.

The average age of farmers nationwide is 58.5 years old. While this generational shift has potential to exacerbate challenges, it also provides a critical opportunity to alter the course of the dairy industry.

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 full time 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.

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

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