

## Spring on the Farm

The dairy cows on Cowsville Dairy Farm get a special treat today! While some dairy farmers prefer to keep their cows in the barn year-round, the cows on Cowsville Dairy Farm are given some time outside during nice weather. Right after first milking, just as the sun is peaking over the horizon, the farmer opens the barn doors wide so that the cows and heifers can head out to the fields. Cows are grazing animals and after spending the winter in the barn they're eager to be outside munching on fresh grass. Taking a break from milking to kick up their hooves and graze in the pasture is like morning recess for dairy cows. *Please* will be a year old soon, but she's not ready to have her own calf and still likes to play and hang out with the other 'teenagers' in the herd.



**Spring is a busy time on a dairy farm.** Warmer weather and longer days mean more time outside for the cows and more time for chores for the farmer. Along with the regular work of milking, feeding and caring for the herd, the dairy farmer has lots of extra work to do. While the herd grazes in the pasture, the farmer gets to work on his spring checklist.

What do you call a sleeping bull?



A bull 'dozer'.

### COWSVILLE DAIRY FARM SPRING CHECKLIST

- ✓ Clean mud from the cow lots and heifer pens
- ✓ Prepare the fields for planting
- ✓ Plant corn and grass
- ✓ Check feed supplies to make sure there's enough to keep the cows fed until the first harvest
- ✓ Take manure from the barns to the fields to fertilize the soil
- ✓ Harvest the fall rye for silage
- ✓ Plow the fall rye into the soil
- ✓ Check and repair the farm equipment
- ✓ Check and repair fences, farm buildings and pens

# Dem Bones & More...

Did you know that the main minerals in cow's milk are the same as those found in our own bodies? Calcium is a mineral that helps you build strong bones. It's important to take care of your bones. Bones keep your body together, protect your insides and let you move in many ways. Your bones are all alive, growing and changing all the time.

Every person has a skeleton made up of many bones. Babies start with 300 bones. As they grow, some of their bones grow together to form larger ones. By the time you are an adult, you will have 206 bones, with over half of them in your hands and feet! That's a lot of bones to take care of.

Let's look at the wonderful ways milk helps your body grow and stay healthy – both on the inside and the outside...

Nutrients to help you think and learn

Vitamins for good eyesight and healthy eyes

Fuel and energy to play and learn

Protein for building strong muscles

Nutrients for developing brains

Nutrients for healthy, shiny hair

Helps you fall asleep at bedtime

Calcium for strong bones

Calcium for strong teeth and preventing cavities

A dairy cow produces about 90 glasses of milk each day. How much milk should you drink every day? At least 2 servings of milk or dairy products for children aged 4 to 8.

White moustaches for making your friends smile

Vitamins for healthy skin



## Activity

### Drink up and Reuse It

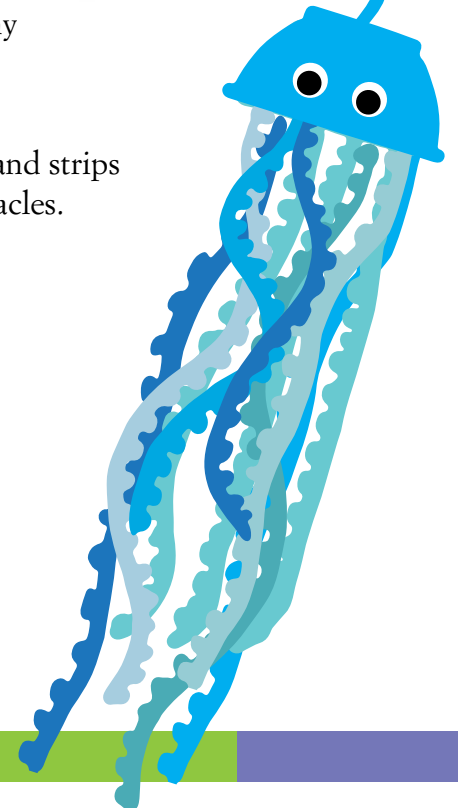
While we have lots of bones, jellyfish don't have any bones at all. Use your empty milk cups to make a 'bloom' of swimming jellyfish.

**Materials:** empty cups, string for hanging, tissue paper, googly eyes, and strips of solid coloured plastic (bubble wrap is fun), paper or ribbons for tentacles.

**Leave your cup plain for a white jellyfish,** or make different coloured ones using tissue paper. Cut tissue paper into small squares and glue paper to the outside of your cup, about a couple of layers. Allow tissue to dry then poke a small hole through the centre of your cup. Glue strips of tissue or plastic for tentacles to the inside of the cup. Tie a knot at one end of string and thread it through your cup for hanging your jellyfish. Place them next to a fan or open window and watch their tentacles sway.

**Minerals – natural substances in food that help keep us healthy and strong**

**Bulls – adult male cattle, the fathers of the dairy herd**



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