## Fraser Meadow Organic Dairy Newsletter

#### Organic Dairy is nutritious food, enjoy some everyday

### What's happening on the farm



In the Fraser Valley, you will find a wide variety of dairy farms. Each with their own unique and distinct character and philosophy.

Fraser Meadow Organic Dairy wants to share with you some interesting facts and stories of how the dairy products you enjoy, end up at your breakfast, lunch and dinner tables.

Farming is what keeps nutrition in our lifestyles, and quite often we take for granted the labor intensive steps it takes to bring healthy choice products to market.

In our first newsletter, we will be including pictures of

our farm, the animals, processing equipment and even some of the staff that are responsible for our products.

Farm life, and its busy schedule is a never ending supply of articles we will use to keep you informed about what is happening in the pasture, milk parlor and other barnyard areas.

We will also be including some historical stories regarding farming, and some true to life adventures of the early pioneers who have farmed the Fraser Valley in years past.

We also invite your comments, ideas and suggestions for articles we can include in future newsletters. As well, in order for us to help you find our products, we will be listing some of the retail stores that stock our organic milk and yogurt.

We hope you visit our website at: frasermeadoworganicdairy.

There are recipes that use milk based products that are certain to please the entire family.



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# Organic products growing in popularity:

Health concerns about our modern day diet is a hot topic. Organic farming is not only responsible, it shows good stewardship for farmland.

With all of the stressors we face today, organic products should be a natural choice.

## You can access us on your Smart Phone

Fraser Meadow Organic Dairy has implemented some pretty sophisticated high tech tools to make your shopping and consumption of our products much easier.

When your out and about

and can't get to our website for information, just go to our mobile website for cell phones and mobile devices.

You can find us on your cell phone by typing www.fmod.com and it will re-direct you to our website that is optimized for Iphones, Androids, Blackberries and any other smart phone you own.

Try out our recipe page on your cell phone as well. Remember, you can always take us with you.