



Issue 1 December 2008

## News from the Farm

Welcome to the first edition of News from the Farm - the new newsletter from Ty Tanglwyst Dairy. The aim of this newsletter is to keep you informed about developments at your local farm dairy as well as the dairy industry in general. We hope you like it, we would welcome your comments, and may we also take this opportunity to thank you for your valued custom and wish you a very Merry Christmas and a Happy New Year.

*Rhys Lougher*



### True Taste Award

Following on from the great success achieved in 2007, when Ty Tanglwyst Dairy was awarded the Best Regional Producer Award at the Welsh Food Industry 'Oscars', the farm dairy has come up trumps again winning prizes for

its fresh milk and cream. Amidst stiff competition, after tasting Ty Tanglwyst fresh Dairy Produce, judges at the 2008 event were quick to award the highly commended accolade which recognises great taste and quality.

### Minister Visit

Rural Affairs Minister Elin Jones recently visited the Farm and met with Rhys and his family, who have farmed the dairy holding at Cornelly for more than three generations.

"Rhys is a fantastic example of an innovative young farmer determined to stay on his family farm and drive forward the family business," said the Minister.

Two years on, today some 1,000 homes are taking Ty Tanglwyst daily pintas, with the 14,000 litres per week of milk produced at the farm supporting delivery rounds in Porthcawl, Pyle, Cornelly, Kenfig Hill and Cefn Cribbwr.

The dairy now employs three full-time and five part-time workers and also delivers to local shops, restaurants, cafes, campsites and three ice-cream makers.



Left to right: Rhys Lougher, Elin Jones and John Lougher.

Credit: © FARMERS GUARDIAN

### Milk drinkers may perform better at School

Teenagers with higher academic performance are more likely to include milk, fruit and vegetables in their daily diet, according to a recent study published in the Canadian Journal of Dietetic Practice and Research. Dr Judith Bryans,

Director of the Dairy Council and Registered Nutritionist says: "These results follow many other studies which have suggested that those who consume more milk, fruit and vegetables, are likely to have a better overall diet and higher nutrient intake, which may in turn contribute to better academic performance."

#### In this Issue:

- ✓ True Taste Award for dairy
- ✓ Rural Affairs Minister visits farm
- ✓ New farmhouse recipes
- ✓ Children perform better at school
- ✓ Milk is good for you



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## Farm News

2008 has seen the first ever Ty Tanglwyst cow to pass the 100 tonnes of milk barrier! Dora, now 14 years old, has produced over 200,000 pints and mothered 11 calves. In recognition of this wonderful achievement the farm has been presented with a cut glass rose bowl and certificate from the Holstein Society and an article about Dora's fantastic achievement was published in the U.K. Holstein Journal Magazine. Well done Dora!!

In November we were lucky enough to have 2 sets of twin Heifer calves, a very rare occurrence any way, but two sets in two weeks was amazing. Double

trouble all round trying to feed 4 lively little calves with bottles of fresh warm milk. All four are doing well, we have Jango Betti 1 and Jango Betti 2, also Motown Boy Iola 1 and Motown Boy Iola 2. (Jango and Motown Boy are the bulls names and Betti and Iola are the mothers names which always pass on to the next generation)

Following the AGM in November, Rhys has been elected as Chairman of the Future Farmers of Wales Club and will hold the position for the next two years.

## Milk is Good for You

A standard 240 ml (just under half a pint) serving of milk provides good to excellent sources of nine essential nutrients, making it one of the most nutrient-dense foods. This means it provides a high level of essential nutrients compared to its calories. In fact, each serving of milk provides 10% or more of the recommended daily intake for calcium, vitamin D (if fortified), protein, potassium, vitamin A, vitamin B12, riboflavin and phosphorus.

Milk is well known as an excellent source of calcium. Regardless of it's fat content, milk provides about

300 milligrams of calcium per serving (240 ml).

A diet that includes three servings of milk (or other comparable dairy foods) each day provides enough calcium and other nutrients that may help reduce the risk of osteoporosis, high blood pressure and colon cancer.

Recommended Daily Intake of Milk:

Children 4 to 8: 720 ml or 1¼ pints

Children 9 to 18: 1 litre or 1¾ pints

Adults 19 to 50: 720 ml or 1¼ pints

Adults 50-plus: 1 litre or 1¾ pints

From Dairy Management Inc.™

## The Ty Tanglwyst Product Range

### For Doorstep Delivery:

In 1 pint, 1 or 2 litre  
Whole Milk (4% fat)  
Semi Skim Milk (1.8% fat)  
Skimmed Milk (<1% fat)

Also  
Welsh Free Range Eggs

### Additional For Trade Customers:

Single, Double and Whipping  
Cream in 2 litre,  
3 gallon milk pergals in Whole and  
semi also 10 gallon churns.

Call Rhys Lougher at the Farm for  
more details.

## Recipes from the Ty Tanglwyst Farmhouse Kitchen

### Winter Warmer Rice Pudding

600ml (1 pint) Ty Tanglwyst Whole Milk

50g (2oz) Pudding Rice or Tapioca

15g (½oz) Welsh Butter

2 tbsp Sugar

¼ tsp Ground Cinnamon, Nutmeg or Mixed Spice



Pre-heat oven to 170°C: 325°F: Gas 3.

Place the milk, rice (or tapioca), butter and sugar into a greased 1.1 litre (2 pint) oven-proof dish and place into the oven. Bake for 2-2½ hours.

Stir 2 or 3 times during the first hour of cooking.

Sprinkle with the chosen spice.

Continue cooking until a golden brown crust has formed.

Serve hot or cold, with a spoonful of your favourite jam or syrup - delicious!



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