

# MAINE DAIRY

*Nutrition from your neighbor's farm to your family's table*



A diversified dairy farm, Harris Farm in Dayton grows food for animals AND people. Their livelihood is literally rooted in healthy soil.

"We've been moving in the direction of improved cover crops and reducing tillage for a while now, and this year we finally made the leap into the world of no-till," says Jake Harris.

Harris Farm employs other green practices such as rotationally grazing their cattle and rotating crops or double cropping.

*"This little seed might not mean anything to you, but to me, it means the future." - Jake Harris*

Not only has the Harris family's hard work paid off with bountiful crops, high quality milk and soil health, it has been recognized by their peers with the title of 2021 New England Green Pastures Winner for the state of Maine.

The entire U.S. dairy industry, including Maine farms, has made a commitment to achieving net zero carbon emissions. The work of farms like Harris Farm will make that goal attainable.

You can find milk from Harris Farm at their farm store or even have it delivered to your door via a milkman. You can also easily find milk from Maine farms at your local grocery store. Look for the code on top of your carton or jug. "23-XX" means your milk is from Maine.



Learn more at [DrinkMaineMilk.org](https://DrinkMaineMilk.org) and find us on social media as @drinkmainemilk.