



### What is Thornloe Grass Fed cheese?

Farmer-owned Thornloe Cheese Inc., respected for its quality products for over 75 years, is the first in Canada to produce DFO verified Grass Fed cheeses. Thornloe will launch cheddar and mozzarella made from DFO Verified Grass Fed Milk produced in the Temiskaming Valley.

### Where is the Temiskaming Valley?

Passing through Muskoka, nearly 600Km North of Toronto, is an agricultural clay belt and tourist destination made popular because of its fresh air, rugged terrain, rolling pastures and crystal clear lakes surrounded by the wilds of the Boreal Forest.

### Why choose Grass Fed cheese?



When produced with full fat milk from Grass Fed cows, cheese contains a surprising diversity of nutrients—not just protein and calcium as many people might assume.

The nutritional characteristics of cheese are related to its composition, which depends on numerous factors, among which the animal diet is the most important. Natural pasture and grass-based farming systems increase flavour and micronutrients that are beneficial to human health (CLA, Poly unsaturated fatty acids, omega-3, antioxidants, vitamins A and E, and Selenium) in milk and cheese. Grass Fed cheeses feature a health-promoting ratio of omega-6 – omega-3 fat. Grass Fed cheese is a truly unique food in terms of its broad range of nutrients\*. (Martemucci, G and D’Alessandro, A.G., 2013)



### Are cows only fed grass?

While weather permits cows eat on pasture and are fed a cut grass diet for the rest of the year with a balanced ration of grain (approximately 25%) and minerals to maintain optimal health and reproductive fitness.

### Tell us about the farmer’s work in Grass Fed dairy?

Dairy farmers work long hours all year round. At their core are simple values – raise happy and healthy cows while being good environmental stewards. Pasturing cows enables our famers to achieve these values and bring the benefits of Grass Fed dairy to Canadians.



### Where can I buy Thornloe’s Grass Fed cheeses?

Thornloe products are available in fine cheese shops and some retail chains in Ontario. Ask your cheese monger or deli manager for our products. Chefs can also find it on the local food service listings.

### Who are our project partners in this endeavour?



\* Martemucci, G and D’Alessandro, A.G., 2013.”Progress in Nutritional and Health Profile of Milk and Dairy Products: A Novel Drug Target”. Endocrine, Metabolic & Immune Disorders - Drug Targets, 2013, 13: 209-233.