

AVČE





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# European Raw Milk Perspective



Sylvia P. Onusic, PhD  
Traditional Foods

**2<sup>ND</sup> ANNUAL INTERNATIONAL  
RAW MILK SYMPOSIUM**

**CI** MADISON, WI | APRIL 10, 2010 | **TS**

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# Introduction

- PhD Nutrition and Health Education
- BS in Foods and Nutrition
- Completed Registered Dietician didactic program at Penn State University
- Fulbright Scholar to Slovenia in Public Health
- Worked as Advisor to the Minister of Health for six years in International Cooperation
- Weston A Price member for 5 years.

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## Slovenia



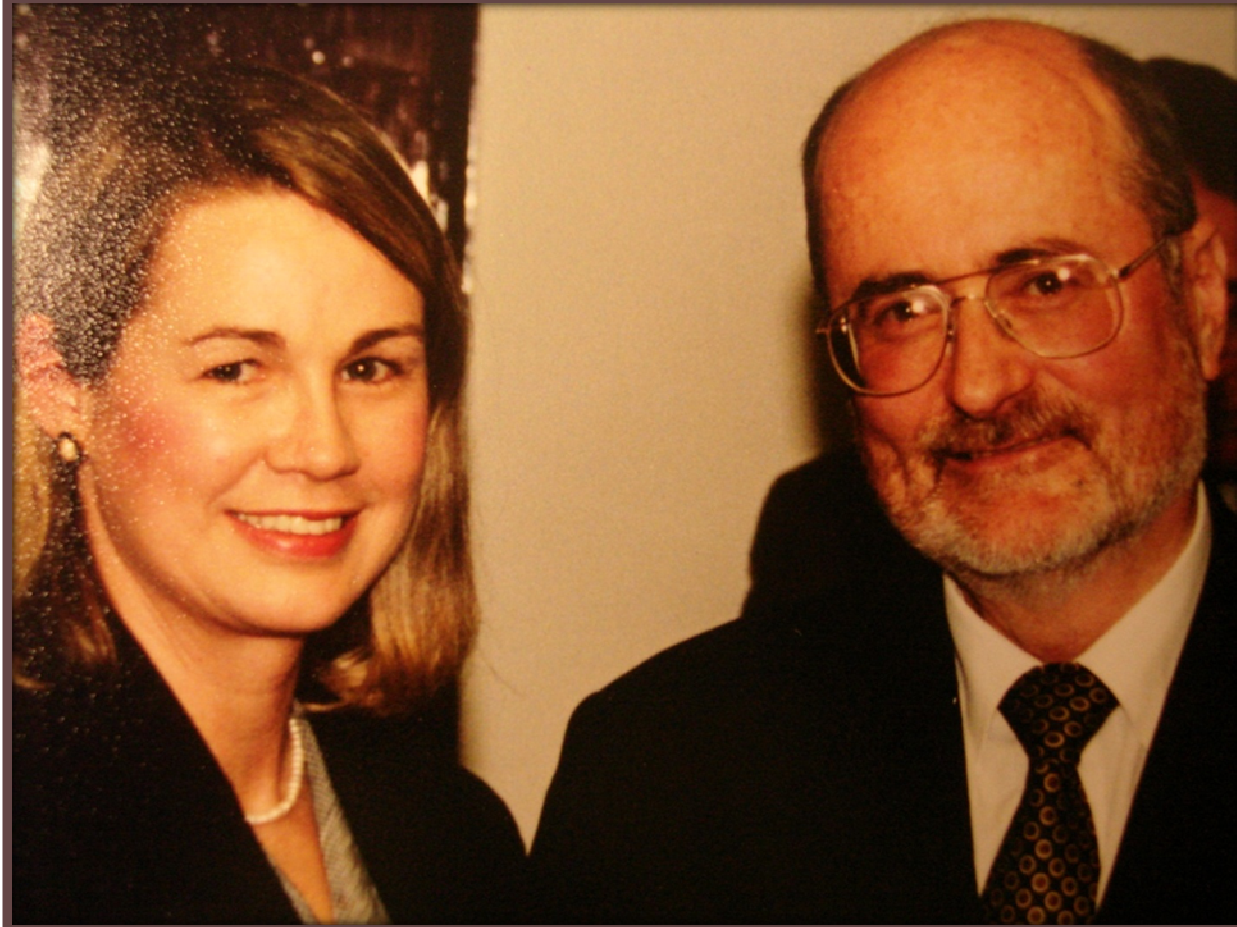


# Slovene Ministry of Health Stefanova 5





# Sylvia and the Minister of Health, Bozidar Voljc





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# WHERE can I find *Real Milk?*

A Campaign for Real Milk is a project of The Weston A. Price Foundation

PMB 106-380, 4200 Wisconsin Ave, NW, Washington DC 20016

Phone: (202) 363-4394 | Fax: (202) 363-4396 | Web: [www.westonaprice.org](http://www.westonaprice.org)

<http://www.realmilk.com/where-other.html>



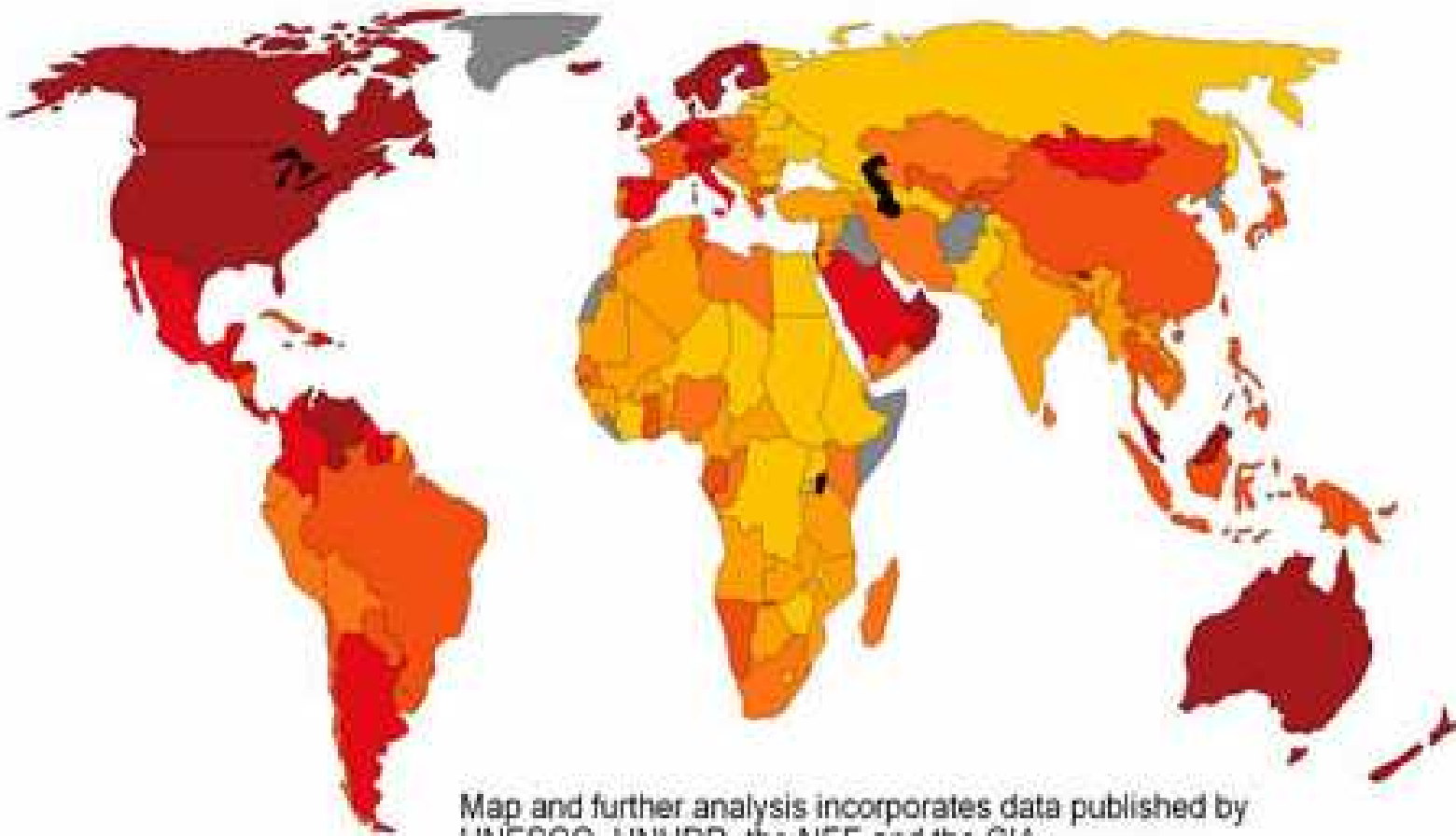
<http://hartkeisonline.com/>

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# People all over the world drink raw milk



Map and further analysis incorporates data published by UNESCO, UNHCR, the NEF and the CIA.

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When did people start drinking milk?

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## Globally only raw milk was available

The ability to digest the milk sugar lactose is a selectively advantageous and recent evolutionary genetic trait, which emerged about 7,500 years ago in Central Europe/Northern Balkans in conjunction with the dairying culture.

Pastoralism is closely tied to the use of fresh milk as food.



# Yugoslavia – Serbia- in the Balkans where pastoralism began...



“People here believe raw milk is much healthier than that sold in supermarkets (pasturized). We normally say the milk sold in supermarkets is 'blue,' meaning that it contains a high percentage of water and is not as thick and of good quality as raw milk.

One liter (about a quart) of raw milk is about 50 cents and the price of one liter of milk in a store is about 65 cents.

As the price of raw milk is very low, people tend to make hard and cottage cheese, as well as kajmak, and sell them at much higher prices.”

--Tatjana Glusac, Novi sad, Serbia, former Humphrey  
Fellow to the USA

Tanja and Sylvia in Novi sad, 2008



**Tatjana Glusac, Serbia**



[tug120@psu.edu](mailto:tug120@psu.edu)

ESP Lecturer, Teacher Trainer for the British Council and the Ministry of Education. Teacher training and in-service activities, EFL, accreditation, classroom supervision/coaching.



# Kajmak, the traditional cheese of Serbia, Montenegro, Turkey and the Middle East



"Kajmak" cheese spread.  
(c) 2008 Barbara Rolek licensed to  
About.com, Inc.

**Kajmak** is a Serbian / Croatian fresh, unripened or "new" cheese made from unpasteurized, unhomogenized milk.

It's usually served with bread as an appetizer (*lepinja sa kajmakom*), but also as a condiment melted on the Balkan version of a hamburger patty (*pljeskavica sa kajmakom*), as well as simmered with beef shank meat (*ribic u kajmaku*), or tucked in pita bread with [cevapcic sausages](#).

If left to ferment, aged kajmak has a stronger taste and is yellow in color, and is required for a pastry (*pita*) called *gibanica*.

## Ingredients:

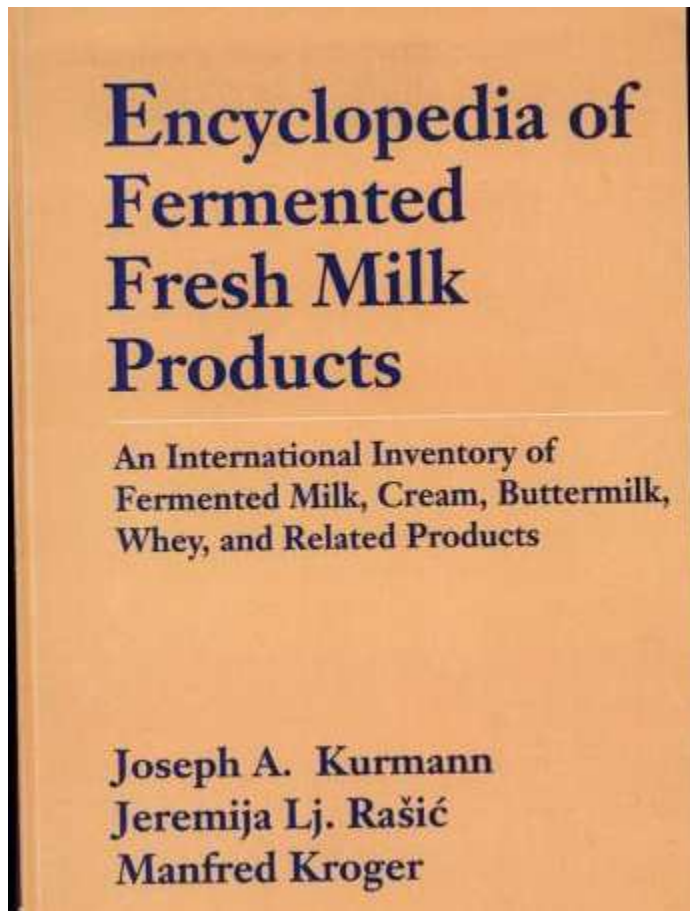
- 2 quarts unpasteurized, unhomogenized (raw) cow or sheep milk
- 1 teaspoon salt

## Preparation:

1. In a medium saucepan, bring the milk to a rolling boil. Turn off heat and let cool completely without stirring (4 to 5 hours). Skim off cream that has accumulated on top and refrigerate.
2. Repeat the boiling and cooling process several times, skimming off cream and adding it to container in refrigerator. Add salt and mix well.

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Raw Milk was the basis of fermented milk products in many cultures.



- products by animal type, appendix C
- Products by region, appendix B

#### ABOUT THE AUTHORS

**Joseph A. Kurmann, Ph.D.**, currently serves as Professor and Head of Laboratory at the Agricultural Institute in Grangeneuve, Fribourg, Switzerland.

**Jeremija Lj. Rašić, Ph.D.**, holds the position of Principal Research Officer at the Food Research Institute Novi Sad in Yugoslavia.

**Manfred Kroger, Ph.D.**, is Professor of Food Science at The Pennsylvania State University, U.S.A.

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## Ancel Keys, “Mr Cholesterol,” and the *Seven Countries Study* finds Serbians the healthiest

In the Seven Countries Study, in the 1960's and 1970's, led by Ancel Keys of the University of Minnesota, which included subjects from the US, England, Austria, Sweden, Italy, Yugoslavia (Croatia, Serbia, Bosnia) and Japan, it was found that the rural Serbian group (drinking raw milk and eating lots of cheese) had the lower rates of arteriosclerotic and degenerative heart disease than Italians. Only the Japanese were lower (Kozarevic, 1971). Rural Serbians showed the lowest rate of hypertension of any of the men in all cohorts studied (Djordjevic, 1970).

Despite these findings, and those in Japan, Keys preferred to emphasize the use of olive oils among the Italians, who also had low rates of heart disease, and concluded that saturated fats found in milk and meat have adverse effects on the heart, but that olive oils and other unsaturated oils were good for the heart. (He spent the last 28 years of his life in Italy). His work was funded in part by the California State Olive Advisory Board

In the 1960s Keys was able to convince a sizable part of the US public that replacing saturated fat by unsaturated fat would reduce blood cholesterol, high blood pressure and the incidence of coronary heart disease.

Mr Keys sold the world on oils by his measurement of blood cholesterol. But today, blood cholesterol is not considered as a marker for heart disease.

©

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# Visit to a typical Serbian Farm

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Sambor, a town in Northern Serbia- the  
Balkans, near Novi sad

©















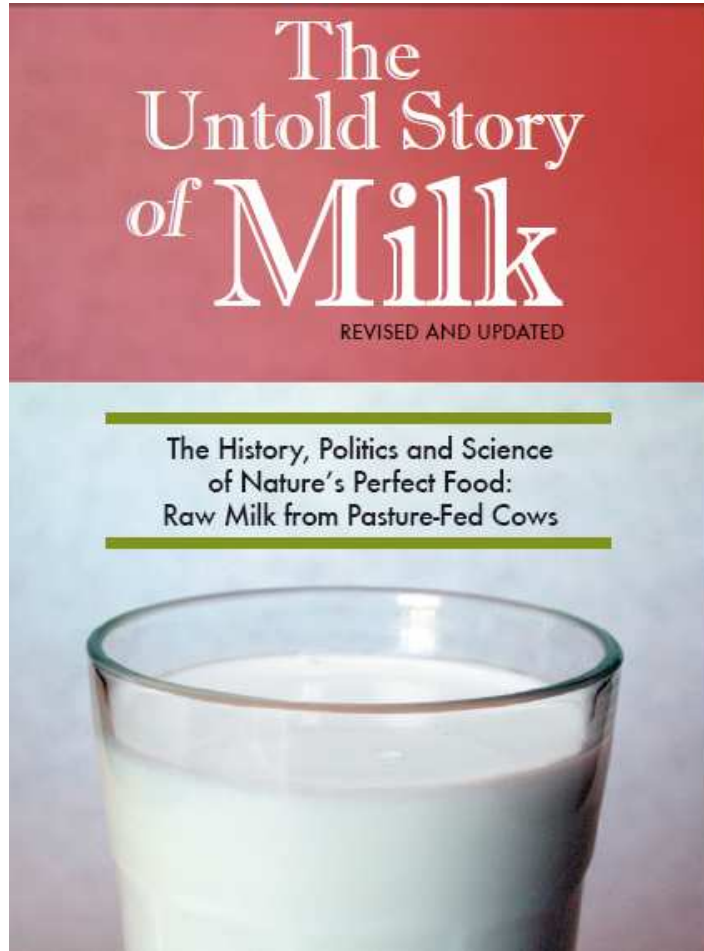








by Ron Schmid, ND  
Foreword by Sally Fallon Morell



- Of the FIFTY states of the United States, TWENTY-SIX states, including California and Pennsylvania, allow on-farm sales of raw milk.
- Of those, Arkansas and Mississippi allow goat's milk only.
- But nearly all impose restrictions on how the farmer may sell it and forbid advertising (it isn't a pharmaceutical, folks !)
- TEN states allow retail sales but sales are only readily available in FIVE states.
- SEVEN states allow sales for animal consumption without requiring dyes (charcoal) be put in the milk.
- TWO states allow raw goat's milk only but with a physician's prescription
- FIFTEEN states, including DC, make all sales or raw milk illegal.
- Wisconsin is one of those states. In SIX of these states, including Wisconsin, cow shares are legal.

# Europe

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Western, Central and Eastern Countries





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# Heidi by Johanna Spyri





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## Obesity rate and raw milk consumption

Country		Raw milk	Fluoride
■ United States	30.7%	■ No	Yes
■ Australia	21.7%	■ No	Yes
■ Canada	14.3 %	■ No	Yes
■ France	9.4%	■ Yes	No
■ Austria	9.1%	■ Yes	No
■ Italy	8.5%	■ Yes	No
■ Switzerland	7.7%	■ Yes	No

■ OECD Health Data

# The British Isles and Ireland



- Raw milk sales are legal in England, Wales, and Ireland but illegal in Scotland.
- The Royal Family consumes raw milk and Prince Charles is a supporter.



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[http://www.seedsofhealth.co.uk/articles/  
milk\\_alive\\_well\\_england.shtml](http://www.seedsofhealth.co.uk/articles/milk_alive_well_england.shtml)

*Real Milk is Alive & Well in England*

*by Richard Copus  
Winter, 2001*

**R**eal Milk is alive and well in England. In fact, Real Milk in England is undergoing a minor revival in spite of—or perhaps thanks to—a recent challenge by the Labour Party.

The unpopular Ministry of Agriculture, Fisheries & Food (MAFF) has long opposed the sale of “green top” or raw milk in England. But they got nowhere under the Conservative party. When the Labour Party gained power, MAFF thought this city-based party would be the perfect vehicle for removing our beloved green top milk from the market. Within 4 months of being elected, the Labour Party recommended a ban on the sale of green top milk for “public health reasons.” They did not know what was going to hit them.

Sir Julian Rose, a leading organic Berkshire farmer and former chairman of the Soil Association joined with me to form the Campaign for Real Milk. I chose the name because I adore draught British ale and had seen how successful the Campaign for Real Ale (CAMRA as



# Raw Milk Scotland

**UNDER  
CONSTRUCTION**

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## Why raw milk?

Raw milk has been consumed as part of a natural, healthy diet for at least 10 000 years. It became illegal in Scotland in 1983 despite considerable opposition. In England the **opposition** was much stronger, despite several attempts to ban it, and it is still legal to buy direct from the farmer. Raw milk producers there are enjoying a boom, mainly because of the growing awareness of its very noticable health benefits.

- Raw milk from small local farms travels a **much shorter distance** and, as it is not heat treated, very little energy is used in its production and transportation. So it's better for the environment!
- Vitamins and minerals are more **bioavailable**.
- Raw milk tastes sooo much better!
- Raw milk is full of probiotics.
- Raw milk contains enzymes
- Raw milk protects against allergies<sup>1 2</sup> like eczema and asthma
- Raw milk from grassfed cows rarely contains pathogens
- The pathogens abundant in the waste products of intensively reared animals are also implicated in the contamination of other food and water supplies<sup>3</sup>. So although pasteurisation can disguise the contamination of milk from intensively farmed animals, these same animals are still contributing to the overall food poisoning burden
- 30% of UK pasteurised milk comes from 10% of **"battery" cows** who never see daylight. Raw milk from these cows may contain pathogens.

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# Raw Milk in Poland

Agnieszka.Gorska@minrol.gov.pl" <Agnieszka.Gorska@minrol.gov.pl>

To:

sponusic128@yahoo.com

*Dear Madam,*

In response to your question concerning the sale of raw milk I kindly inform you that in Poland marketing of raw milk or milk products produced from raw milk is allowed when the requirements laid down in Regulation (EC) No 853/2004 of the European Parliament and the Council of 29 April 2004, *laying down specific hygiene rules for food of animal origin*, are met. *Sincerely* Agnieszka Górska,

CHIEF SPECIALIST, MILK UNIT  
DEPARTMENT OF AGRICULTURAL MARKETS  
MINISTRY OF AGRICULTURE AND RURAL DEVELOPMENT

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## Regulation (EC) No 853/2004 of the European Parliament and the Council of 29 April 2004

- As regards raw milk and raw cream intended for direct human consumption, it is appropriate to enable each Member State to maintain or establish appropriate health measures to ensure the achievement of the objectives of this Regulation on its territory.
-



# Raw Milk sales in Poland

Meine Liebe Sylvia!

Ich glaube, dass alle Sorten des Milch in Laden sind pasteurisiert Das echten (unpasteurisiert) Milch kann man nur im Dorf von Bauern kaufen oder in der Stadt im Marktplatz (wie Kleparz in Krakow) von Bauern. Vielleicht gibt es auch unpasteurisierten Milch in sehr kleinen Laden, wo ist viel Produkten von Bauern, aber ich bin nicht gewiss.

Kuessen und Gruessen

--Hanka (from Krakow, Poland) (A Botanist, PhD) and raw milk fan.



# Raw Milk in Europe

## **Popular in Europe: Raw Milk by Vending Machine!**

While US health officials continue their knee-jerk opposition to raw milk, European sales of fresh raw milk by vending machine are growing by leaps and bounds. We need these vending machines here—even if only on farms. They completely relieve the farmer of having to bottle his milk—the consumer brings the containers and fills them with a punch of a button.



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# Austrian raw milk law, 2006, Regulation 106

- .
  - § 2. (1) Raw milk and raw cream are permitted for distribution only directly from the producer to the end user or to single unit retailers, and from these retailers directly to the end user.
  - MILK DISTRIBUTION EQUIPMENT  
§ 3. **Raw milk can only be distributed from an officially accredited milk distribution machine**, if it is guaranteed that the raw milk does not suffer any hygienically negative impact by the machine or its location.
  - TIMING OF DISTRIBUTION  
§ 4. Raw milk may only be distributed on the day of production and on the two subsequent days. Raw cream may only be produced and distributed on the day of the milk production or on the following day.
-

## to ljubljana castle

ALL  
SIZES





Saturday Jan. 19  
Ljubljana central market square- saturday farmers market  
greens

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# Lacto fermented vegetables at the fall and winter Farmers Market





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# Milk-O-Matic A Big Hit in Slovenian Farmers Markets

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By Kimberly Hartke | Published: November 5, 2009



Milk-O-Matic Raw Milk Dispenser

New Technology in the Old World Offers Fresh Milk  
Straight from Farm

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by Sylvia P. Onusic, Guest Blogger

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# Ljubljana

ALL  
SIZES



A Milk dispensing machine at the farmers market. Pretty cool, and very good milk!

<http://www.flickr.com/photos/okrahaven/3870064058/>

At the opening of the first Melkomat machine, in Ljubljana, Slovenia, Simona Prevec, the governmental representative from the Ministry of Agriculture, Forestry and Food, pointed out that, “the consumer now has the opportunity to buy fresh milk everyday from local farms.”

Can you imagine that happening in America?



Nagovor predstavnice Ministrstva za kmetijstvo g.  
Simone Prevec

<http://www.kmetija-mis.si/Mlekomat.html>



Anamarija Mis pojasnjuje delovanje mlekomata

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<http://www.kmetija-mis.si/Mlekomat.html>



# Mayor of Ljubljana attends opening.



<http://www.kmetija-mis.si/Mlekomat.html>

**NON-STOP**

*Pristno sveže mleko*  
IZ ZAVRHA POD ŠMARNO GORO



**Natočimo**  
sveže surovo mleko v svojo posodo  
KER IMAMO RADI NARAVO.

V aplikaciji  
imamo radi naravo  
in vam predstavljamo  
najboljše mleko  
iz Slovenije.  
01/362 32 70,  
041/368 936,  
DNE 368 933.

odličnega  
okusa,  
osveži,  
odžejja in  
nahrani

**M**  
**NO**

**KU**

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# Automatic raw milk machine- Want to know actually where your milk comes from?

- Dispenses raw milk into the container of the consumers choice-frees up the farmer
- Allows the consumer to purchase various amounts
- Holds the milk at a constant temperature
- Makes milk available 24-7

The machine can also be used to dispense “artisanal” lightly pasturized milk, non-homogenized milk right at the farm, near a grocery store or mall, cutting out the middle man, packaging,\* and making the product really local.

\*

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Ksenija Sarazin of Ljubljana and her sister, Ines, enjoying milk at the new LeClerc Mlekomat



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# Milk o matic on U Tube

## See the Milk-O-Mat in Action

For a look at the process on You-Tube, see the operation of the melkomat owned by Potokar Farms by a young, handsome Slovene man who is delighted with the machine.



# Potokar Farms <http://www.kmetija-potokar.com/>

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Email

Password

**Sign Up**

**sveže mleko-kmetija Potokar is on Facebook**  
Sign up for Facebook to connect with sveže mleko-kmetija Potokar.



**sveže mleko-kmetija Potokar**   
**Wall** **Info** **Photos** **Discussions** **Links**

 **Filters**

**sveže mleko-kmetija Potokar** vsem lepe praznike



*Ne zabi nisi, na svoji plani,  
na svoji praznični polji!  
Pozdravi vsi prazniki,  
sveže mleko-kmetija Potokar!*  
Kaj vam včasih nisi praznik niti  
v spomladansko, v jesensko, v zimsko, v poletno!

*Anđelka Potokar*

 Sat at 1:03am · Comment · Like

 Ivica likes this.

**sveže mleko-kmetija Potokar** pogledjte si odajo ljudje in zemlja -kmetija potokar na kratko

**Ljudje in zemlja, oddaja TV Maribor**  
tvslo.si  
Najbolj objektivne in verodostojne informacije iz Slovenije in sveta, novice s področja kulture, športa in zabave. Prvi interaktivni multimedijški portal.

**Fans**



Gérard Gayet, agriculteur biologique, à la Gondolière (Saint Laurent de Chamousset-69) approvisionne tous les jours votre distributeur en lait cru frais pour vous offrir tout le meilleur de la nature.

*Frais et onctueux*  
*Direct de la ferme*  
*Goût authentique*  
*Respect de l'environnement*





[www.milkmaps.com](http://www.milkmaps.com)



# facebook

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E' il latte allo stato naturale, così com'è prodotto dalla mucca, prima ancora che essa venga pastorizzato e impacchettato. È latte che non ha subito trattamenti termici: intero e genuino, saporito, cremoso, vivo, vitaminico!

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**Latte Crudo** "Non voglio votare perche' sono deluso dai part magna!" - "Scusa ma conosci il MoVimento 5 Stelle!?" - "NO!" - ore per recarti al seggio! - Non bisogna sprecare il voto propri

Mon at 2:52am · [Comment](#) · [Like](#)[👍](#) Maria, Marcello, Ivan and 13 others like this.[💬](#) [View all 10 comments](#)

**Latte Crudo** È come hanno detto i ragazzi dei Meetup in questa discussione, è merito di Beppe se il latte crudo ha avuto il boom che ha avuto in Italia. La mappa del latte crudo [milkmaps.com](#) non sarebbe mai nata senza il post di Beppe Grillo del 2007 sul suo blog e senza i contributi inviati in seguito dai vari Meetup.

Il nostro ha voluto essere un omaggio. Comunque, mi scuso per

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# The End

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Thank you. Drink Raw Milk. It's the  
Real Deal.

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