

Pa. Dairy Goat Youth Representative

# Goat milk's the one for Leslie Bowen

BY WENDY WEHR

PORT ROYAL — "I just think everyone should try goat's milk before they put it down," says Leslie Bowen. And Leslie will be glad to explain the benefits of goat's milk to you while you're taking your first sip of "nature's homogenized milk."

Leslie Bowen is the 1984 Dairy Goat Youth Representative. And in promoting goat's milk, one of Pennsylvania's lesser known farm products, she often starts by dispelling some of the myths about the product.

"Goat's milk is nature's homogenized milk," says Leslie. "It's pure white in its raw state and doesn't separate much."

This is one of the chief advantages of goat's milk over cow's milk. Because the fat globules are smaller, the goat's milk is easier to digest. Leslie noted that people who are allergic to cow's milk often drink goat's milk instead.

Leslie, the daughter of Richard and Sandra Bowen of Spruce Hill, near Port Royal, was chosen as the 1984 Dairy Goat Youth Representative on June 16, during the Pa. State Dairy Goat Association's annual Big Weekend.

Before the Big Weekend state show, Leslie filled out an application describing her participation in the dairy goat industry and her other church and community activities.

"During the showmanship and fitting contests at the Big Weekend, I was observed by the

selection committee," explained Leslie. Then she was given a quiz and interviewed by the committee as well. Along with being named the youth representative that day, Leslie won the top honors in the junior showing and fitting competition.

Leslie's parents are proud of their daughter's accomplishments, and proud as well that over the past three years either the dairy goat representative or alternate has come from Juniata County. Richard Bowen is leader of the Kiddin' Around Dairy Goat 4-H Club in the county.

Since being crowned, Leslie has had some opportunities to represent the industry, including attending dairy goat shows and participating in promotional activities.

This summer, as part of the June is Dairy Month activities at the Nittany Mall in State College, Leslie answered lots of questions about goat's milk. To give people a chance to become familiar with goats, she had a kid with her at the mall event.

"They asked me how we milk the goats, and about what you can make from the goat milk," commented Leslie. "And they also wanted to know what we had done to the goat's ears!"

The kid was a LaManchas, which is a breed that has particularly short ears.

In the Seven Pines Herd of the Bowen family, Leslie and her sister have registered French Alpines, Saanens, Oberhaslis,

and Toggenburgs. Right now they have about 25 goats, many of which are 4-H projects. They're concentrating now on upgrading their stock through breeding.

When she's not busy with activities at school or with 4-H, Leslie does much of the barn work herself, which includes haying, watering, and feeding the kids and doing the milking.

For the past five or six years, the Bowens have used only goat's milk, no cow's milk, in their home. They try to breed their goats so that they have milk all year.

Another nutritional plus for goat's milk is that vitamin A occurs naturally in it. Cow's milk has to be fortified with vitamin A.

Leslie notes that the taste of goat's milk isn't really that different, and people shouldn't claim it has an off flavor without trying it.

Maybe one reason some people don't care for the taste of goat's milk is that people just aren't used to drinking raw milk, rather than the pasteurized, homogenized, fortified cow's milk that comes out of a carton.

Unfortunately, when Leslie is promoting goat's milk she can't give away free samples of the milk. A raw milk handlers' license would be required. But she does give out goat's milk fudge, along with seals and buttons and promotional literature.

Leslie was glad that some



Leslie Bowen poses with one of her favorite 4-H projects, "Duchess."

goat's milk recipes were represented in the recently published state 4-H cookbook. In fact, she was the only 4-H'er with two recipes included in the book.

Along with her farm projects, Leslie is busy with activities as a sophomore at Juniata High

School. She is an FFA member, plays field hockey, is a clarinetist in the high school band, and also plays the piano.

If you find Leslie home during her busy schedule, she'll be glad to tell you about the benefits of goat's milk, another of "nature's most perfect foods."

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#### Some Management Tips For Successful Calf Raising

**COLOSTRUM FEEDING** — This is the single most important factor in avoiding early calf disease problems. It is vital that calves receive colostrum as soon as possible after birth when anti-body absorption is greatest.

**GENERAL MANAGEMENT PRACTICES** — Observe calves at least twice daily . . . other than feeding time . . . looking for any problems that may arise.

**SCOURS (diarrhea)** — Scouring calves should be treated immediately with a scour treatment medication and you should consult your veterinarian.

**HOUSING** — Calves can survive over a considerable range in temperature providing the temperature is relatively constant. It is most important that calves be kept dry and free from drafts.

**CALF STARTER** — Calves deserve the best in dry feed along with milk replacer. Feed only a complete calf starter formulated specifically for the young calf.



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