Holstein Cows
Meet Millie!



Millie is a Holstein cow!
She is a gentle, friendly, and curious cow who lives at Triple G Farms. Millie loves her farm family, enjoys the fresh grass, and gives us delicious, nutritious milk. She has a calm and sweet personality and is always happy to see her friends!

A Gentle, Kind, and Important Farm Friend

About the Breed



Holstein cows are one of the most common dairy breeds in the world. They are known for their distinctive black-and-white patches, gentle temperaments, and excellent milk production. Holsteins are friendly, smart, and make wonderful members of farm families.

5 Fun Facts About Holstein Cows

1. They have distinctive black-and-white patches. No two Holsteins look exactly alike!
2. They are one of the highest milk-producing breeds in the world.
3. They are gentle, friendly, and intelligent.
4. They can weigh 1,200 to 1,500 pounds (about as much as a small car!).
5. They have a great sense of hearing and can recognize the voices of their caregivers.

What Makes Millie Special?



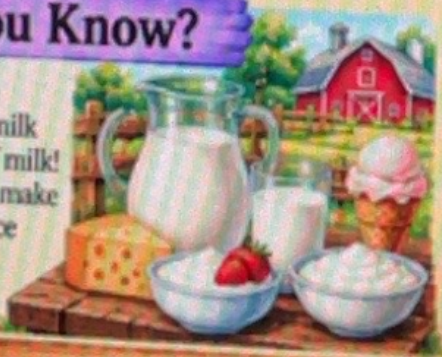
Millie is gentle, curious, and loves spending time with her farm family. She enjoys grazing in the pasture, getting a good brushing, and saying "hello" to her friends. Millie gives us delicious milk, which helps make many of our favorite foods like cheese, yogurt, and ice cream!

How to Care for a Cow



- **Food & Water:** Fresh grass or hay, grain, and plenty of clean, fresh water keep Millie healthy and strong.
- **Comfort:** A clean, dry, comfortable barn and a soft place to rest.
- **Grooming:** Regular brushing keeps her clean, healthy, and helps her feel good.
- **Exercise:** Time to graze, walk, and explore keeps Millie happy and active.
- **Kindness:** Gentle care, a calm voice, and lots of love help Millie feel safe and happy.

Did You Know?



A Holstein cow can give about 6 to 8 gallons of milk every day! That's a lot of milk! The milk can be used to make cheese, yogurt, butter, ice cream, and many other healthy foods.

Let's Learn Together!



- Why do you think cows are important on a farm?
- How can we be kind and respectful to cows like Millie?
- What are some foods that can be made from milk?
- What are some ways we can help take care of Millie and keep her healthy and happy?

Cows are a gift from God.