A different kind of dairy

Ocheesee Creamery devoted to an all-natural product with no additives

By Travis Pillow
Florida Capital Bureau

Most of the milk available in stores comes from a special kind of cow bred to squeeze out the most milk. It’s sold in plastic jugs and paper cartons. It’s heated to more than 160 degrees to kill germs. Then there’s the stuff that comes from a different kind of cow, a kind with more “personality.” It comes in glass containers with a layer of cream on top. It’s pasteurized more gently. The second kind is produced in small batches by small dairies, like Ocheesee Creamery, that dot the North Florida countryside.

Despite its higher fat content, the milk is marketed to a niche of health-conscious milk drinkers — people who demand an all-natural product with nothing added — no preservatives, no nutrients that don’t come straight from the cows. It’s sold in glass bottles to preserve the flavor. It’s local with ribbons of cream. To its advocates, it’s fresh.

Most importantly for some, including Mary Lou Wesselhoeft, who has run the dairy with her family since 1989, it’s all-natural — a commitment that has placed the dairy in a quandary.

Wesselhoeft’s dairy is different from the larger farming operations that produce the vast majority of the milk on the shelves of most Florida supermarkets. It uses a different kind of cow.

Nearly nine out of ten dairy cows in the United States are Holsteins — a breed that specializes in producing large volumes of milk. The Wesselhoeft’s use Jersey Cows, which produce smaller amounts of richer, fattier milk. They are lower-maintenance and better adapted to the North Florida heat. They are also friendlier and more curious. They gather around to greet visitors to the family farm in Grand Ridge, near the Jackson County line.

Mary Lou Wesselhoeft has run the Ocheesee Creamery with her family since 1989.

TRAVIS PILLOW/DEMOCRAT

饭菜上门
美食博主Mike Bonfanti检验当地食品卡车

Meal on wheels
Food blogger Mike Bonfanti tests out local food trucks. » Page 2B

Capital Cuisine Restaurant Week
Week is a chance to sample eateries

By Elizabeth M. Mack
Democrat staff writer
@emack1 on Twitter

Putting aside the fact that he’s a restaurateur, Bill Bertoncin, owner of A La Provence, loves sampling culture — and that includes tasting the food.

It’s one of the reasons he’s excited about the second annual Capital Cuisine Restaurant Week. This is the second annual event for Tallahassee, featuring 36 restaurants from casual to fine dining establishments — which is up from the 22 restaurants that participated last year.

The event starts today and will continue through May 28. Participating restaurants will offer specially selected menu choices during lunch and dinner featuring two- to three-course meals priced at $15 or $30.

The local restaurant week is put on through a partnership between the Leon County Division of Tourism Development, Visit Tallahassee and the Florida Restaurant and Lodging Association.

“We think this is going to bring people in town to stay in our hotels and eat at our local restaurants,” said Lee Daniel, Visit Tallahassee executive director. “But it’s not just for people from out of town; it’s something that our local residents can enjoy, as well — gets them out to some of the great restaurants we have here; they haven’t tried yet.”

Agreeing, Bertoncin said the week is a great opportunity to expose the community to the culture of...
Taste briefs

This week at Ray’s, comfort food on the menu
Ray’s Beachside Saloon, 525 John E. supervisor[,] a dinner outing food at starting at 5:30 p.m. They will be offering a variety of dinner options, including steaks, chicken, and seafood, all paired with a selection of wines and cocktails. No reservations are required, but guests are encouraged to arrive early to secure a table.

Eating offers burgers to benefit veterans
Now through May 25, in honor of National Burger Month, Rod’s Brandy’s is offering a limited-time offer, a burger that supports the Wounded Warrior Project, and currently purchasing one “Burgers for a Cause” will benefit Veterans Across America. We are grateful for the opportunity to do our part in the nonprofit organization who’s mission is to honor and empower wounded members of the United States Armed Forces.

Beer sales to benefit military families
Now through July 4, Budweiser, in conjunction with local distributors, will donate 100% of the proceeds from the sale of four packs of Budweiser to the Florida Foundation, which provides post-secondary educational scholarships for families of U.S. military personnel killed or disabled while serving their country.

Dairy

“Don’t be a cow with more personality,” said O’Chessey Creamery uses a different form of pasteurization to ensure its milk is safe to drink. The most common form of pasteurization is called high heat, which involves heating the milk to at least 161.5°F and holding it for 15 seconds. O’Chessey’s method involves heating the milk to about 147°F and holding it for 20 minutes. This process is known as low-heat, low-time pasteurization, which is gentler on the milk and preserves more of the flavor of the milk.

Cuisine

Continued from previous page

The city—which includes its subdivisions—but also restaurants wouldn’t normally go on. “It’s just people passing by, trying the different restaurants,” that’s the case. He has to be a restaurant to make money. He said he was offering a three-course meal for $30—20% of that is still a steal at this French Mediterranean restaurant. “You can’t really say at my restaurant for ESL,” he added. “We have an international student program. Now and then not only do we have restaurants around him participating in the program.” This year a music component was added to the series of live music events planned at locations in Blakely, Thomasville, Tallahee, and at the Mayo Clinic in Jacksonville, May 14-15 and 17-18.

Public Meetings

Food and drug companies agree to limit go-out.
In 2013, the U.S. government proposed a new food labeling rule. It would require all food sold in the U.S. to list the calories, fat, protein, and other nutrients. The rule was intended to help consumers make healthier choices. In 2015, the rule was finalized and began to be implemented. The rule requires all packaged foods to list the nutrients on the front of the package. This includes calories, fat, protein, and other nutrients. The rule also requires all restaurant menus to list the calories, fat, protein, and other nutrients. The rule is intended to help consumers make healthier choices.

TALLAHASSEE DEMOCRAT THURSDAY, MAY 31, 2012 55

Valalla

Continued from previous page

without leaving even one slice of bread. The reason this sandwich was so good was that the bread was toasted well done and the horseradish sauce gave it a nice bite. It was simple and well seasoned. The horseradish sauce was made by the chef, Mike, and it was a nice touch. The French fries were a bit undercooked, but thehorseradish sauce was the perfect addition. The cheese was gooey and topped with a drizzle of horseradish cream. I would definitely order this again.

Valhalla Grille is hosting Food Truck Thursday
The Valhalla Grille will be hosting Food Truck Thursday, every Thursday from 5-9 p.m. The truck will be parked in the parking lot behind the restaurant. Food will be served until 9 p.m. No reservations are required, and guests are encouraged to arrive early to secure a spot. The truck will offer a variety of food options, including burgers, hot dogs, and tacos. No alcohol is available at the event. The truck will be open to guests of all ages.

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By Dave Green

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TOMORROW’S BIRTHDAYS

Jazz drummer Billy Cobh- um is 60. Actor Pierce Bros- nan is 56. Dottie Winger is 56. Actor Joby Baker is 56. A La Provence, 1415 Timberlane Road, 329- 9614. The Valhalla Grill, 2400 Joe Fox Road, 222- 3266.

TOMORROW’S EVENTS

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