

The cow.

We, the Netherlands, are well known all over the world because we have old windmills, tasty cheese and very beautiful cows. In fact we have the best dairy cows of the world. So offering the one and only true Dutch experience ProHolland has to give this aspect of our culture some attention.

Here we go, we'll teach you about Dutch dairy cattle.



Most common dairy cows are the black and white Frisian cows

Long ago cows walked around in big green fields to feed themselves. They eat for 4 to 9 hours walking 3 to 4.5 kilometers. Hard work, so after doing this they lay down to chew the cud also for 4 to 9 hours. Good thing a cow only sleeps only about 20 minutes a day.

These days most cows never leave their stable*. They only need about 2 hours to feed. A cow eats 90 kg grass and drinks 70 liters of water each day to produce 100 kg of manure and pee..... 28 liters of milk (300 days a year).

*. Biological cows go outside every day.

In the Netherlands there are 22.000 dairy farms only 300 of them are biological farms. From the 1.500.000 cows living in the Netherlands 16.000 produce biological milk. Be aware: we are only mentioning dairy cows, but we have also have huge amount of calves, bulls and cows producing meat.

The average height of a cow is 1.45 meter. It weights between 500 and 600 kg. Most are black and white, but there are many breeds all having their own characteristics. Normally a cow lives for about 5 to 6 years before the butcher turns them into hamburgers.

Other Dutch famous cow breeds:



Blaarkop



Lakenvelder



Rood-Bond

In the Netherlands the average Dutchman uses 125 kg dairy products/year: 50 kg milk, 20 kg yoghurt the rest contains a lot ofcheese!. We are world-champion dairy users in the world.

Milk is a 'product of nature'. The compilation of milk varies. Every cow produces different milk every season and after different kinds of food. In general milks contains vitamin A, D, B1, B2, B6, B12, E and K. But also many minerals can be found in milk among them phosphor, sodium, iron, zinc and copper. Carbohydrates and fat are also ingredients of milk. But the best milk is..... just kidding:



Last thing to know: bio.

Bio is a protected European indication to separate biological produced food from the rest, just to make sure you know what you eat.



Milk, White Power.