



K C Farm's Jersey cows rest before the start of the Green County Fair Dairy Show at American Legion Park.

Dairy Quick Facts

Wholesome dairy foods support bone health, muscle and immune function, and overall wellness. Milk products like milk, yogurt and cheese provide naturally occurring calcium that can be readily absorbed by the body.

Just one serving of milk delivers **25% of daily recommended calcium intake.**

One serving of milk provides 13 essential nutrients, including calcium, vitamin D, potassium and high-quality protein. Yogurt delivers nine essential nutrients, and cheese contains eight essential nutrients.



Sources: National Dairy Council, American Dairy Association Mideast, USDA FoodData Central



Emma Davidson, Western Kentucky University Block and Bridle Club member, sprays WKU farm's Holstein calf prior to the start of the Green County Fair Dairy Show.



Lauren Wooldridge watches Aster, KC Farm's Jersey cow, take a refreshing drink of water at the Green County Fair Dairy Show.

Photos by Clevis Jeffries

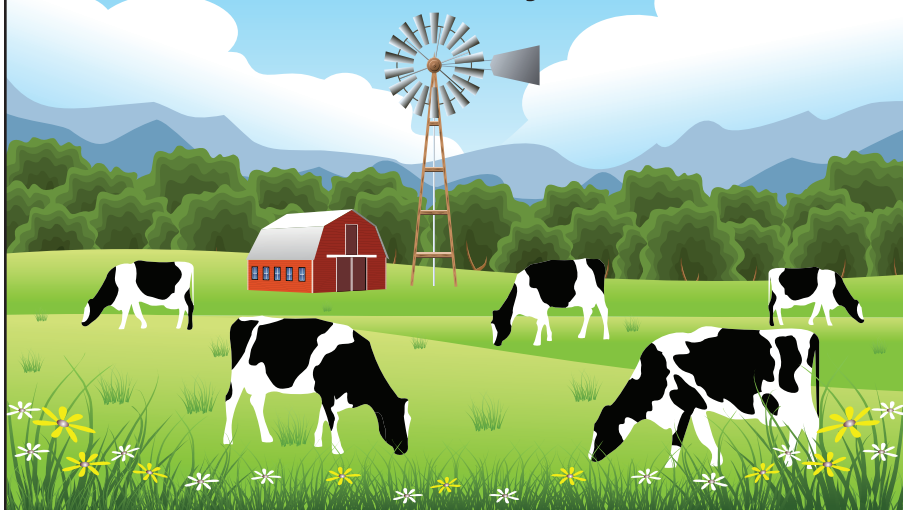


Jon Ford, of Silent Beauty Farm, Lebanon, exhibited the Open Junior Champion Milking Shorthorn heifer. Gary Ford, of Silent Beauty Farm, exhibited the Open Reserve Junior Champion Milking Shorthorn heifer.



The Open Junior Champion Jersey heifer was shown by Dante Carpenter, of KC Farm, Russell Springs. The Open Reserve Junior Champion Jersey heifer was shown by Lauren Wooldridge, of KC Farm.

Congratulations to the winners of the Beef and Dairy shows at the Green County Fair



Tyler Davis, Manager



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