



Owned by Dairy Farmers
Since 1919

Meet “Cool Grandma” Beth Kennett, Cabot’s own Farmer Spokesperson.

She’s a working dairy farmer, a fantastic cook, a world-renowned hotelier, a green advocate and a pioneer “agritourism” entrepreneur. And, she proudly boasts, a “cool grandma” to her own four grandchildren and to so many other children (and their parents) whom she has hosted, fed and entertained for a quarter of a century. She’s Beth Kennett, and she’ll bring both serious environmental info and a wealth of heartwarming down-on-the-farm stories to your show.

Vermont’s first Green Agritourism enterprise

25 years ago Beth and Bob’s working dairy farm opened its doors (“and our hearts,” Beth says; “we’ve made so many real and lasting friends”) to guests from around the world – from such exotic locales as Bolivia, the Philippines, China, and Teaneck, New Jersey. Many of the guests return year after year (and there’ll be even more of them now that Liberty Hill has been written up and warmly recommended in The New York Times), certainly to enjoy Beth’s wonderful home-cooked meals, but also to enjoy peace and quiet, to feel the rhythms of rural life on a working farm, perchance, perhaps, to actually milk a cow!

“They love meeting the cows that make the milk that make the cheese,” Beth says. “No matter what’s going on in the world, the guests always steer the dinner-table conversation around to cheese making – they’re fascinated by it.”

There’s another dinner-table conversation that fascinates – and attracts – the guests at Liberty Hill: environmentalism. “We’re proud to have been recognized as Vermont’s first Green Agritourism enterprise,” Beth says, a distinction Liberty Hill Farm achieved in August, 2008. The designation came from Liberty Hill’s combination of green, sustainable environmental stewardship practices on the farm itself, as well as turning the Inn into a green hotel.

“Cows are the ultimate recyclers!”

“Our guests want to know everything about our practices, about what ‘green’ means” Beth says, “and I explain to them that farms are green by definition. They get excited when they find out how we use heat from our cows’ milk to heat water for the barn. And they love it when I explain that cows are the ultimate in recycling. Think about it: cows eat grass, the grass becomes milk and manure, we spread the manure to make more grass, which they eat to make more milk – how’s that for recycling?”

Anecdotes and stories like that – about a quarter century of entertaining guests from around the world while running a working dairy farm, as well as her fund of knowledge about sustainable agriculture and environmental activism – are what make Beth Kennett Cabot’s Cool Grandma.



On subjects like...

- What does “green” mean?
- Choosing a “green hotel”
- “Sustainable stewardship” in your own home
- What’s next for American family farms
- All about cooperatives – are they the future of American agribusiness?
- Living, not weekendend, in a country inn
- So you think you want to open a bed-and-breakfast
- Crazy cow questions tourists have asked



Cabot Cheese

PARTY TILL THE COWS COME HOME!

GRILLED CABOT CHEESE SANDWICHES

Makes 2 servings

- 4 slices oatmeal or multi-grain bread
- 2 tablespoons Cabot Salted Butter, melted
- 4 ounces Cabot Sharp Cheddar, thinly sliced
- 2-4 ounces thinly sliced deli corned beef
- 1 cup chopped or finely shredded coleslaw mix
- 2 tablespoons thousand island or honey mustard salad dressing

1. Brush one side of two bread slices with some of melted butter. Place buttered-side-down on nonstick griddle or skillet.
2. Top each with one-fourth of cheese and half of corned beef.
3. In small bowl, stir together coleslaw mix and salad dressing. Spoon about 1/4 cup on top each sandwich. Top with remaining cheese and bread slices. Brush with remaining butter.
4. Cook over medium heat for 4 to 5 minutes or until browned; turn and cook until browned on second side. Serve with remaining coleslaw.

NUTRITION ANALYSIS

Calories 606, Total Fat 42g, Saturated Fat 20g, Sodium 1089mg, Carbohydrates 28g, Dietary Fiber 4g, Protein 31g, Calcium 470mg



BROCCOLI-CABOT CHEDDAR SOUP

Makes 4 servings

- 2 tablespoons Cabot Salted Butter
- 2 cups peeled and diced boiling potatoes (about 2 medium)
- 1/2 cup chopped onion
- 2 tablespoons King Arthur Unbleached All-Purpose Flour
- 1 (14 1/2-ounce) can chicken broth (about 2 cups)
- 2 cups milk
- 3 cups broccoli (chopped florets and thinly sliced stems)
- 8 ounces Cabot Sharp or Extra Sharp Cheddar, grated (about 2 cups)
- 1 teaspoon fresh lemon juice
- Salt and ground black pepper to taste

1. In large saucepan, melt butter over medium heat. Add potatoes and onion and cook, stirring, until onion is tender, about 5 minutes.
2. Add flour and cook, stirring, for 2 minutes longer.
3. Gradually stir in chicken broth and milk. Bring to simmer and cook until potatoes are nearly tender, about 5 minutes. Add broccoli and cook until broccoli is tender, about 5 minutes longer.
4. Remove from heat and stir in cheese. Add lemon juice and season with salt and pepper.

NUTRITION ANALYSIS

Calories 446, Total Fat 29g, Saturated Fat 18g, Sodium 1162mg, Carbohydrates 24g, Dietary Fiber 6g, Protein 25g, Calcium 654mg



CABOT CHEESE SPREAD

Makes about 40 appetizer servings

- 8 ounces Cabot Sharp or Extra Sharp Cheddar, grated (about 2 cups)
- 4 ounces smoked salmon, chopped
- 1/4 cup chopped fresh parsley
- 2 tablespoons prepared horseradish
- 2 tablespoons honey

1. Place all ingredients in large bowl and toss until combined.
2. Spoon mixture into glass pie plate or other microwave-safe dish. Cover loosely. Microwave on 1/2 power (Medium) for 3 minutes, stirring at intervals, or until cheese is melted.
3. Serve warm with crackers or toasts.

NUTRITION ANALYSIS

Calories 30, Total Fat 2g, Saturated Fat 1g, Sodium 49mg, Carbohydrates 1g, Dietary Fiber <1g, Protein 2g, Calcium 40mg



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For more recipes, visit: cabotchese.coop

Cabot Cheese

COOKING WITH KIDS!

QUICK STOVETOP MAC & CHEESE WITH BROCCOLI

Makes 2 (1 1/4-cup) servings

- 3/4 cup whole-wheat macaroni, gobbetti, or medium shell pasta
- 1 teaspoon vegetable oil
- 3/4 cup chopped onion (1 small)
- 3/4 cup diced red bell pepper (1 small)
- 3 tablespoons canned chopped green chiles
- 2 tablespoons King Arthur Unbleached All-Purpose Flour
- 1 cup low-fat (1%) milk
- 1 cup broccoli
- 3 ounces Cabot Pepper Jack, grated (about 3/4 cup)
- 3 tablespoons chopped fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch of ground red pepper (cayenne), if desired
- 2 tablespoons coarsely crumbled baked tortilla chips

1. Bring large saucepan of lightly salted water to boil. Add pasta; cook 6 to 8 minutes (or according to package directions) or until pasta is just tender. Drain in colander.
2. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Add onion and bell pepper; cook, stirring often, 4 to 5 minutes or until tender. Add green chiles and flour; stir to coat well. Add milk; cook, stirring constantly, until mixture bubbles and thickens, 1 to 2 minutes.
3. Add cooked pasta, cheese and cilantro to sauce in skillet; stir until cheese is melted. Stir in salt, black pepper, broccoli and ground red pepper, if using. (Heat level of canned green chiles varies.) Serve immediately, sprinkled with crumbled tortilla chips.

NUTRITION ANALYSIS

Calories 486, Total Fat 19g, Saturated Fat 9g, Sodium 768mg, Carbohydrates 60g, Dietary Fiber 7g, Protein 22g, Calcium 441mg

CABOT CHEDDAR CHEESE SCONNETTES

Makes 8-12

- 1-1/2 cups King Arthur Unbleached All-Purpose Flour
- 2 teaspoons baking powder
- 2 teaspoons dry mustard
- 1/2 teaspoon salt
- 1/4 cup Cabot Unsalted Butter
- 8 ounces Cabot Sharp, Extra Sharp or Vintage Cheddar, grated (about 2 cups)
- 1 large egg
- 1/4-1/3 cup milk, plus extra for brushing

1. Preheat oven to 425°F. Use heavy baking sheet or two baking sheets together (to prevent bottoms from scorching). Line with parchment paper.
2. In mixing bowl, stir together flour, baking powder, mustard and salt. With fingertips or two knives, cut in butter until mixture is crumbly. Add cheese and stir to combine.
3. In small bowl, whisk egg until combined and frothy. Add 1/4 cup of milk. Stir mixture into dry ingredients to make soft dough, adding more milk if needed.
4. Turn dough out onto very lightly floured work surface. Knead for several seconds, then divide dough in half. On prepared baking sheet, pat each half out into small disk. Cut each disk into 4 to 6 wedges.
5. Brush tops lightly with milk. Bake for 9 to 12 minutes, or until tops are just beginning to brown.

Serve these miniature scones all on their own, or split and filled with smoked turkey or ham plus a dab of cranberry sauce or Dijon mustard.

Recipe courtesy of Marcy Goldman of www.betterbaking.com

NUTRITION ANALYSIS

Calories 161, Total Fat 9g, Saturated Fat 6g, Sodium 254mg, Carbohydrates 13g, Dietary Fiber <1g, Protein 7g, Calcium 195mg



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