

NEW!

Meet the Producer

# Mallorie's Milk: rBST Free!

## What is rBST?



three times a day, and giving them large, comfortable stalls.

"It's stressful for milk cows to be on their feet, so we've got plenty of beds in each barn," explains Kilgus. "We feed our cows high-quality, multi-grain feed with vitamins and minerals. That gives us a healthy cow. We get as much out of our cows as people who use the rBST and we've got a healthy animal!"

PC – Market of Choice is pleased to offer fresh, delicious rBST-free milk from Oregon's largest dairy, Mallorie's Dairy in Silverton.

"We're probably the only producer of milk in Oregon that can claim we're rBST-free," says Teresa Kilgus, daughter of dairy founder Robert Mallorie. "We don't use it; we've never bought it; and it's not in our milk." It's been that way since the beginning.

"Dad didn't want to use the growth hormone (*recombinant Bovine Somatotropin*), so we're not using it!" according to Kilgus. Instead, the Mallories take care of their cows, feeding them well, milking them

Why did Robert Mallorie care so much about his cattle? He had unique insight: Mallorie was a veterinarian. In fact, Kilgus says, he became an animal doctor because it was the best way for him to realize his dream of owning a dairy farm.

"He told me he always wanted a dairy farm," Kilgus says. When Mallorie came back from Pearl

Harbor, he finished his education at Ohio State University in veterinary science and began pursuing his dream. It came true in 1954.

The rest of the family shares Mallorie's passion. The president of the company is Rick Mallorie, Robert's son, and Teresa manages the 4,500-head herd. The dairy employs 75-80 people year-round.

Mallorie's comes to the Southern Willamette and Rogue Valleys for the first time, only at PC – Market of Choice. Look for the label that says "This product does not contain the growth hormone rBST." And enjoy!



Rick Mallorie & Teresa Kilgus share dairy ownership with other family members and, of course, the cows.

Bovine Somatotropin (BST), also known as bovine growth hormone (BGH), is a natural protein produced by the pituitary gland of all cattle. Recombinant Bovine Somatotropin (rBST), a genetically engineered copy of the hormone, can increase milk production in cows by up to 15%. The Food and Drug Administration (FDA) approved the use of rBST in 1993, saying that milk from hormone-treated cows is "safe for human consumption."

The bio-engineered hormone has been mired in controversy. Canadian scientists reviewed the same studies the FDA considered, and concluded risks to humans were imminent. Both Canada and Europe have banned the use of the drug, and consumer groups have actively sought U.S. rejection of the drug. The Center for Food Safety charged in a lawsuit that the FDA didn't go far enough in studying the effects on humans, especially after it was found that rBST led to thyroid cysts and prostate problems in rats.

Other criticism stems from the ill effects rBST has on cattle, including increased udder infections, reproductive problems, digestive disorders and risk of lameness.

Over 30% of U.S. dairy cows have received rBST. Since producers of milk products generally buy raw milk from co-operatives, it's almost impossible to know whether or not an end product has rBST in it—unless you buy items like Mallorie's Dairy products or Ben & Jerry's Ice Cream. Mallorie's Dairy raises its own cows and does not give them rBST. Ben & Jerry's only buys from co-ops that get milk from dairies like Mallorie's.

Not all dairies use rBST. It's often difficult, however, to know what you're buying unless you know the supplier. PC – Market of Choice is proud to offer milk from a supplier with a strong commitment to healthy cows that are rBST-free.