

Fresh Chèvre

Plain ,Salsa, Garlic & Herb , Hot Nanny and Onion Dill Chèvre our—2010 Bronze medal winner at the Big E !

Seasonal Chèvre

(Oct—Jan), Cranberry Harvest & Cranberry Harvest with nuts

(Jan-May) Creamy chocolate Chèvre

New in March—Maple Chèvre and coming back this Spring -

Fresh Garlic Scapes Chèvre

Our other goats milk cheeses :

Feta

New

**Boston Post Dairy
Tomme**

We also make delicious Goat cheese truffles:

- ◆ Maple truffle coated with walnuts
- ◆ Chocolate truffle covered with chocolate bits
- ◆ Peanut butter truffle covered with chocolate cookie crumbs
- ◆ Also during the summer months we make our cheesecake delights in Blueberry, Strawberry, Lemon

Artisan Cheese and so much more!



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Boston Post Dairy, LLC



**Boston Post Dairy
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► What is Chèvre?

It's hard to beat the flavor and texture of fresh Chèvre. We use our own farm fresh goats milk to make our Chèvre, giving it a extremely pleasant mild taste with a rich texture.

Chèvre is French for "goat" and is also the common name for fresh goat cheese.

Like all cheeses, Chèvre is a living thing. It will keep in your refrigerator for two to three weeks, if kept properly stored in it's original container. If it is exposed to air, while being stored, it will grow mold. If the cheese develops small specks of mold, don't be alarmed, just trim the mold away and enjoy the cheese. However, if it develops an off-odor, strange colors, or more than a touch of mold, discard the cheese.

To best serve Chèvre, remove it from the refrigerator about 30 minutes prior to serving and enjoy it at room temperature.

Chèvre like other cheeses, ripens with age, so as it sits around a week or two it will develop a stronger flavor, becoming drier, sharper and slightly acidic.

Is Chèvre good for you?

Comparing one ounce of fresh goat's cheese to cow's milk cream cheese.....

Fresh Goat Milk Cheese (Chèvre)		Cow Milk Cream Cheese
80	Calories	100
5 g	Fat	10 g
4 g	Saturated Fat	6 g
15 mg	Cholesterol	30 mg
105 mg	Sodium	85 mg
5 g	Protein	2 g
6%	Vitamin A	8%
4%	Calcium	2 %

The fats in goat cheese are smaller with short-chain fatty acids and produce a soft curd. The fats in cow's milk are long chain fatty acids and produce a harder curd that is more difficult to digest. Goat cheese fats more closely resemble human milk and are easier to digest.

Did you know Chèvre freezes very well?

If you bought more than you can eat right now, toss it in your freezer. Chèvre freezes and thaws beautifully! You can just put it in your freezer in it's original container.

Thawing Chèvre; for best results thaw the cheese in your refrigerator for 24-48 hours. After thawing, the flavor of the cheese will be unchanged. If you forgot to take the cheese out of the freezer and are pressed for time, you can thaw the cheese in the microwave, but this method may affect the smooth, creamy texture of the cheese.

Always serve your cheese at room temperature for full flavor!



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