



Goat Milk Cheese Ingredients & Nutrition Facts

In national and international competitions, Redwood Hill Farm's unique, delicious cheeses have consistently been honored with gold medals and first place awards.

All of our artisan cheeses are made from 100% fresh goat milk, utilize non-bioengineered vegetarian rennet, natural sea salt, and French imported cheese cultures. They are handmade in small batches in the tradition of farmstead cheesemaking.

■ **Chevre — Plain:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Chevre — Three Pepper: Pasteurized cultured goat milk, pink, green & black peppercorns, sea salt and vegetarian enzyme.

Chevre — Garlic-Chive: Pasteurized cultured goat milk, chives, organic garlic, sea salt and vegetarian enzyme.

Chevre — Fire Roasted Chile: Pasteurized cultured goat milk, sea salt and vegetarian enzyme, fire roasted green chiles, and jalapenos (chiles, water, salt, citric acid, calcium chloride)..

Nutrition Facts:
Serving Size 2 tbsp. (1 oz., 28 g)
Calories: 60
Calories from fat: 45

	% daily value*
Total Fat 5 g	8%
Saturated Fat 2.5 g	13%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 65 mg	3%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%

■ **Goat Milk Feta:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Raw Goat Milk Feta: Raw cultured goat milk, sea salt and vegetarian enzyme.

Nutrition Facts:
Serving Size: 1 oz (28 g)
Calories: 80
Calories from fat: 50

	% daily value*
Total Fat 6 g	9%
Saturated Fat 2.5 g	13%
Trans Fat 0g	
Cholesterol 25 mg	8%
Sodium 210 mg	9%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 7 g	
Vitamin A	0%
Vitamin C	0%
Calcium	15%

■ **Camellia:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Nutrition Facts:
Serving Size: 2 tbsp. (1 oz., 28 g)
Calories: 90
Calories from fat: 60

	% daily value*
Total Fat 7 g	11%
Saturated Fat 4 g	21%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 125 mg	5%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A	0%
Vitamin C	0%
Calcium	20%

■ **California Crottin:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Nutrition Facts:
Serving Size: 2 tbsp. (1 oz., 28 g)
Calories: 80
Calories from fat: 60

	% daily value*
Total Fat 7 g	10%
Saturated Fat 3.5 g	18%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 95 mg	4%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%

■ **Bucheret:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Nutrition Facts:
Serving Size: 2 tbsp. (1 oz., 28 g)
Calories: 80
Calories from fat: 60

	% daily value*
Total Fat 7 g	10%
Saturated Fat 4 g	19%
Trans Fat 0g	
Cholesterol 20 mg	7%
Sodium 90 mg	4%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 6 g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%

■ **Sharp Goat Milk Cheddar:** Pasteurized cultured goat milk, sea salt and vegetarian enzyme.

Nutrition Facts:
Serving Size 1 oz. (28 g)
Calories: 110
Calories from fat: 80

	% daily value*
Total Fat 8 g	12%
Saturated Fat 5 g	25%
Trans Fat 0g	
Cholesterol 30 mg	10%
Sodium 120 mg	5%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 1 g	
Protein 7 g	
Vitamin A	4%
Vitamin C	0%
Calcium	25%

■ **Smoked Goat Milk Cheddar:** Pasteurized cultured goat milk, sea salt, vegetarian enzyme and natural smoke flavor.

Nutrition Facts:
Serving Size: 1 oz. (28 g)
Calories: 110
Calories from fat: 80

	% daily value*
Total Fat 8 g	12%
Saturated Fat 5 g	25%
Trans Fat 0g	
Cholesterol 30 mg	10%
Sodium 120 mg	5%
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 1 g	
Protein 7 g	
Vitamin A	4%
Vitamin C	0%
Calcium	25%

Include Delicious Redwood Hill Farm Goat Milk Yogurt and Kefir on your list of healthy living foods. Probiotic rich yogurt and kefir are considered “must have” superfoods of the Mediterranean Diet AND people living in Blue Zones, regions of the world where people commonly live active lives past the age of 100 years!

According to Dr. Oz, “America’s Doctor”: “Sardinians...(one Blue Zone population) drink goat milk which is high in calcium and good for your heart. Plus, researchers believe it could protect against Alzheimers and heart disease.”

And according to Epidimiologist Serge Renaud, when comparing the consumption of food and wine in different countries, wine seems to be good for the heart and cheese (*especially goat cheese*) does not seem to be implicated as a cause of heart disease. Dr. George Haenlein of the University of Delaware points out that the fats found in goat milk products are significantly higher in middle chain fatty acids, which are easier for the body to process.

Redwood Hill Farm is the first dairy goat producer in the U. S. qualified to use Humane Farm Animal Care’s (HFAC) “Certified Humane Raised and Handled” label. The label assures consumers that a meat, poultry, egg or dairy product has been produced according to HFAC’s precise standards for humane farm animal treatment. Animals must receive a nutritious diet free of antibiotics or hormones and must be raised with shelter, resting areas and space that are sufficient to support natural behavior.

“We use a natural approach to animal husbandry, which we think translates into delicious goat milk cheese and goat milk yogurt.”

—Jennifer Bice, Owner and General Manager Redwood Hill Farm & Creamery



* Meets the Humane Farm Animal Care Program standards, which include nutritious diet without antibiotics, or hormones, animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.



Kosher Certified by the
San Francisco Rabbinical Council

Recommended Daily Nutritional Values

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Redwood Hill Farm & Creamery

NATURAL, ARTISAN GOAT MILK CHEESE, YOGURT AND KEFIR

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