

The Sandburg Farm

At sixteen years old Helga Sandburg wanted a pet cow, but her father convinced her that a goat would be easier to raise! Helga agreed, so she and her mom went shopping for a dairy goat. What began as two very fine dairy goat pets, grew into a large herd of over one hundred goats.

The Sandburg goat herd was called the *Chikaming Herd*. Chikaming was an Indian word meaning *by the waters*. At the time the Sandburgs were living on the shores of Lake Michigan so the name seemed perfect! They moved (the family AND the goats) to a beautiful farm with lots of pastureland in Flat Rock, NC in 1945 and called the dairy Connemara Farms Goat Dairy.

They raised three breeds of goats at the farm: Saanens, Nubians, and Toggenburgs.

Mrs. Sandburg scientifically bred her goats to produce the most milk and the best milk possible. She believed too many goat breeders bred goats without a plan. Mrs. Sandburg's Toggenburg goat, Jennifer II, produced twice as much milk as any other Toggenburg goat in the world! Mrs. Sandburg held the world record for twenty years!

The Sandburg family enjoyed drinking goat's milk which they found to be sweet tasting. The Sandburgs were well aware that goat's milk contains a lot of healthy benefits!

In fact here are some of the benefits of goat's milk:

Goat's milk has:

- 13% more calcium
- 25% more vitamin B6
- 47% more vitamin A
- 134% more potassium
- 350% more niacin

Many people who are sensitive to cow's milk and cannot drink it find out that they are able to drink goat's milk because it is easier to digest!

Also goat's milk is 88% water and 12% solid substance. Water is good for the body and the various solid substances are also good for you! Here is what they are and what they do for you:

<u>Type of Substance</u>	<u>Percentage</u>	<u>What it Does for You?</u>
Fat	3.8%	warmth
Protein	3.0%	growth and muscles
Lactose	4.1%	energy
Minerals	1.8%	general well-being