There are over 22 different artisan, farmstead, and specialty cheesemakers in Oregon.

It takes 10 pounds of milk to make one pound of cheese.

More than 1/3 of all milk produced in the United States is made into cheese.

Nutrients found in Cheese

- One serving of cheese looks like four dice-sized cubes.
- Cheese is an excellent source of calcium and good source of protein and phosphorus.
- Swiss, Cheddar, ricotta, mozzarella, Monterey Jack, and Colby cheeses are particularly high in calcium.
- Cheese accounts for only 9% of the total fat and 16% of the saturated fat in a typical U.S. diet.

Ancient Greeks and Romans were the first to turn cheese making into a fine art. Larger Roman houses even had a special kitchen, called a careale, just for making cheese.

The Oregon Cheese Guild is one of the few cheese guild organizations nationwide that involves all milk types--cow, goat, and sheep--in a single organization.

The most popular cheese recipe in the United States is macaroni and cheese.