All about B.C.
Cheese

There are **over 20** artisan cheese makers throughout B.C. making cheese from **cow, sheep, goat, or buffalo milk.**

Cheeses ripen for anywhere from weeks to years. Most ripen within **2-12 months**. Cheeses are classified as firm, soft, semi-soft, fresh, or hard cheese according to their moisture content.

Cheese contains **protein, vitamins, and minerals** that support healthy bones and teeth. Combine it with an apple for a simple snack.

It takes **approximately 10 litres** of milk to make 1 kg of cheese!

The three main ingredients needed to make cheese are **milk, coagulant, and bacterial culture**. Coagulants, such as vinegar or rennet, help solids form from liquid milk. Bacteria helps that process while imparting flavour and texture, and preventing harmful organisms from growing.

"You watch the customer eat the cheese and their face lights up! Knowing that feeling comes from what you have grown on the fields, what you fed the cows, how you milked the cows, and how you made the cheese – It's such a full circle experience."

-Julaine, Cheese Maker, Agassiz, B.C.

Julaine and Johannes live in Agassiz, where the First Nations speak **Halq'eméylem**, also known as the upriver dialect. In Halq'eméylem the word for cheese is **chí:s** or **tl'éxw ts'íyxw sqemó.**

Agassiz rests upon the homelands and shared unceded territory of the Sts' ailes, Sq'éwqel, Sq'ewá:lxw, Cheam, Xax'tsa, Leq'a:mel, Samahquam, Sq'ewlets, and Skatin First Nations.

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