

0405
第36期
大福地
2012

报道 / 摄影 / 陈爱娟

噢！新鲜牛奶是这样来的……

大家都知道牛奶对身体有益，如果能喝到最新鲜的牛奶当然会更好。新加坡没有乳牛场，最靠近我们的大型乳牛场就在印度尼西亚的爪哇 (Java)。

这是亚洲唯一一家集养牛、生产和包装牛奶的乳牛场，已经开设15年了。我们一起去看看，鲜奶是怎么生产的。

1 这只牛宝宝才出生一天，就有35到40公斤重，它正努力站起来，迈出人生第一步。



2 牛宝宝隔了3个月的牛奶后，就要开始学习吃草和其他饲料。这些饲料特别配制的，能保持牛宝宝1岁时它们就可以接受人工受孕，准备当妈妈了。



3 母牛怀孕9个月就会生小牛，这时就会开始产奶，生产最多奶的乳牛，可以住在有露天农场的，这里特殊的通风系统，可以减少产奶时乳牛中暑的几率，就会生产更多牛奶啦！




4 每天乳牛会被挤到挤奶三次，一头强壮的乳牛，一天可以生产40公升牛奶。如果没挤完的挤掉，乳牛会感到不舒服。



5 挤牛奶的工作由机械代替，又快又卫生。这里的母牛很守秩序，挤完牛奶后会自动离开挤奶站。



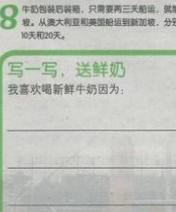
6 新鲜挤出来的牛奶通过管道，送到加工厂，进行高温处理和灭菌处理。过程中没有人手碰过，以避免细菌感染。



7 噢！实验室怎么会出细菌呢？原来检验人员除了检验牛奶是否卫生，也要看它打出来的奶膜 (foam) 好不好，因为很多咖啡都是用这个牌子的牛奶来泡咖啡的。



8 牛奶包装好以后，只需要再三天时间，就能到达新加坡。从澳大利亚和美国运到新加坡，分别需要大约10天和20天。



什么是真正牛奶

Jan说，什么都不加的牛奶最纯正。很多人以为所有牛奶都是从乳牛挤出直接包装，其实有些是经过加工处理。如果“recombined milk”，就是“再制奶”，可能是用奶粉和奶油等，加水混合而成的。为了节省成本或让牛奶更美味，一些牛奶可能添加了渗透物或乳清 (permeate or whey)、乳糖酶 (lactase)、三聚氰胺 (melamine) 和香草味 (vanilla flavour)。

包装上如果出现“reconstituted milk”的字样，表示是“还原奶”，可能是用奶粉加水冲泡成牛奶后再包装。

写一写，送鲜奶

我喜欢喝新鲜牛奶因为：

1 饲料 (lǐ shí) : feed
2 浓缩 (gāo zhōng) : condensed
3 通风系统 (tōng fēng xì tǒng) : ventilation system
4 保持 (bǎo chí) : to keep / to maintain
5 挤奶 (jǐ niú) : milking
6 繁殖 (fán zhí) : multiplication
7 可承受 (kě yòng) : ppc
8 不同 (bù tóng) : different

把这篇报导看下来，贴在信封吧。寄到：1000 Toa Payoh North Avenue Level 5 S518994。截止日期：2012年11月。我们将选出5位写得最好的同学，送给每人四瓶1公升装Greenfields牛奶。

TRANSLATION

Oh, that's how we get our fresh milk...

Everyone knows that milk is good for health but if we can drink fresh milk, that would be even better.

Singapore does not have any dairy farms and the closest large-scale dairy farm is located in Java, Indonesia.

This is Asia's only dairy company that rears its own cows, produces and packages its own milk and it has been operating for 15 years. Let's take a look to see how milk is produced.

1. A calf weighs 35 to 40kg when it is born.
2. After drinking three months of milk, the calf is introduced to grass and feed. The latter is specially formulated and is especially nutritious. When it is one year old, it is ready to be artificially inseminated to become a mother.
3. After the gestation period of nine months, the calf is delivered and this is when milk production is at its peak. The cow will stay in covered barns installed with a special wind system to keep them cool. This allows them to produce even more milk.
4. Three times a day, the cows will be brought to the milking facility. A healthy cow can produce up to 40 litres of milk daily. If the milk is not squeezed, their udders would be bloated.
5. The milking process is done by a milking contraption which is fast, and hygiene levels are strictly maintained. The cows are used to the process and will leave the milking facility in an orderly manner.
6. The freshly squeezed milk is sent to the packaging facility via pipes for sterilization. It does not come into human contact the entire time to prevent contamination.
7. Wow! Why is there a coffee machine here? This is for the inspection personnel to test whether the milk foam that is formed is of acceptable quality. Many coffee chains use this brand of milk in their coffee.
8. After the milk is packed, it will take around two to three days to reach Singapore. Milk that is shipped from Australia or America takes 10 and 20 days respectively.

What is fresh milk?

Greenfields dairy farm is situated up in the hills of Malang, Java and there are 6,000 cows in the farm. Head of Marketing and Sales, Jan Gert Vistisen, said the freshness of the milk is affected by a few factors:

1. The bacteria type and quantity in the milk.
2. The period of time between milking and packaging. The longer it is, the more nutrients will be lost and the possibility of pathogens multiplying is higher.
3. The temperatures of the surroundings during shipping and storage. If shipping time is long, the milk needs to be sterilised twice to kill more pathogens.

Thus, when purchasing our milk, one should consider the production methods and shipping times. Milk bought from the supermarkets should be quickly stored in the fridge.

What is pure milk?

Jan said that milk with no additives is the purest.

A lot of people assume that fresh milk is packaged straight away after being squeezed but some are actually processed.

If the packaging says 'reconstituted milk', the milk is probably made from milk powder mixed with water.

If the packaging says 'recombined milk', it means it is made from milk powder, cream and then mixed with water.

Some milk may also add in additives like permeate or whey, lactase, melamine or vanilla to enhance its taste.

Write and stand to win milk! (Competition)

I love to drink milk because...

Write down your answers and cut out this section. Paste it on the back of the envelope and send your entry to: 1000 Toa Payoh North Annex Level 5 (S318994).

Closing date: 26 October 2012

We will be selecting the top five answers and rewarding our winners with four packs of one litre Greenfields milk each.