

Free Hand Farm



Farm Conditions	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	Free Hand Farm is a diversified operation that includes 11 acres of gently rolling irrigated pasture and 34 acres of rolling to hilly dryland pasture that are rotationally grazed year-round. An additional 50 acres of dryland pasture are in negotiation. Irrigation is provided by an EID pipeline from the city main. All animals are managed to increase the health of the soil, forage, and livestock, with daily assessments made in order to meet those goals.	Assure that pastures have fully recovered before returning to reduce exposure to possible pathogens, parasite load, and to and prevent stress to plants and soil.	✓		
2	Free Hand Farm is home to a privately owned herd of dairy cows. The herd is owned cooperatively by individuals in what is know as a herdshare. Herdshare members are informed that milk received from the herd is unpasteurized and are informed of the government warning regarding consuming such products. It is also for their exclusive personal household use, and may not be sold. Free Hand Farm does not sell milk to the public.	Milk is not sold the public. Educate share owners on proper storage and handling of raw milk.	✓		
3	Water is from the El Dorado Irrigation District and complies with their testing standards for safe drinking water. Water is not fluoridated. Water is plated once a year on 3M coliform plates to check for coliform counts in the water.	Assure that water is pure and not contaminated. Annual testing.			✓
4	Cows are rotated through pasture using portable electric fencing, and pasture is monitored daily to assess forage quality, manure dispersal, and animal comfort.	Move cows to new pastures regularly to assure nutrition and cleanliness.	✓		
5	200 laying hens are also rotated through the pasture, to aid in manure dispersal and parasite control. Chickens are never allowed in or around the milking area, and chickens on pasture are confined by electric poultry net to avoid exposing the cows to fresh chicken manure or feed. A two week minimum gap between the chickens being on an area of the pasture and cows grazing on it is maintained.	Assure that chickens or other birds do not enter and roost in the milking room areas, and that eggs are not processed	✓		

6	Pigs are raised on the farm for pork. Pigs paddocks are separate from the cow pasture and pigs are not allowed in or around the milking area. Pig water and food troughs are not used for cows.	Assure that pigs do not enter cattle pasture or dairy areas.	✓		
7	A flock of 35 grassfed sheep is also rotated through the farm with their livestock guard dog. The sheep follow the cows in rotation sometimes, cleaning up areas of pasture that the cows avoided. Cows and sheep do not share the same paddock, and sheep do not proceed the cows in rotation. Sheep are never housed in or around the milking area.	Assure that sheep and LGD do not enter the dairy area.	✓		
8	Invasive star thistle and medusahead grass in the dryland pasture is being managed with timed grazing by sheep. Neither species is harmful to cows. Wildlife is discouraged from coming into contact with cows by the presence of the livestock guard dog on the property, and seasonal hunting by ourselves and a friend.	Check regularly to assure that no harmful pests or weeds invade the cow's environment and that all perimeter fences are secure.	✓		
9	Visitors are not allowed into the clean room, are not allowed to bring pets or other animals onto the farm, and cannot enter the pasture without prior permission and supervision. The vet must change into a clean coverall and wash her shoes prior to visiting an animal. When visiting other unfamiliar farms, we wear shoes that are not worn on our farm or bring disposable boot covers.	Maintain high standards of bio-security at all times.	✓		
10	Summer high temperatures are around 100. Mature trees provide shade during hot days, and a small sprinkler is set out near the cows on very hot days so that they can stand in the mist. In the rainy season cows stay on pasture, but are moved to north-facing slopes and areas with adequate shelter during storms. Pasture is specially monitored to avoid creating muddy areas.	Assure that cows have sheltered areas to graze and lie down without becoming muddy during the rainy season, and shade during the summer.	✓		
Animal Nutrition and Conditions	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP

1	All cows brought to the farm are tested for TB, Bangs (vaccination verified), Neospora, Leptospirosis, Q fever, Bovine Viral Diarrhea, and Johne's Disease prior to being introduced to the herd. If cows are in milk when introduced a milk sample will be taken and cultured for contagious mastitis presence. No cattle are brought on to the farm without prior quarantine and testing.	Assure that only cows with good body condition, from a known high quality herd, negative TB tests, negative bangs test, and no infections or other health issues are purchased and used for human consumption raw milk. Future herd bulls	✓		
2	Cows have access to clean, potable EID water at all times. Waterers are kept clean and checked each day.	Assure waterers are clean and in working order.	✓		
3	All animals that present with infections, poor body condition, clinical mastitis, lameness or other significant health challenges are separated from the milk string, and milked last and separately until it is determined that the animal is healthy and her milk is not at risk.	All milk that is taken from cows that are separated for health risk reasons will not enter the clean room and will be fed to non-bovine animals or discarded.	✓		
4	Cows are fed pasture year round, balanced with non-GMO, unsprayed alfalfa hay and grass hay as needed. Cows have access to a salt lick, minerals and kelp while on pasture. In the milking parlour, cows receive 2-6 pounds of sprouted barley and certain cows also receive 1/4 to 1/2 cup of non-GMO molasses for added energy. Pasture is monitored daily and the herd is moved to fresh ground frequently to avoid exposure to parasites and to meet an overall goal of regenerating the soil through grazing. Rumen fill, skin and coat condition and mood are monitored daily to assure that the cows are receiving adequate nutrition.	Assure that cows (and pasture) are healthy and receiving good nutrition, including mineral supplementation.	✓		
5	During winter or during times of inclement weather, cows are fed dried forage under shelter. Bedding is managed 2 times daily to assure that cows stay dry and waste is removed and new straw is added to create a layered compost bedding system. Snow build up is removed for doorways to all cows to exit the stalls and avoid concentration of manure.	Assure that cows stay clean, shelter facilities are managed and waste is composted separately from cows.	✓		
6		Assure that minerals and salt are continually available and appropriate to the needs of cows in this ecosystem.	✓		

7	Barley is stored in rodent-proof containers in the milking barn area, and sprouted in buckets with lids outside of the dairy barn. Barley is not stored in the milking parlor. Hay is tarped off and stacked on pallets near the pasture.	Assure that barley and hay are dry and protected from moisture or pests.	✓		
Milking Conditions	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	All milking takes place inside of a milking parlor. Floors are concrete with a gutter that exits the barn via a cement channel and empties down into a gully 12 feet from the dairy barn. A hose with potable water is available in the milk parlor for washing floors. A handsink with hot and cold water and soap is available in the breezeway between the milking parlor and the clean room. The milking parlor is well lighted, protected from the elements, and has constant airflow from screened windows on the west and east. Any manure is removed from the milking parlor and	Keep milking parlor clean, dry and tidy.	✓		
2	Cows enter the milking parlor and are each locked into their designated headgate. Cows do not normally produce waste in the milking parlor if they are not kept standing longer than normal. Manure that happens is removed immediately to a small manure pile outside of the barn.	Likelihood of cow manuring/urinating in the milking parlor is reduced by limiting roughage fed in the dairy barn and limiting the time the cows spend standing in the		✓	
3	All milking personnel are trained and oriented with regard to the expectations of cleanliness and procedures for milking and other tasks.	Assure that only appropriately trained and experienced milking teams milk the cows and perform duties as directed.		✓	
4	All vacuum pressure is adjusted to assure that the vacuum is at the correct setting for effective milking of the cows. Incorrect pressure will cause injury to the teats and potentially mastitis.	Assure that vacuum gauge reads negative 12 to 14 inches vacuum pressure during milking.	✓		

5	Flanks and udders are brushed with a soft dry brush to remove loose hair, dirt and skin. If the udder presents with caked manure, the hose is used to rinse and remove all manure, and then the whole udder is dried thoroughly with a clean towel and continue with normal procedure. Teats are then dipped with a pre-dip iodine solution, allowed to remain wet for 30 seconds, and dried with a clean towel. Teat ends are inspected for any hidden dirt. Teats are then each stripped five times and the milk is visually inspected for abnormalities. Any abnormalities present indicate testing with CMT and potentially DNA mastitis testing. Teats are	Assure that milkers follow milking protocols in preparing the udder and strip each teat to check for variances prior to collecting milk in the can.		✓	
6	All equipment is cleaned according to SSOP practice as described. First: flush with potable cool water. Second: milking equipment is immersed in hot soapy water not to fall below 120 F and scrubbed thoroughly by hand and with rotary brushes. Third: milking equipment is immersed in sanitizer and allowed to air dry on clean metal racks. One time per week, machine is "deep cleaned" by flushing with sanitizer and an acid solution to remove calcium deposits. Claw is completely disassembled and washed in all hard-to-reach places. Equipment is inspected regularly and hoses are replaced as needed. Machine is maintained regularly by a repair person.	Assure that milking equipment is clean and well maintained.		✓	
Bottling Conditions	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	The milk is milked into a stainless steel bucket. Milk is filtered through a single-use inline filter before it enters the bucket. The lidded bucket is carted to the processing area where it is poured into jars and placed into an ice water bath that covers up to the neck of the jar for one hour.	Assure milk moves from cow to jar without contamination, and that chilling is completed in one hour to less than 40 degrees F.	✓		
2	The Milk Room is a clean and dry room with smooth cleanable floors and walls, and a stainless steel three-hole sink. It is well lighted and well ventilated with clean fresh air. The milk room is kept very clean and sanitary at all times. No other farm products enter the milk processing room, and the room is used exclusively for handling milk and cleaning and storing milking equipment. Soiled boots are changed to clean ones prior to entering the milk processing room.	Assure that the Milk Room remains clean at all times.	✓		
3	Milkers wash their hands prior to filling or handling jars and no manure or waste is tracked into the Milk Room. Loose outer layers of clothing that have come in contact with cows or manure are removed prior to entering the milk processing room.	Assure Milkers cleanliness prior to handling milk and filling or capping jars.	✓		

4	All glass jars are initially cleaned by the members and then inspected and washed again in a dish washer located in the clean filling room area. All glass bottles are then capped with a clean jar lid and await filling. All personnel that handle glass jars wash their hands first. The dish washer uses common dish wash soap and reaches a temperature of at least 160 degrees.	Assure that glass bottles are clean and sanitary prior to filling with milk.		✓	
5	All milkers who are not healthy, are ill, or have a cough refrain from working and handling cows, milk or other raw milk related tasks.	Assure the health of all employees that handle milk.	✓		
Pick up Area and Storage	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	All finished, chilled, labeled, dated, and capped raw milk containers are kept in a refrigerator only used for milk, and await member pick-up. The refrigerator has a thermometer and the temperature is maintained at under 40 degrees. Information about raw milk is made available to all members, and members must acknowledge their understanding of the information prior to becoming members.	Assure that product is kept cold and that members have information about raw milk made available to them and that containers are picked up within three days	✓		
2	We would love to be listed and put a RAWMI donation box in our pick up room.	Assure that these tax deductible donations are collected and sent to RAWMI every month.	✓		
Testing Protocol and Results	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	Milk is tested every week in a home lab and monthly by a third-party dairy laboratory for coliform and SPC . Results of tests will be sent to RAWMI displayed at the RAWMI Farmer Portal and made available on the farm website.	Assure testing is completed and data is available and compliant with RAWMI Common Standards and for review.			✓

2	All cows of milking age are tested annually by our veterinarian for Brucellosis and TB. Any positive results are referred to the state veterinarian. Share owners will be notified of any positive results and actions to take there of.				✓
3	If bacteria results fall above the RAWMI Common Standards, the farmer is invited to contact RAWMI or another RAWMI LISTED member to consult and determine the likely cause and retest until a conforming test result is achieved.	Assure compliance with Common Standards.			✓
4	A warning statement is given in the herdshare paperwork that each share owner signs, and it is pointed out specifically prior to signing. Statement says: <i>Raw (unpasteurized) milk and raw milk dairy products may contain disease-causing micro-organisms. Persons at highest risk of disease from these organisms include newborns and infants; the elderly; pregnant women; those taking corticosteroids, antibiotics or antacids; and those having chronic illnesses or other conditions that weaken their immunity.</i>	Assure that warning is read and understood by each share owner.	✓		
Member Feedback and Recall Plan	Narrative of Conditions	Risk Reduction	GMP	SSOP	CCP
1	Members are encouraged to submit a note to the farmer in a "drop box" at the point of pickup. Notes are invited for either "complaints or compliments". Encourage customers to provide feedback about any illnesses that they may have suffered as a result of raw milk consumption.	The RAWMI LISTED farmer must keep a file and record of all complaints. This information is used to track any potential emerging issues.	✓		
2	Up to date email and phone contact information is collected for every share owner. A yearly request to update this information as needed is sent out to share owners. In the event of a bacterial outbreak every share owner can be contacted immediately and instructed to dispose of or return their milk.	Assure that in the event of an outbreak, all milk that has left the farm can be immediately recalled.	✓		