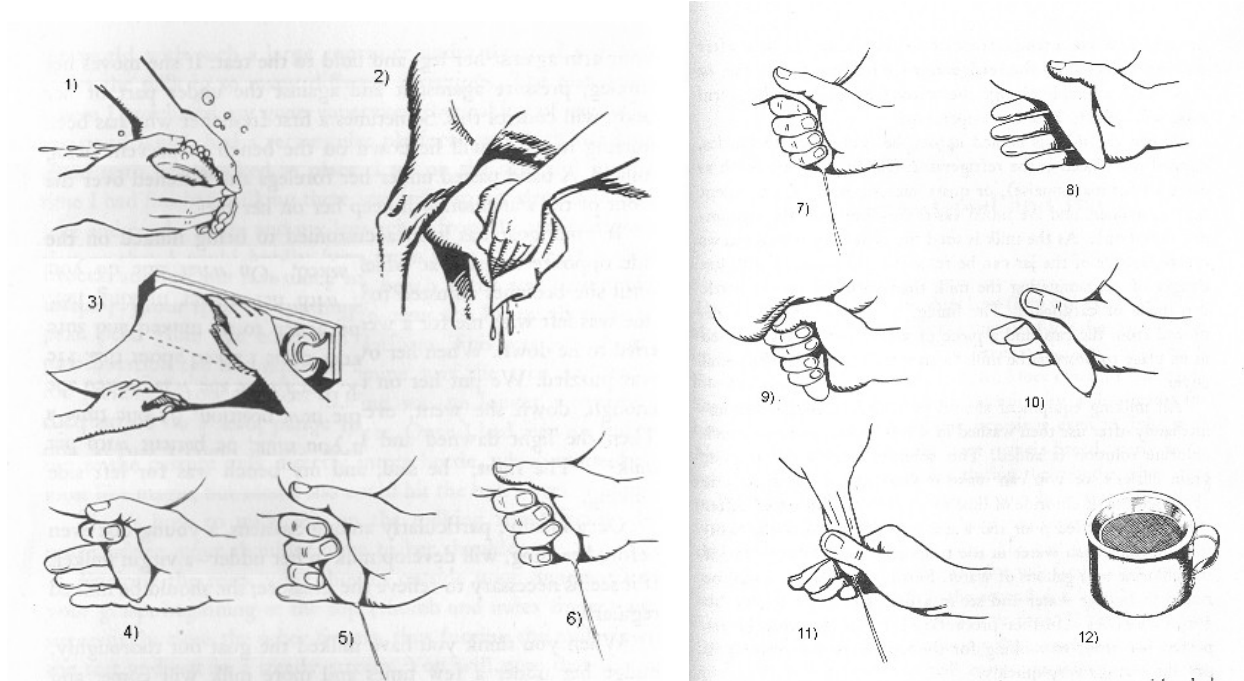


## HOW TO HAND MILK

From the Book *Starting Right With Milk Goats* by Helen Walsh



- 1) In milking follow the same routine at each milking. Be gentle. Strangers - and the family dog tend to make a doe "hold up her milk." Keep them out of the barn or milk room. After milk pail and wash pail are ready, be sure your hands are clean.
- 2) Wash the goat's udder in chlorinated warm water - from 120 - 130° F. The udder should be washed *just before milking*. Use a separate washrag for each goat.
- 3) Have a roll of paper towels handy to milking stand. Dry the goat's udder and your hands. Wet hands can cause a chapped udder –and worse.
- 4) Milk can run out of the teat into the pail or *back into the udder*. So first close your thumb and first finger so the milk cannot run back into the udder.
- 5) Next close your second finger and the milk should squirt out. Discard the first stream-it will be high in bacteria.
- 6) Close the third finger. Use a steady pressure. Don't jerk down.
- 7) Next close your little finger. . . squeeze with whole hand.
- 8) Now release the teat and let it fill up with milk. Repeat the process with the other hand. . .
- 9) When the milk flow is near to stopping, nudge the bag to see if the doe has let down all her milk.
- 10) The final bit of milk may be stripped out. Take teat between thumb and first finger.
- 11) Now run down length of teat. Milk high in butter fat usually comes at end of milking. But prolonged stripping is bad for the teats and udder.
- 12) Strip cup: the first milk is milked into the strip cup. If the milk is "lumpy" it will not pass through the strainer.