

The white stuff

Consider these grassy alternatives to conventional milk. By **Lee Magill** and **Pervaiz Shallwani**



The product	Sky Top Farms grass-fed milk	Living Harvest Hempmilk
What is it?	Nonhomogenized, organic milk from locally pastured cows	Hemp nuts blended with water and brown rice syrup
Health benefits	Contains high levels of conjugated linoleic acid (CLA), an omega-6 that lowers the risk of cancer.	There's a laundry list of vitamins: A, B2, B12, D, E, folic acid, omegas-3 and -6, and calcium.
Agri-culture	Many organic milks come from grain-fed cows, but grass-fed cattle produce a <i>leche</i> that's superior in nutrition and flavor to its feed-eating counterparts.	The seeds in this milk come from Canada, but last month, South Dakota became the first state in decades to issue licenses to would-be hemp farmers.
How does it taste?	Fragrant and smooth, with an added richness from the hay the cows eat in the winter	Thin, slightly nutty and sweet. The chocolate flavor tastes like Yoo-hoo.
Who might drink it	Animal lovers. These happy cows graze freely for three out of four seasons.	Ideal for lactose-intolerant folks who support legalizing the chronic (minus the THC)
Where to get it	\$6.99/gallon at Whole Foods	\$3.99/quart at Whole Foods

