

Aloha Kitchen's
Palawan Cheddar



Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Puerto Proudflower

Aloha Kitchen's
Puerto Proudflower

Aloha Kitchen's
Muscovado de Santa Fe

RICOTTA

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED



from Grass Fed Cows
200 grams

PRODUCT OF PALAWAN
PHILIPPINES

RICOTTA
from Grass Fed Cows

RICOTTA
from Grass Fed Cows

CHÈVRE

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED



from Grass Fed Goats
200 grams

PRODUCT OF PALAWAN
PHILIPPINES

CHÈVRE
from Grass Fed Goats

CHÈVRE
from Grass Fed Goats



ROBINSONS
MALLS



ROBINSONS
MALLS



ROBINSONS
MALLS

Artisan Cheeses
from the Philippines
Philippine
Cheesemaker's
Guild



Wisconsin USA



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

SALE
P
E
C
I
A



SHIP
NET
ES

Cheese Head



Holstien Dairy Cows





Philippines Artisan Cheeses from the Philippines
Philippine Cheesemaker's Guild



Multi-Purpose



Carabao



Good Mozzarella



DALUYOIN





Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers
from the Philippines
Philippine
Cheesemaker's
Guild



Philippines Artisan Cheeses from the PHMFA

**Philippine
Cheesemaker's
Guild**



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the PHMMA
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the PH and around the world
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



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Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers
from the Philippines
Philippine Cheesemaker's Guild

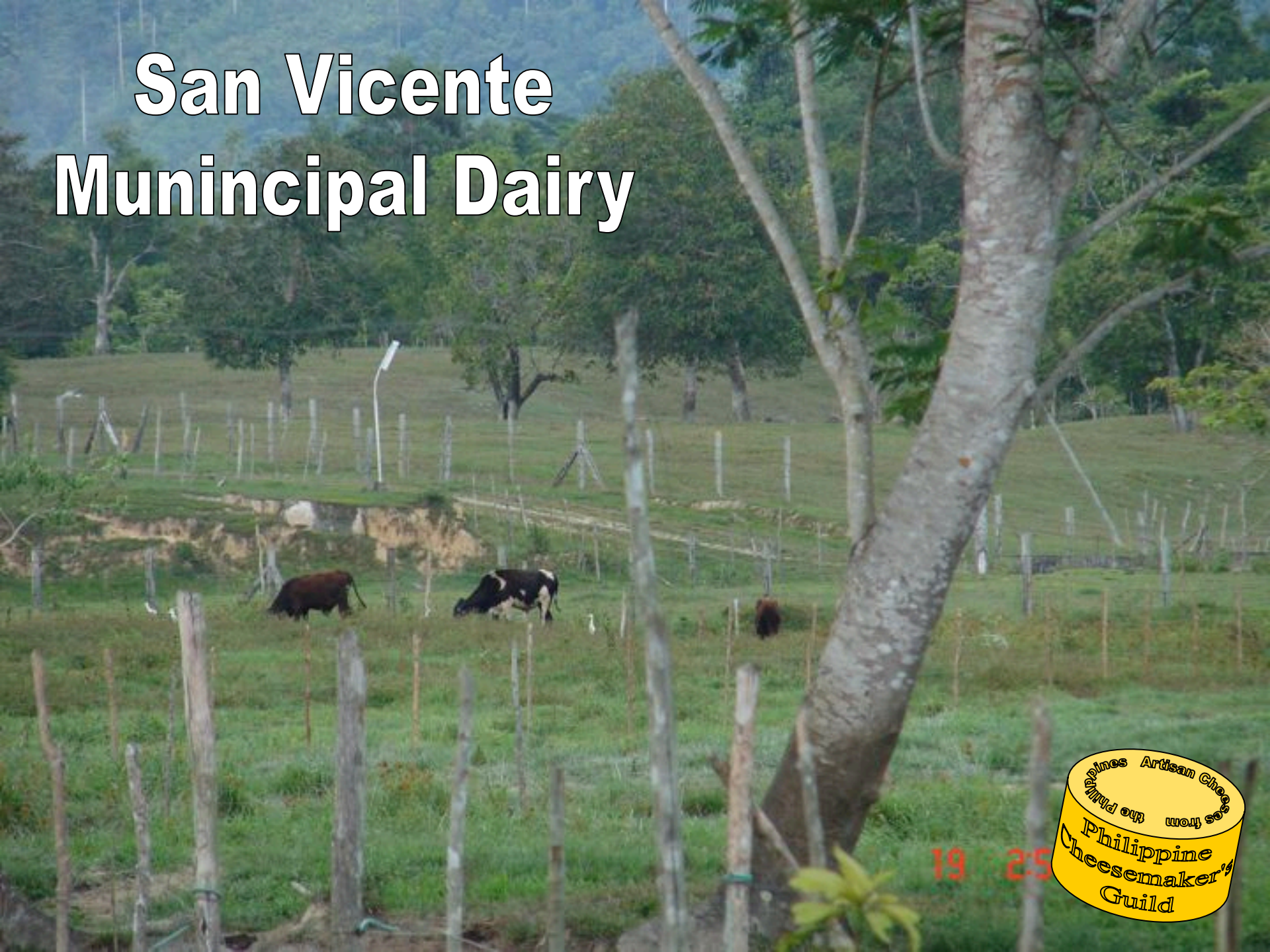


Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

Philippines Artisan Cheesemakers
Stand up with us
Philippine Cheesemaker's Guild



San Vicente Municipal Dairy



19 25



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

19 25



Philippines Artisan Cheesemakers
from the Philippines
Philippine
Cheesemaker's
Guild

19 2:5

Milk is collected on a dairy



Philippines Artisan Cheesemakers
from the Philippines
Philippine
Cheesemaker's
Guild

19 2:5

A Raised
Floor Dairy



19 25

Milking Vacuum



Philippines Artisan Cheesemakers
from the world
Philippine
Cheesemaker's
Guild

19 3:0



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

19 3:8



Philippines Artisan Cheesemakers from the world
Philippine Cheesemaker's Guild

19 30



Pasteurizer



19 3:3





Handwritten text on a blue sign, including a list of items and a small diagram. The text is partially obscured by the photograph.



Handwritten text on a blue sign, including a list of items and a small diagram. The text is partially obscured by the photograph.

Handwritten text on a blue sign, including a list of items and a small diagram. The text is partially obscured by the photograph.



Palawan Creamery



Artisan Cheese Production



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



- High quality milk is:
- ✓ Raw (unpasteurized)
 - ✓ Fresh (not stale)
 - ✓ Good Brix ($>10^{\circ}$)
 - ✓ From Grass Fed cows
(no soy or grain)

Brix^o as a quality indicator

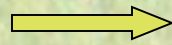


By Products

Whole Milk

Yogurt

Cheese



1st Whey

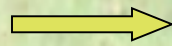


Ricotta Cheese

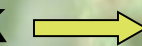


2nd Whey

Cream



Skim Milk

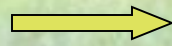


Parma Cheese



2nd Whey

Butter



Skim Milk

Cow Milk Production

W.R. 96 Liters/day

Good breed 29 L/day

Tropical Production 11L/day

San Vicente 6 L/day

Carabao Milk 4 L/day

Native cow 1-3 L/day



33 L Milk

4.5 K Cheddar

1.6 K Ricotta

30 L Whey

X P44/L = P1,452

P6,752

P1200

Chicken/Pigs

P7,452 - 1,752 Costs = P5,750 - 750 Labor = 5,000 profit

Kitchen production



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

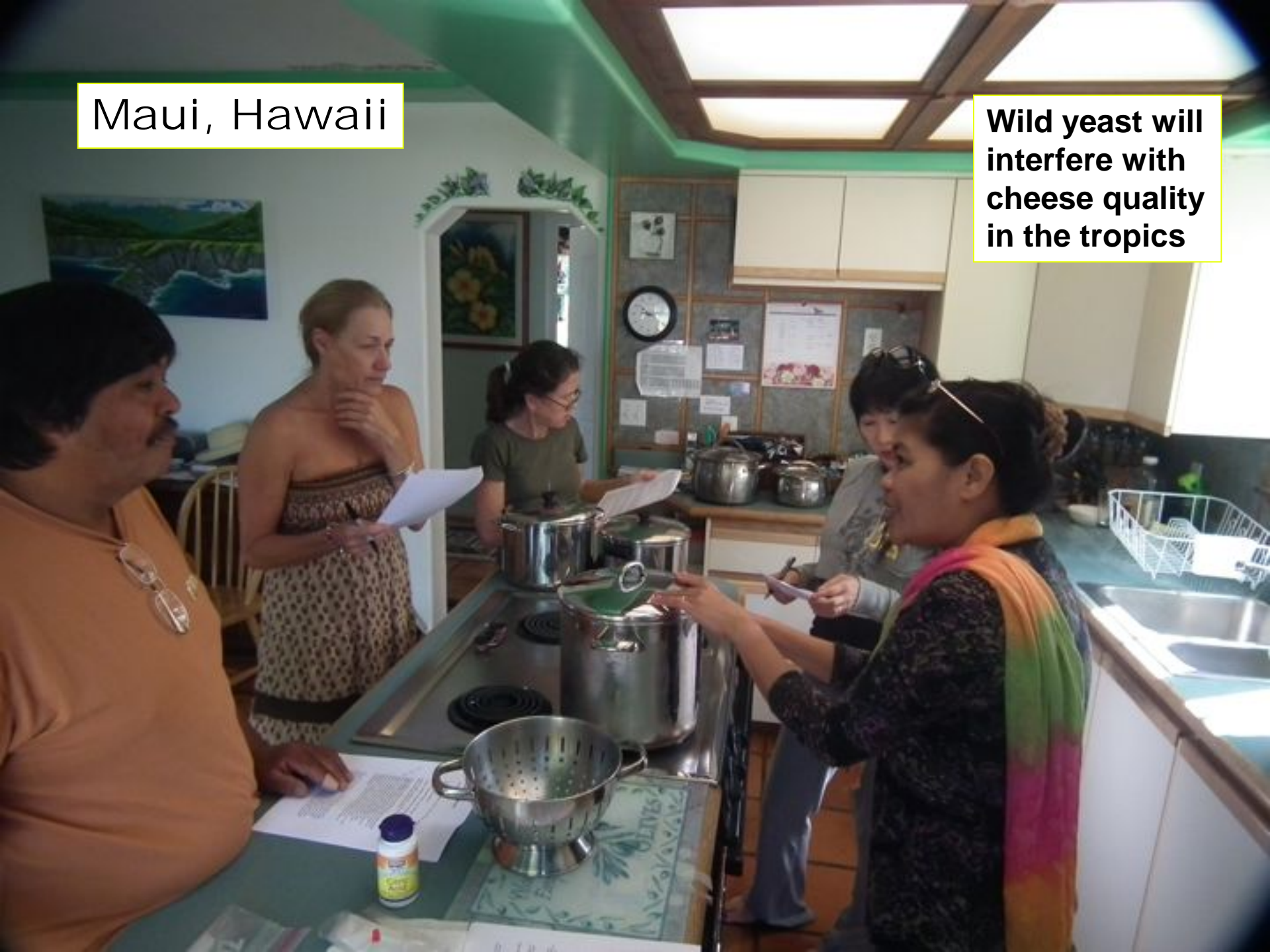
Cheese can be made in your kitchen to start

Wild yeast will interfere with cheese quality in the tropics



Maui, Hawaii

Wild yeast will interfere with cheese quality in the tropics



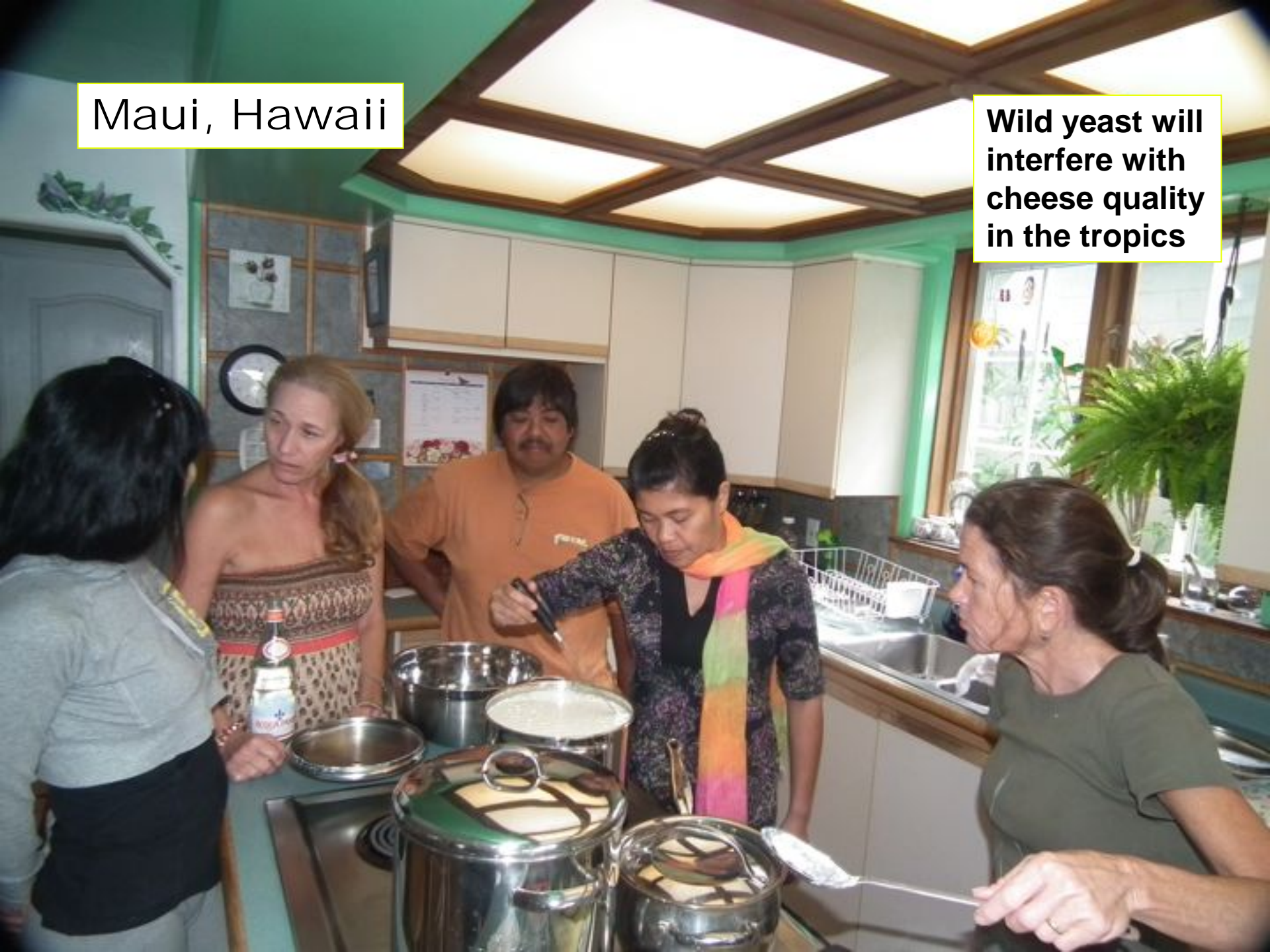
Maui, Hawaii

Wild yeast will interfere with cheese quality in the tropics



Maui, Hawaii

Wild yeast will interfere with cheese quality in the tropics



Maui, Hawaii

**UHT and GMO
milk may not
coagulate**

**Wild yeast will
interfere with
cheese quality
in the tropics**



Equipment not ergonomic

Need Lower Equipment



Aloha House

The clean room



The clean room



The creamery



The creamery



In the tropics quality cheese is made in a Creamery



In the tropics quality cheese is made in a Creamery

Ergonomic design



Ergonomic design



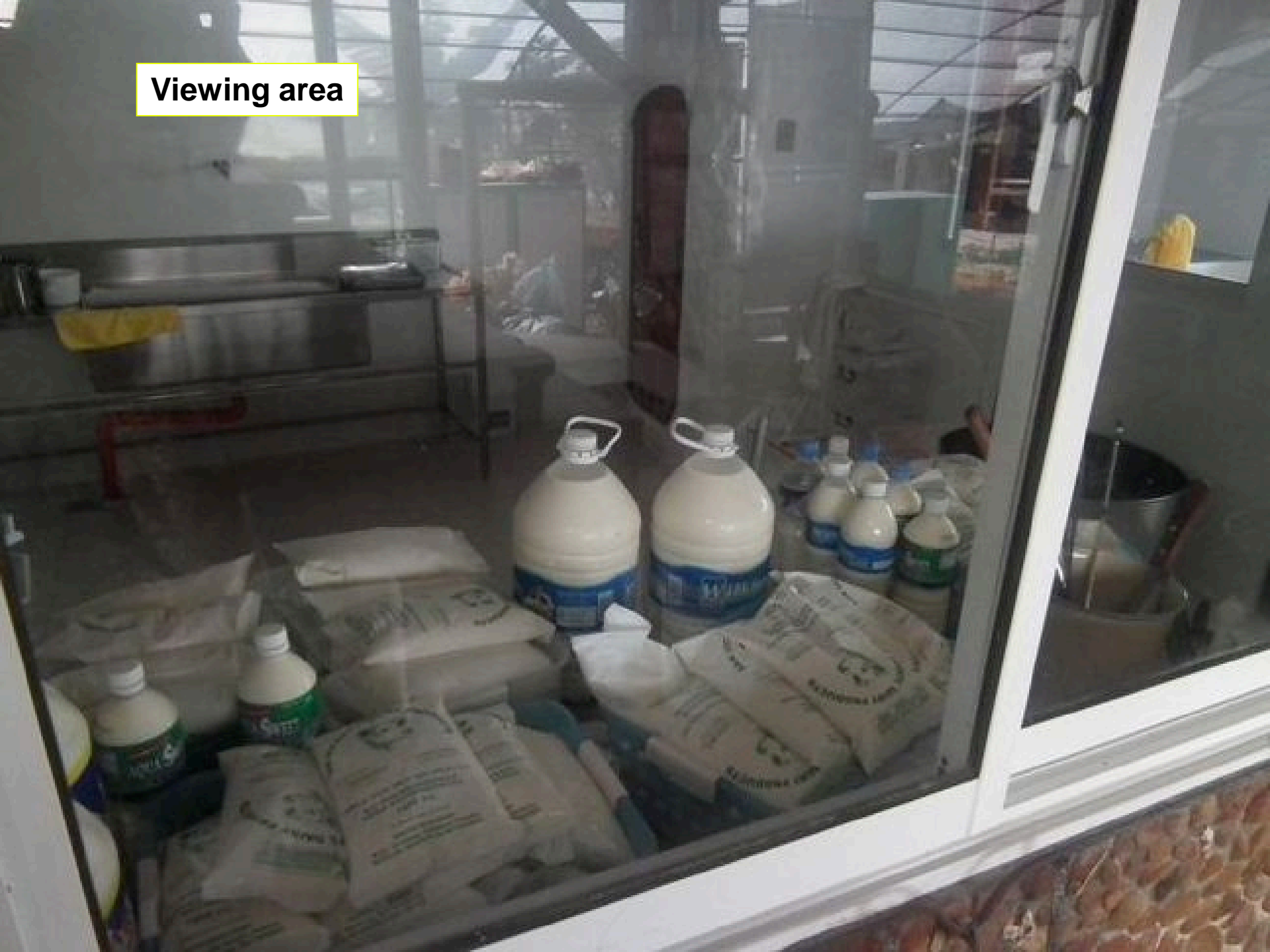
Planned Work space



Washable surfaces



Viewing area



Ergonomic design







Clean Break

**Curdling with
Mesophiles
Thermophiles
add Rennet**

**30° C
86° F**



Cutting the Curd



Cutting the Curd





Cooking the Curd

38° C

100° F





Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheeses from the Philippines
Philippine Cheesemaker's Guild



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

Mozzarella



Gouda

Brine





Cheddar



Cheddar

Press



Cheddar



Feta



Curing and Aging



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

Curing and Aging



Curing and Aging



Curing and Aging





Curing and Aging



CHEDDAR 09-29-10

CHEDDAR 9-19-10

CHEDDAR 6-20-10

Curing and Aging

Aloha Kitchen's
Palawan Cheddar



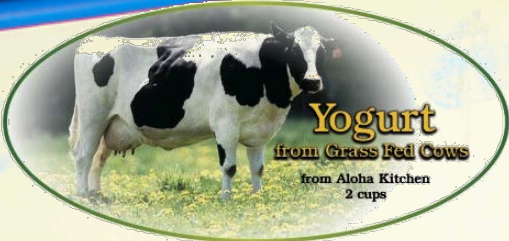
Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Puerto Proudflower

Aloha Kitchen's
Puerto Proudflower

Aloha Kitchen's
Muscovado de Santa Fe



Baby corn

onions

Red lettuce

Green lettuce

kimchi



Whole Wheat

Honey

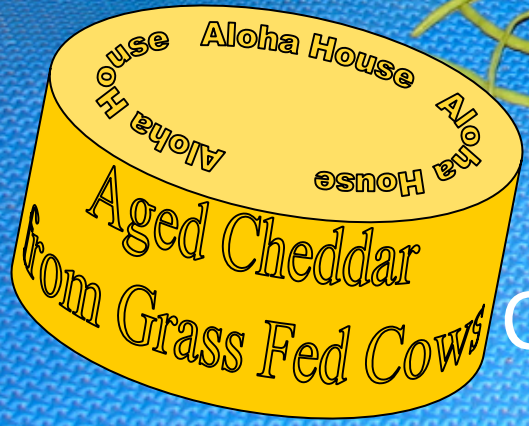
Papaya

Sweet basil

Kangkong



cucumber



Pole beans

Thai basil

Chili Pepper





Livelihood Products Available

Philippines Artisan Cheeses
from the Philippines
Philippine
Cheesemaker's
Guild

PRICE LIST

effective February 2009

Organic Herbs:

Php

Chinese Celery	30.00	100 grms.
Cilantro / Coriander	70.00	100 grms.
Dill weed	70.00	100 grms.
Garlic Chives	100.00	kilo
Gotocula	70.00	100 grms.
Italian Oregano	70.00	100 grms.
Lemon Basil	30.00	100 grms.
Lemon Grass Stalk	50.00	kilo
Lemonmint	30.00	100 grms.
Orangemint	30.00	100 grms.
Parsley	70.00	100 grms.
Rosemary	40.00	100 grms.
Sweet Basil	300.00	kilo
Tarragon	50.00	100 grms.
Thai Basil	30.00	100 grms.

Others:

Php

Cucumber	60.00	kilo
Flowering Pechay	60.00	kilo
Lettuce	200.00	kilo
Arugula	200.00	kilo
Mizuna	150.00	kilo
Tat-soi	60.00	kilo
Pai-Tsai	60.00	kilo
Pechay	45.00	kilo
Radish	60.00	kilo
Sweet Corn	50.00	kilo
Thai Hot Pepper	300.00	kilo
Tomato (small)	60.00	kilo
Tomato (Big)	100.00	kilo
Upland Kangkong	50.00	kilo

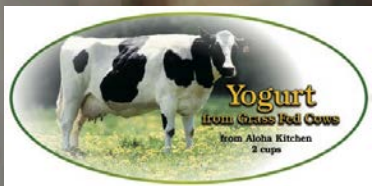


Kitchen Produce:

Yogurt	120.00	per tub
Kimchi	90.00	per tub
Pickled Cucumber	60.00	per tub
Pickled Papaya	60.00	per tub
Feta Cheese	850.00	kilo
Spread Cheese	800.00	kilo
Ricotta Cheese	600.00	kilo
Gouda Cheese	1,200.00	kilo
Cheddar	1,500.00	kilo
Mozzarella	800.00	kilo
Fresh Milk (Cow)	75.00	liter
Mayonaise	95.00	jar
Ketchup	76.00	jar
Tomato Salsa	95.00	jar
Jam	85.00	jar
Virgin Coconut Oil	220.00	Half Liter
Wild Honey	220.00	liter
	820.00	4000ml
	1,200.00	6000ml
Native Honey Bags	70.00	pc.

*** Price are subject to change without prior notice ***





Cheese and Milk Store



Philippines Artisan Cheesemakers from the Philippines
Philippine Cheesemaker's Guild

SKU 418412
5



P 162.00

P 240.00

P 220.00



ALOHA KITCHEN

Yogurt

400 grams

Ingredients: Fresh milk and live cultures

from Grass Fed Cows

ALL NATURAL NO PRESERVATIVES ADDED

PRODUCT OF PALAWAN, PHILIPPINES

BEST BEFORE _____




ALOHA KITCHEN

Yogurt

400 grams

Ingredients: Fresh milk and live cultures

from Grass Fed Cows

ALL NATURAL NO PRESERVATIVES ADDED

PRODUCT OF PALAWAN, PHILIPPINES

BEST BEFORE _____




RICOTTIA

from Grass Fed Cows

RICOTTIA

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED

from Grass Fed Cows

200 grams

PRODUCT OF PALAWAN
PHILIPPINES

RICOTTIA

from Grass Fed Cows

Ingredients:
Fresh Milk,
Cheese cultures,
Salt.

BEST BEFORE _____




CHÈVRE

from Grass Fed Goats

Ingredients:
Fresh Milk,
Cheese cultures,
Salt.

BEST BEFORE _____

CHÈVRE

ALOHA KITCHEN

ALL NATURAL
NO PRESERVATIVES ADDED

from Grass Fed Goats

200 grams

PRODUCT OF PALAWAN
PHILIPPINES




CHÈVRE

from Grass Fed Goats

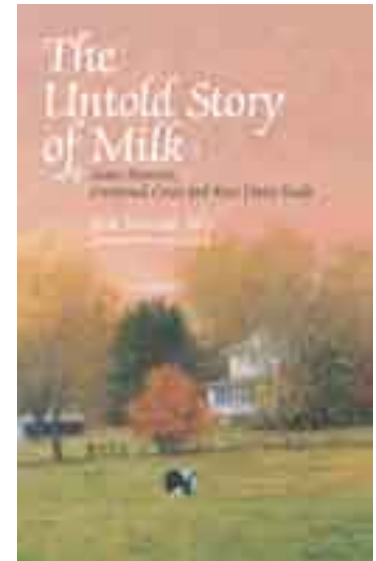
Raw Milk is Uniquely Safe

Consider the calf, born in the muck, which then suckles on its mother's manure-covered teat.



How can that calf survive?

Because raw milk contains multiple, redundant systems of bioactive components that can reduce or eliminate populations of pathogenic bacteria.



Built-In Protective Systems in Raw Milk

Lactoperoxidase

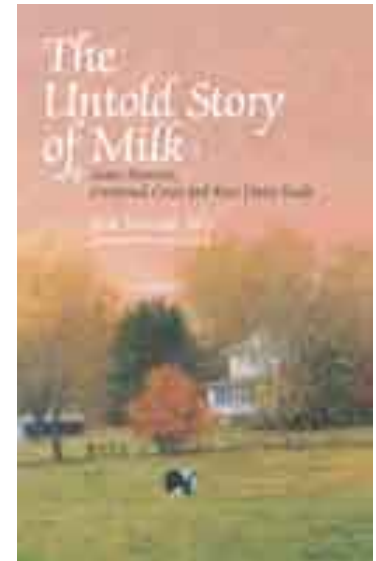
Uses small amounts of H_2O_2 and free radicals to seek out and destroy bad bacteria

In all mammalian secretions—breast milk, tears, etc.

Lactoperoxidase levels *10 times higher* in goat milk than in breast milk

Other countries are looking into using lactoperoxidase instead of pasteurization to ensure safety of commercial milk

British Journal of Nutrition (2000), 84, Suppl. 1. S19-S25.
Indian Journal Exp Biology Vol. 36, August 1998, pp 808-810.
1991 *J Dairy Sci* 74:783-787
Life Sciences, Vol 66, No 23, pp 2433-2439, 2000



Built-In Protective Systems in Raw Milk

Other Bio-Active Components I

Lactoferrin - Steals iron away from pathogens and carries it through the gut wall into the blood stream; stimulates the immune system.

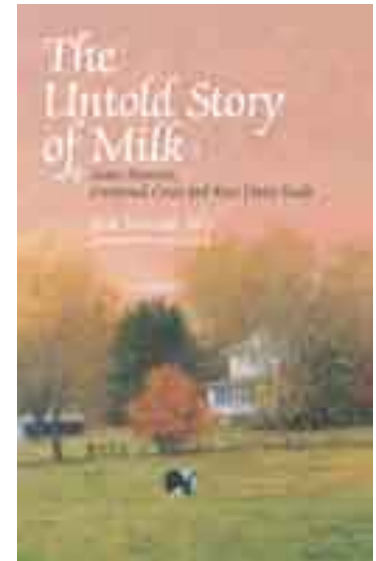
Polysaccharides - Encourage the growth of good bacteria in the gut; protect the gut wall

Medium-Chain Fatty Acids - Disrupt cell walls of bad bacteria; levels so high in goat milk that the test for the presence of antibiotics had to be changed.

Enzymes - Disrupts bacterial cell walls.

Antibodies - Bind to foreign microbes and prevent them from migrating outside the gut; initiate immune response.

(British Journal of Nutrition (2000) 84. Suppl. 1, S3-S10, S11-S17)



Built-In Protective Systems in Raw Milk

Other Bioactive Components II

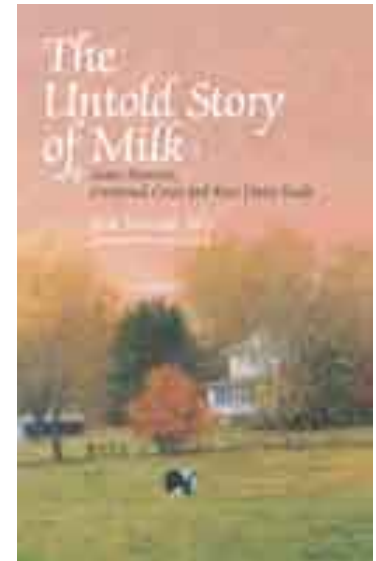
White Blood Cells – Produce antibodies against specific bacteria

B-lymphocytes – Kill foreign bacteria; call in other parts of the immune system

Macrophages – Engulf foreign proteins and bacteria

Neutrophils – Kill infected cells; mobilize other parts of the immune system

T-lymphocytes – Multiply if bad bacteria are present; produce immune-strengthening compounds.



Built-In Protective Systems in Raw Milk

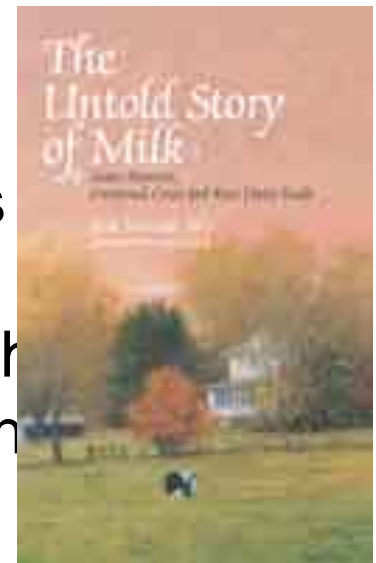
Other Bioactive Components III

Lysosyme – Kills bacteria by digesting their cell walls.

Hormones & Growth Factors – Stimulate maturation of gut cells; prevents “leaky” gut.

Mucins – Adhere to bacteria and viruses, preventing those organisms from attaching to the mucosa and causing disease.

Oligosaccharides– Protect other components from being destroyed by stomach acids and enzymes; bind to bacteria and prevent them from attaching to the gut lining; other functions just being discovered.



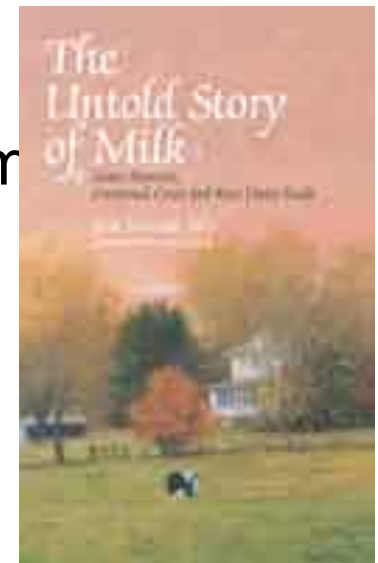
Built-In Protective Systems in Raw Milk

Other Bioactive Components IV

B12 Binding Protein – Reduces vitamin B-12 in the colon, which harmful bacteria need for growth

Bifidus Factor – Promotes growth of *Lactobacillum bifidis*, a helpful bacteria in baby's gut, which helps crowd out dangerous "germs"

Fibronectin – Increases antimicrobial activity of macrophages and helps to repair damaged tissues.

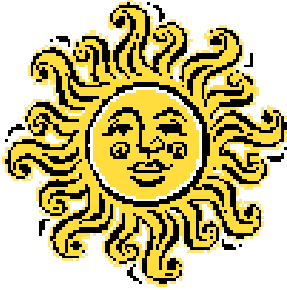


Pasture-Based Mixed Farm

Dairy Cows	
Fresh Milk	\$
Butter	\$
Cream	\$
Yogurt	\$\$\$
Cheese	\$\$\$\$
Culled Cows	\$

Pasture-Based Mixed Farm

Free
Input:
Sunlight

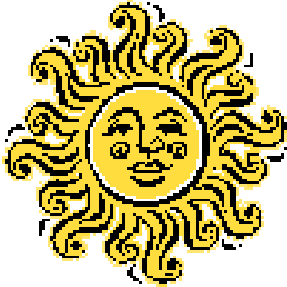


Dairy Cows

Fresh Milk	\$
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Cream	\$
Yogurt	\$\$\$
Cheese	\$\$\$\$
Culled Cows	\$

Pasture-Based Mixed Farm

Free
Input:
Sunlight



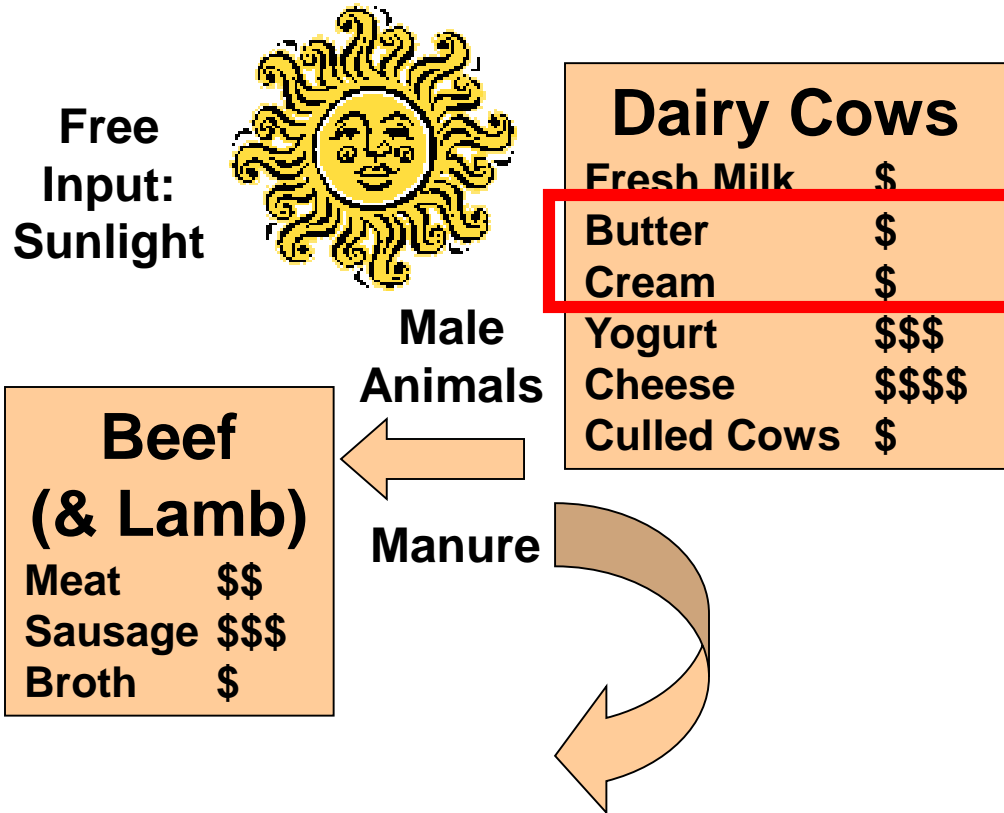
Dairy Cows

Fresh Milk	\$
Butter	\$
Cream	\$
Yogurt	\$\$\$
Cheese	\$\$\$\$
Culled Cows	\$

Purchased
Inputs:

- Some grain
- Mineral fertilizers
- Equipment

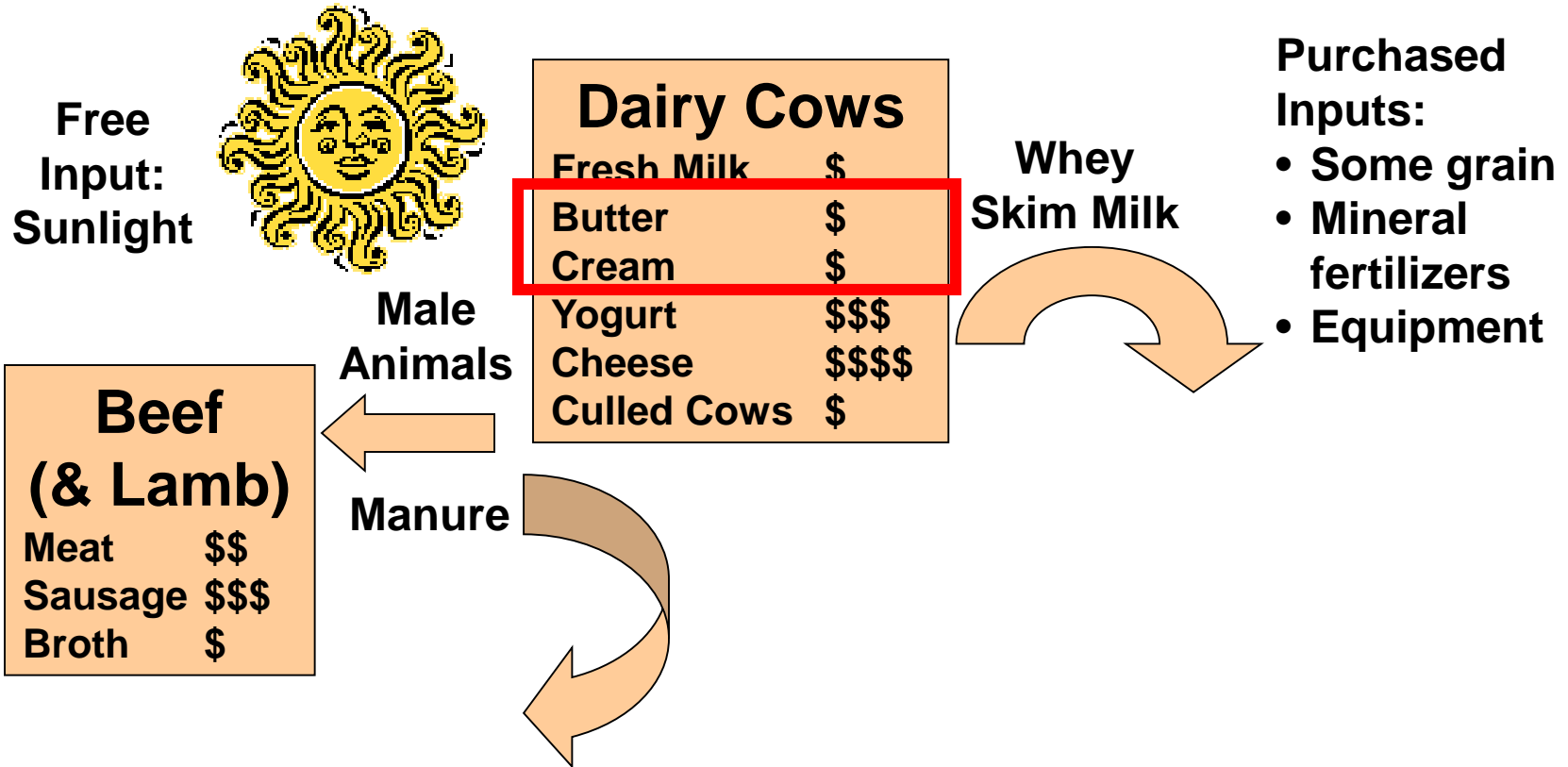
Pasture-Based Mixed Farm



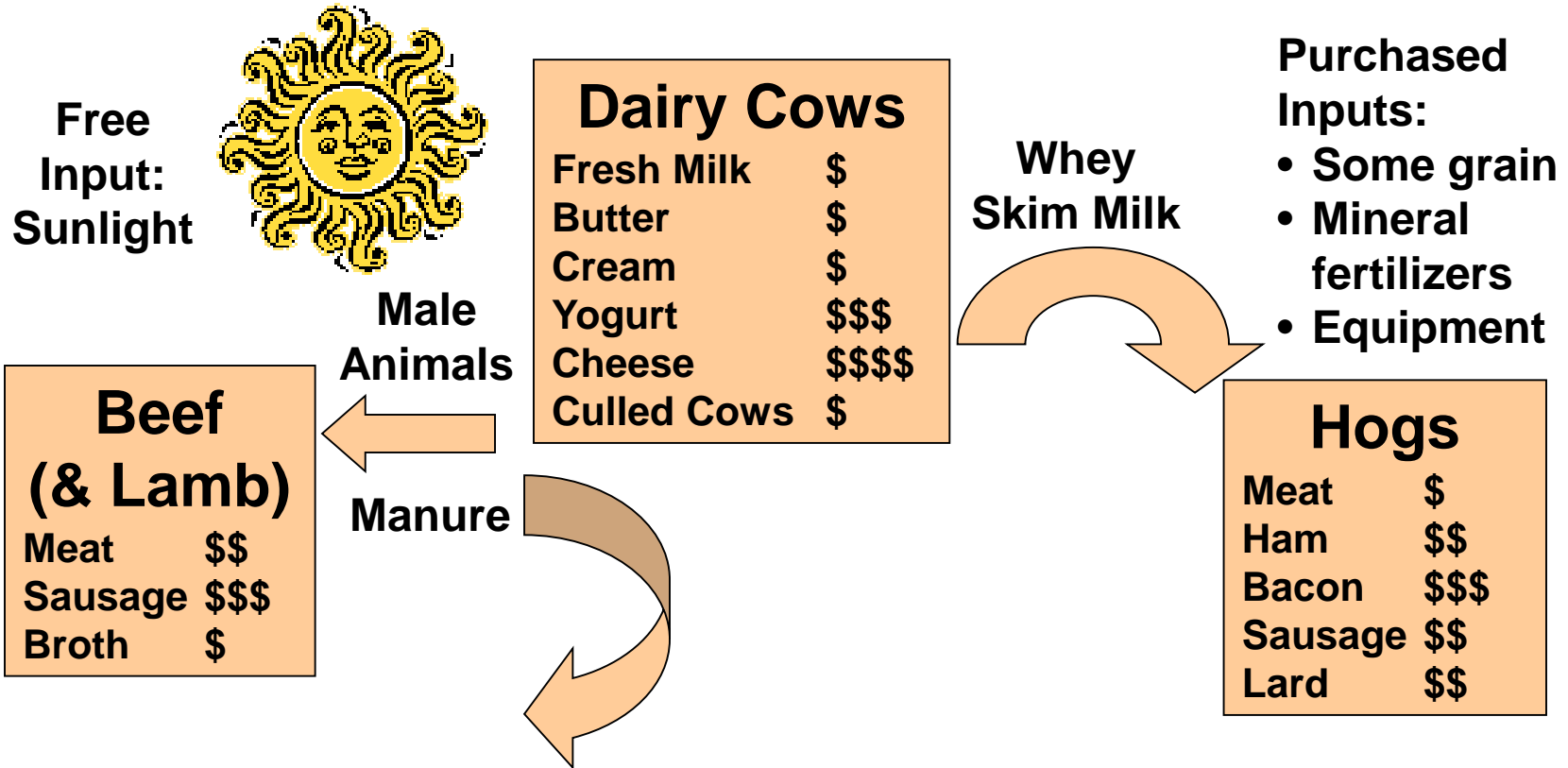
Purchased Inputs:

- Some grain
- Mineral fertilizers
- Equipment

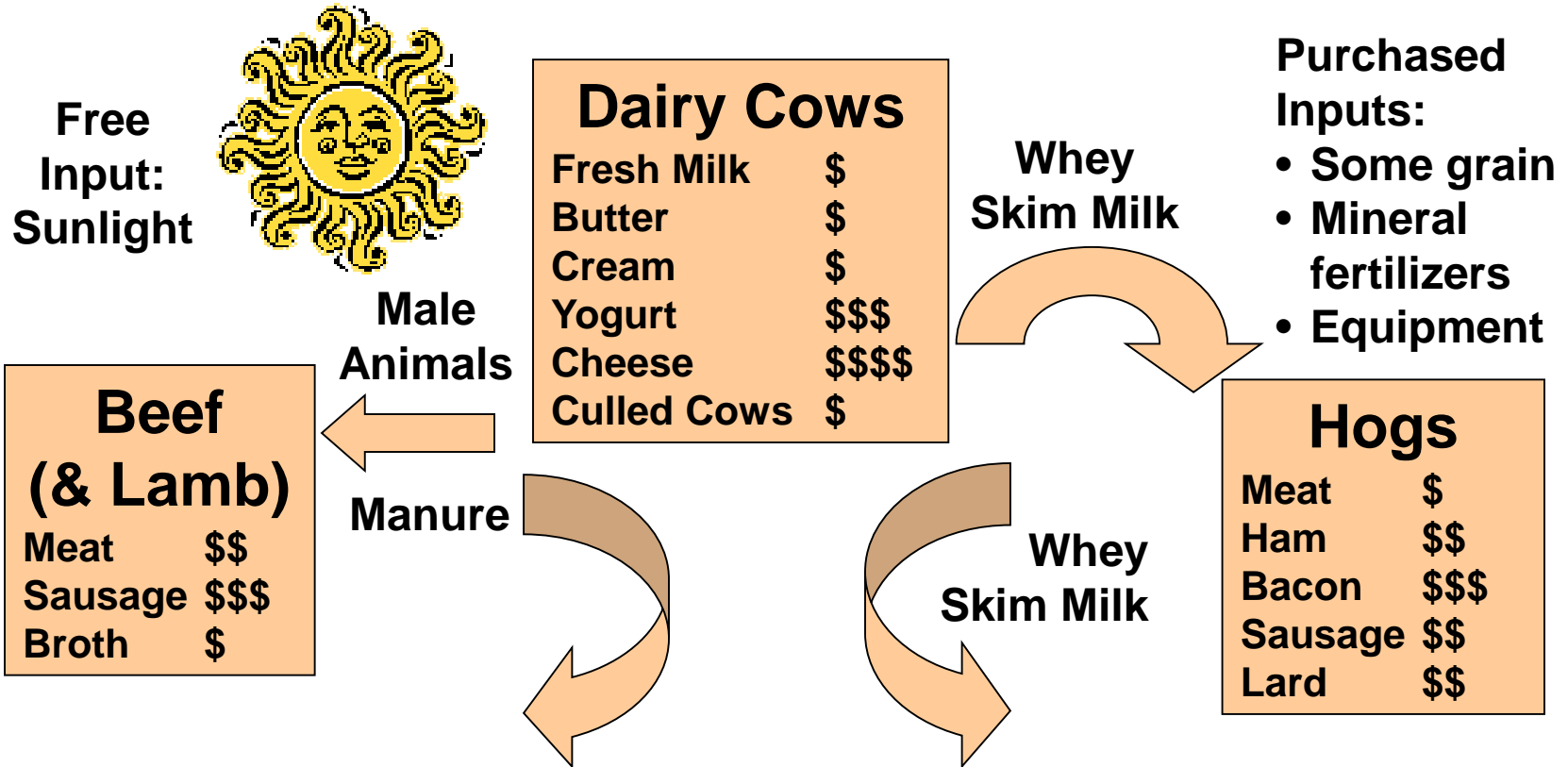
Pasture-Based Mixed Farm



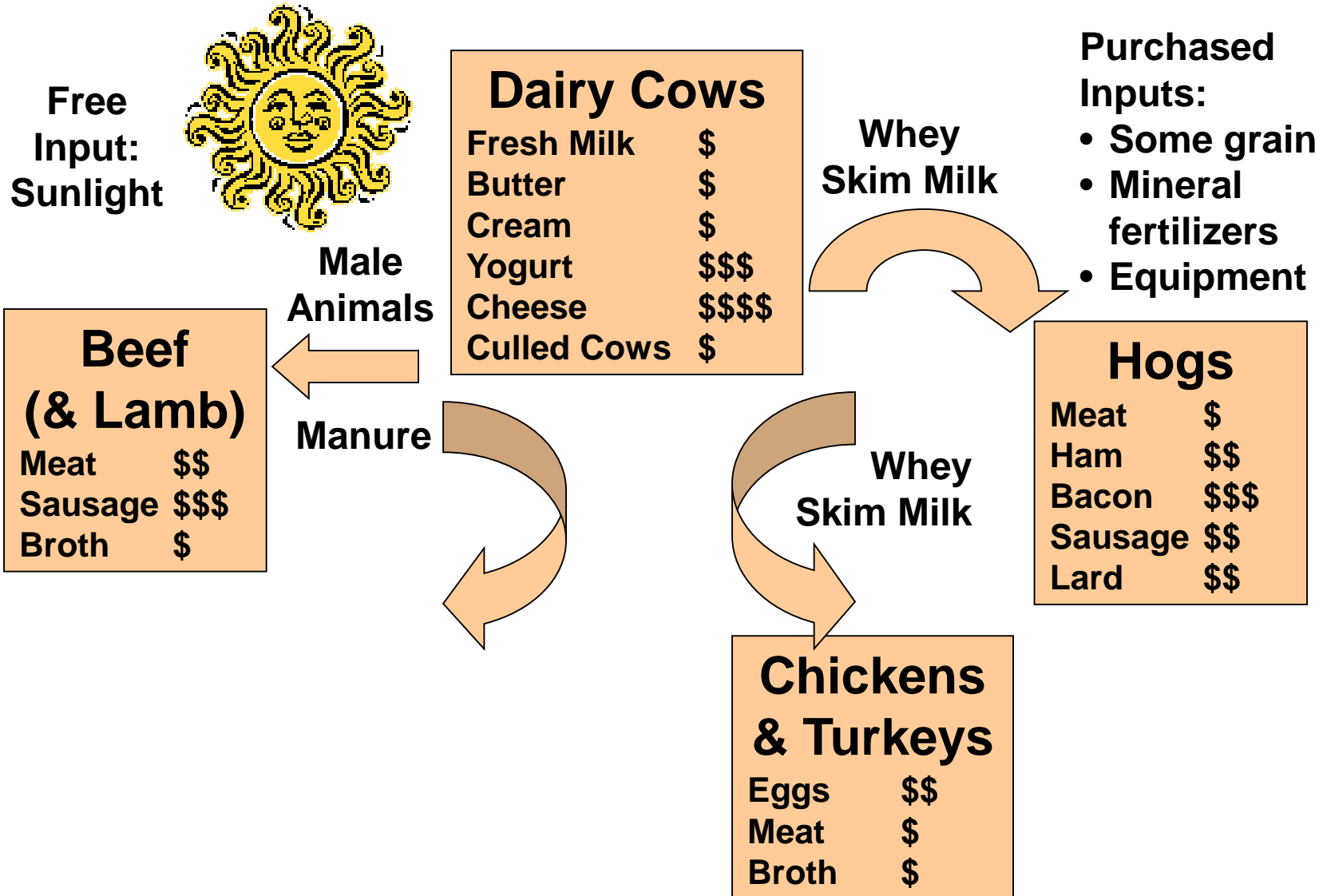
Pasture-Based Mixed Farm



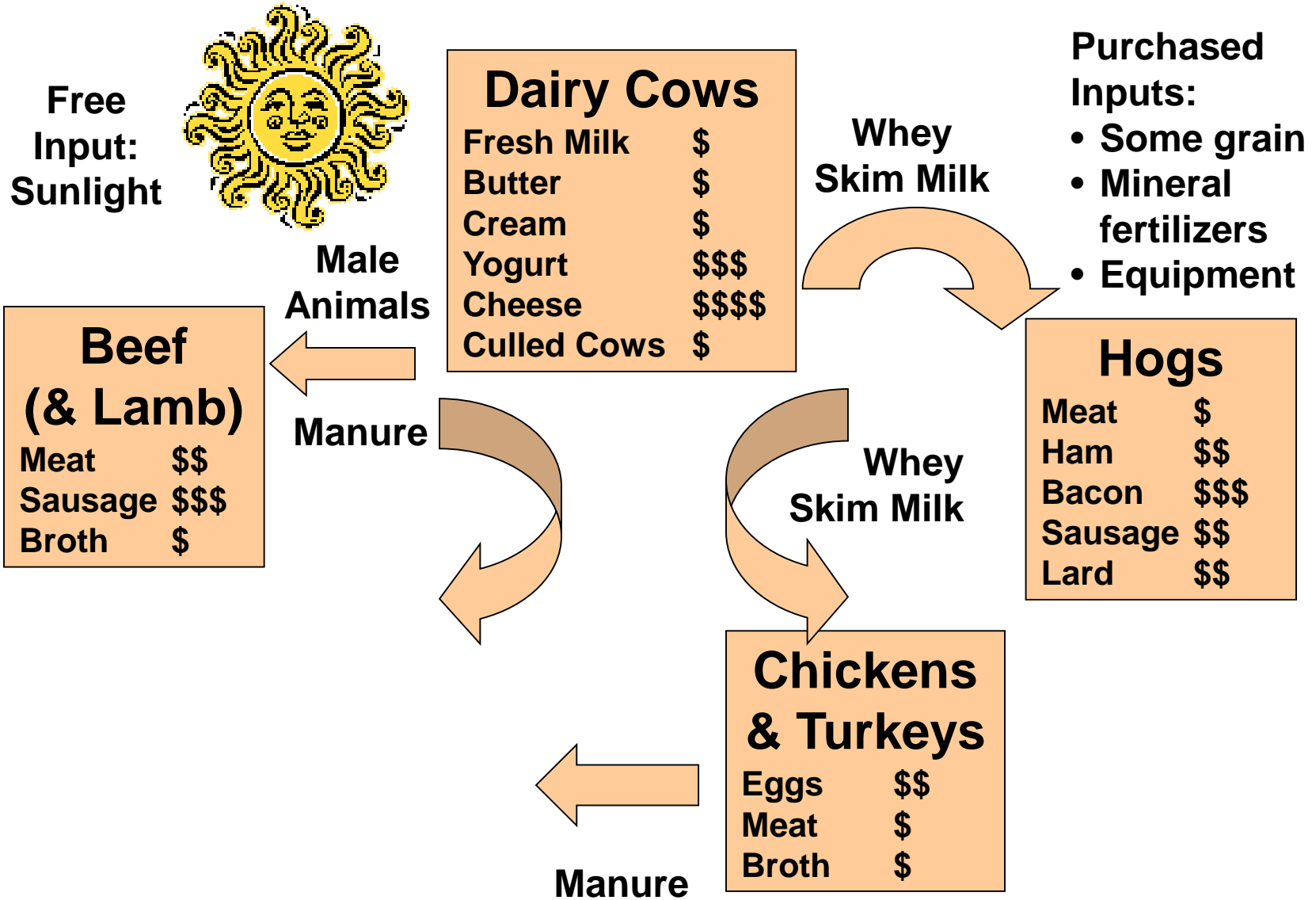
Pasture-Based Mixed Farm



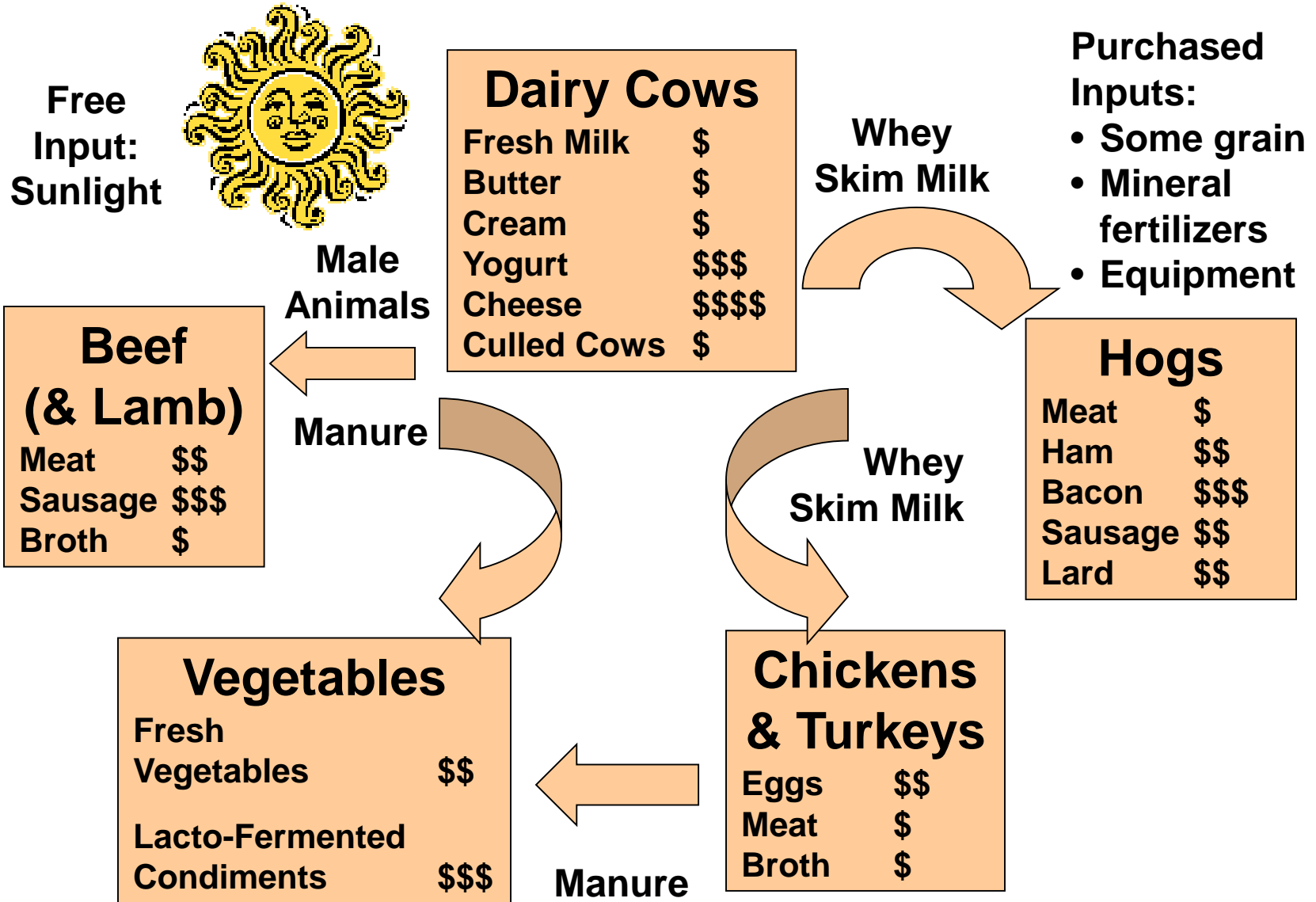
Pasture-Based Mixed Farm



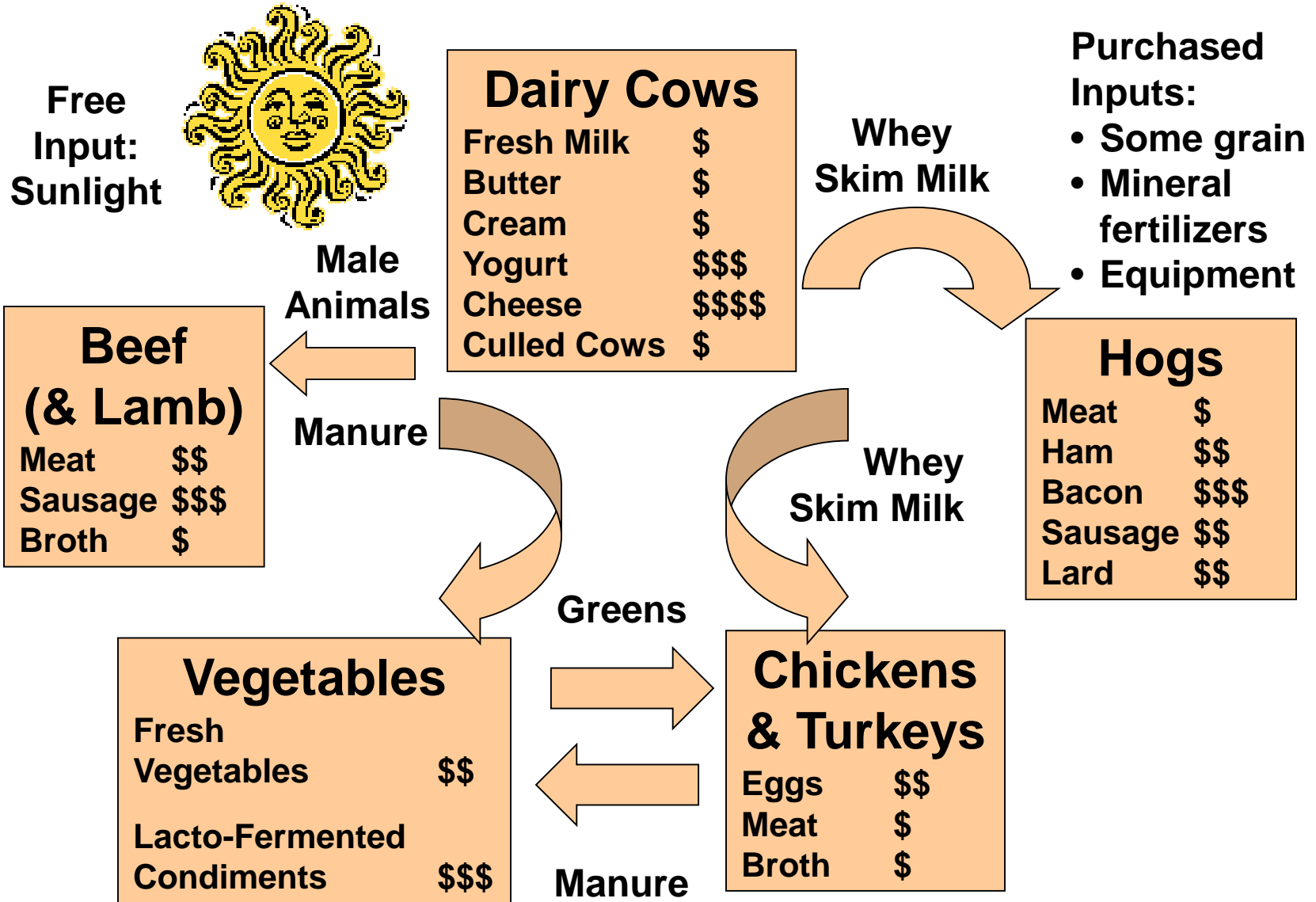
Pasture-Based Mixed Farm



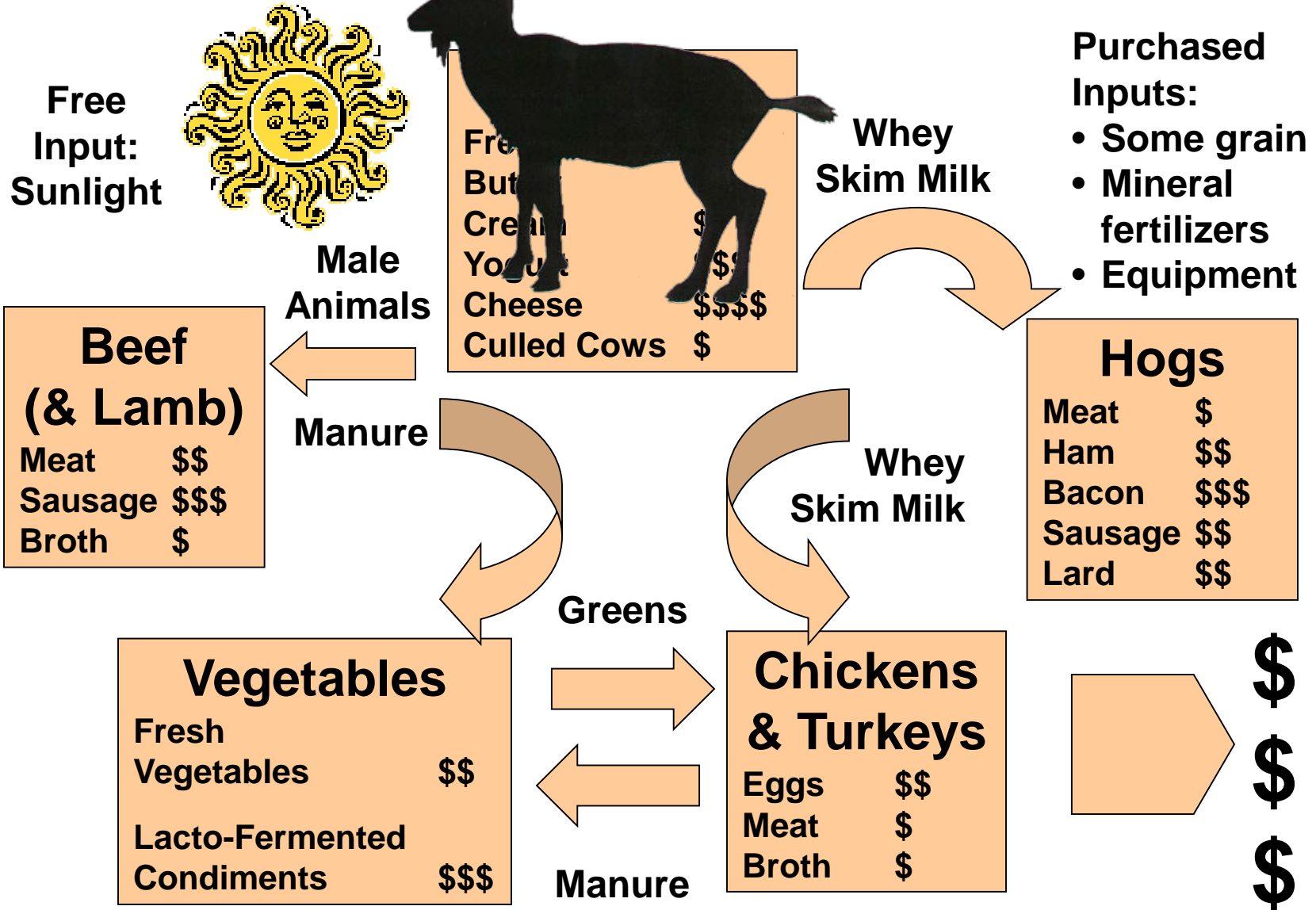
Pasture-Based Mixed Farm



Pasture-Based Mixed Farm



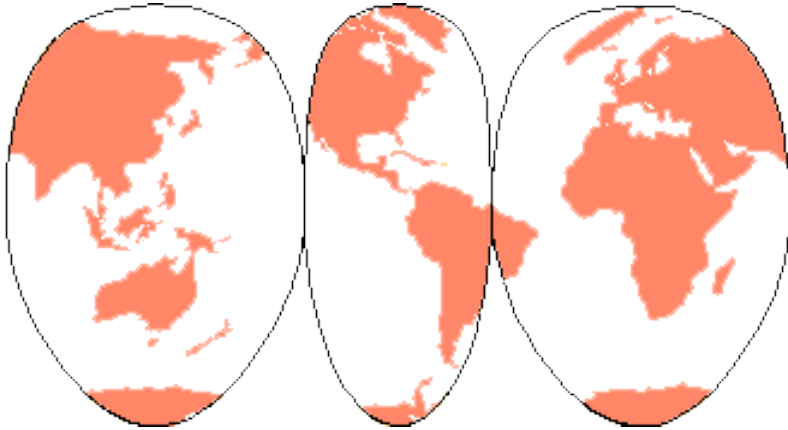
Pasture-Based Mixed Farm



Resources

The Weston A. Price Foundation

www.westonaprice.org



Quarterly Magazine

Informational Brochures

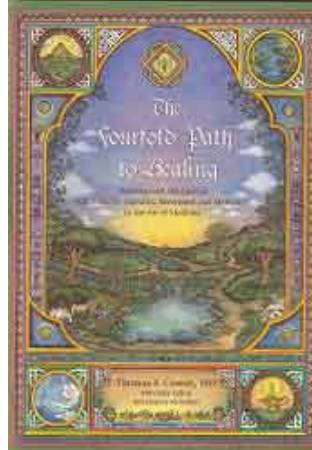
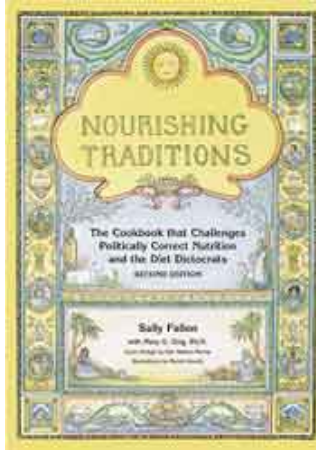
Yearly Shopping Guide

Annual Conference

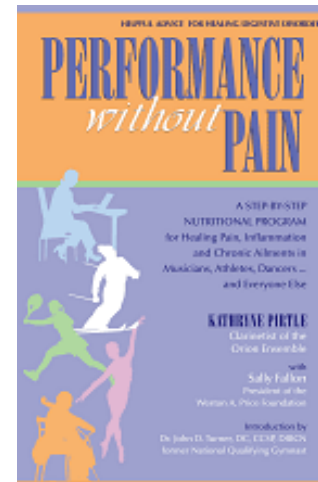
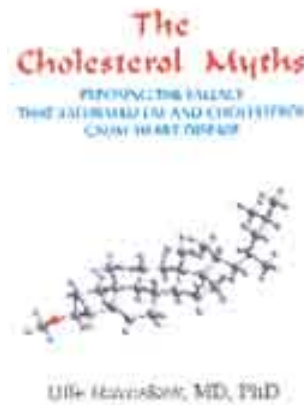
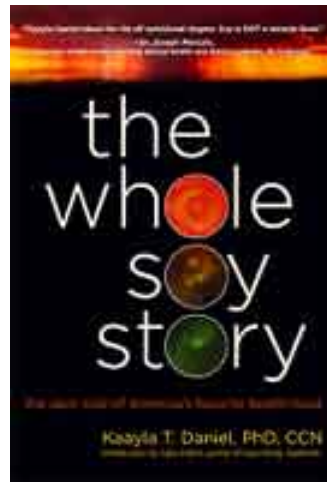
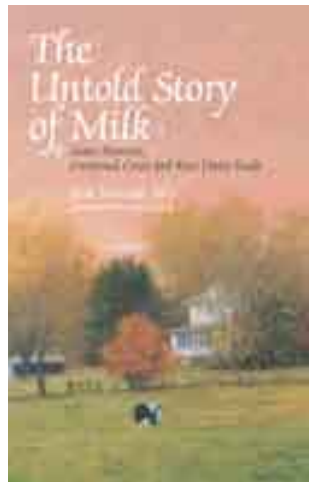
Local Chapters

Resources

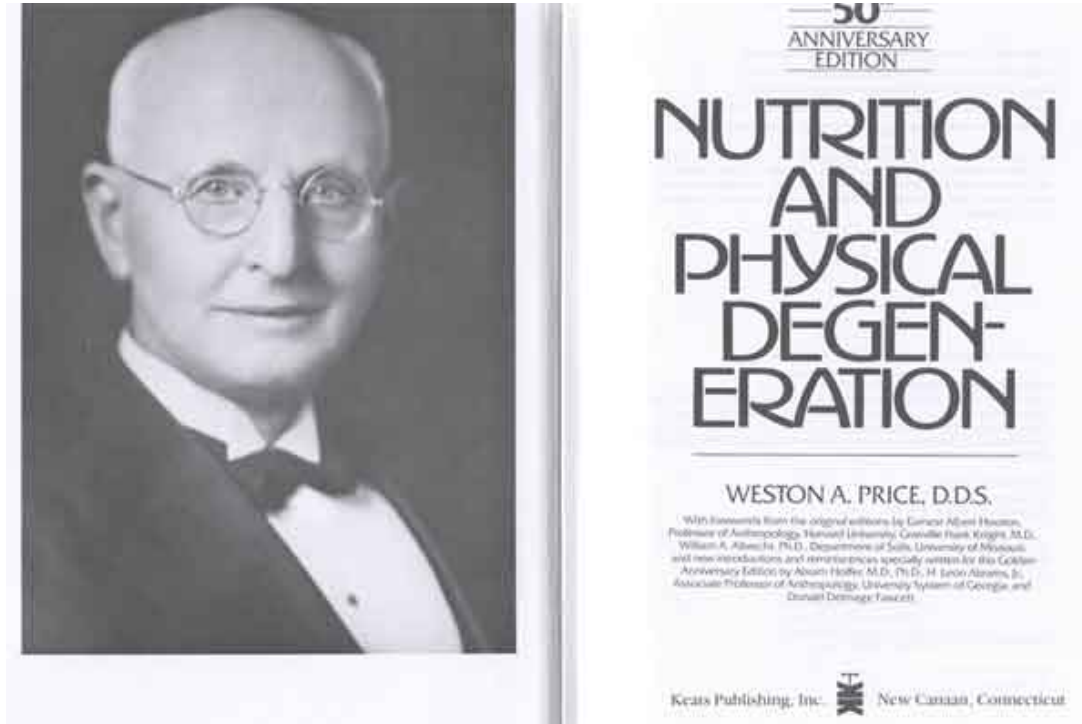
www.NewTrendsPublishing.com



**NewTrends
Publishing
(877) 707-1776**
Important
books on diet
and health



Resources



The Price-Pottenger Nutrition Foundation

www.price-pottenger.org

(619) 462-7600

**We only make cheese
from raw milk from
grass fed cows.**

Join our

Philippines Artisan Cheeses from the
Philippine Cheesemaker's Guild

19 2:57PM

Aloha Creamery

Building

- Stainless Steel Equipment

- 30 gallon inner
- Steamer
- Specialty Gas Stoves
- Pails
- Tables
- Sink

- Cheese Cave

- Racks

Crème Separator

Curd Cutters

Presses

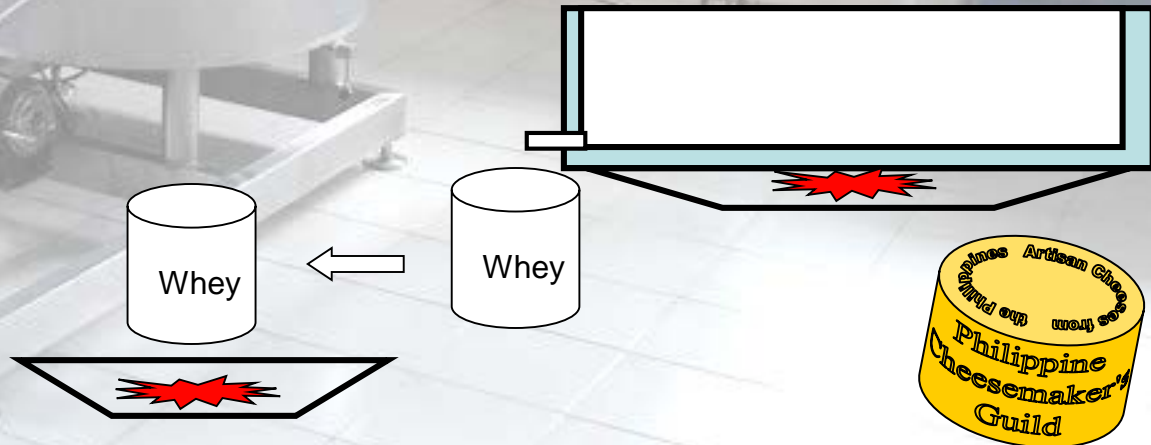
Molds

Cheese Cloth

Bleach/cleaners

Property

MAZE: E 21



Equipment

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.

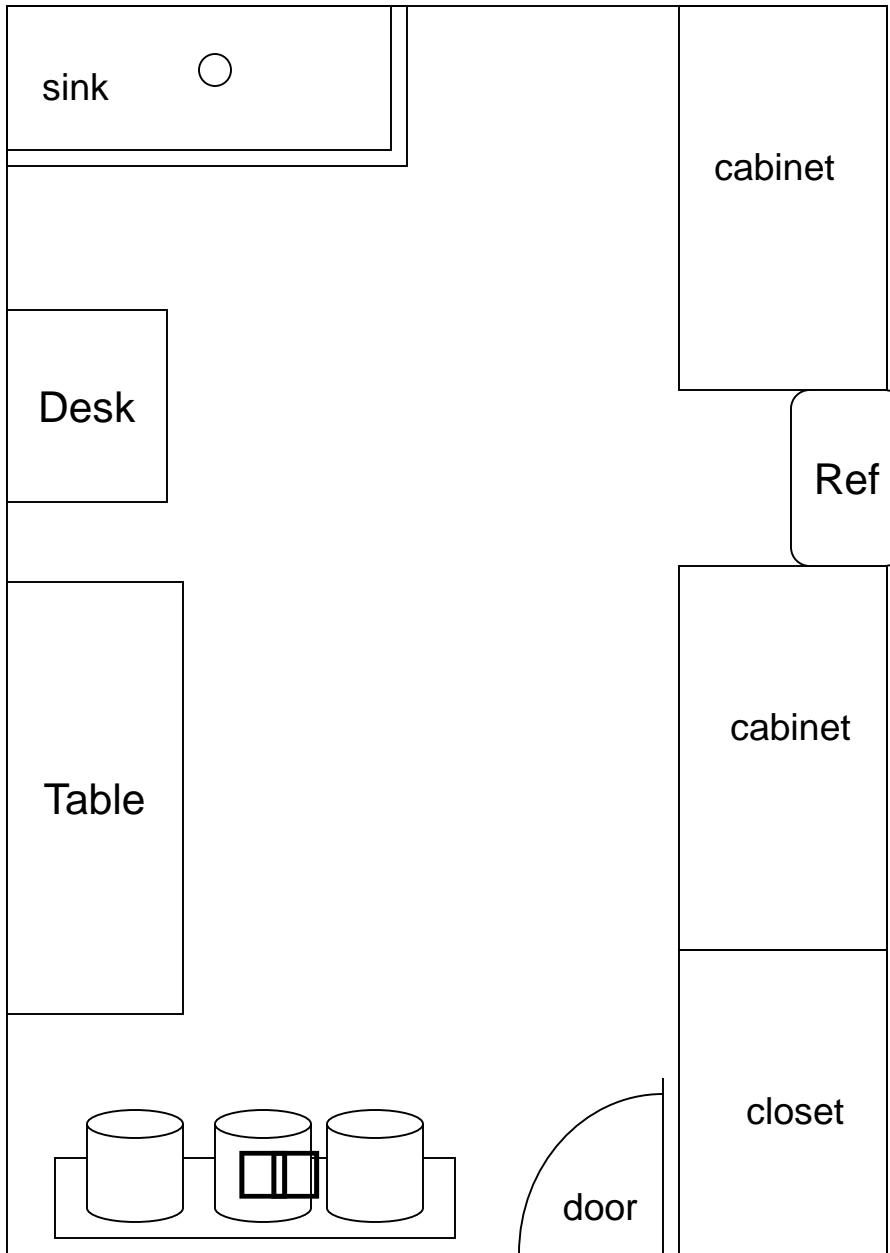
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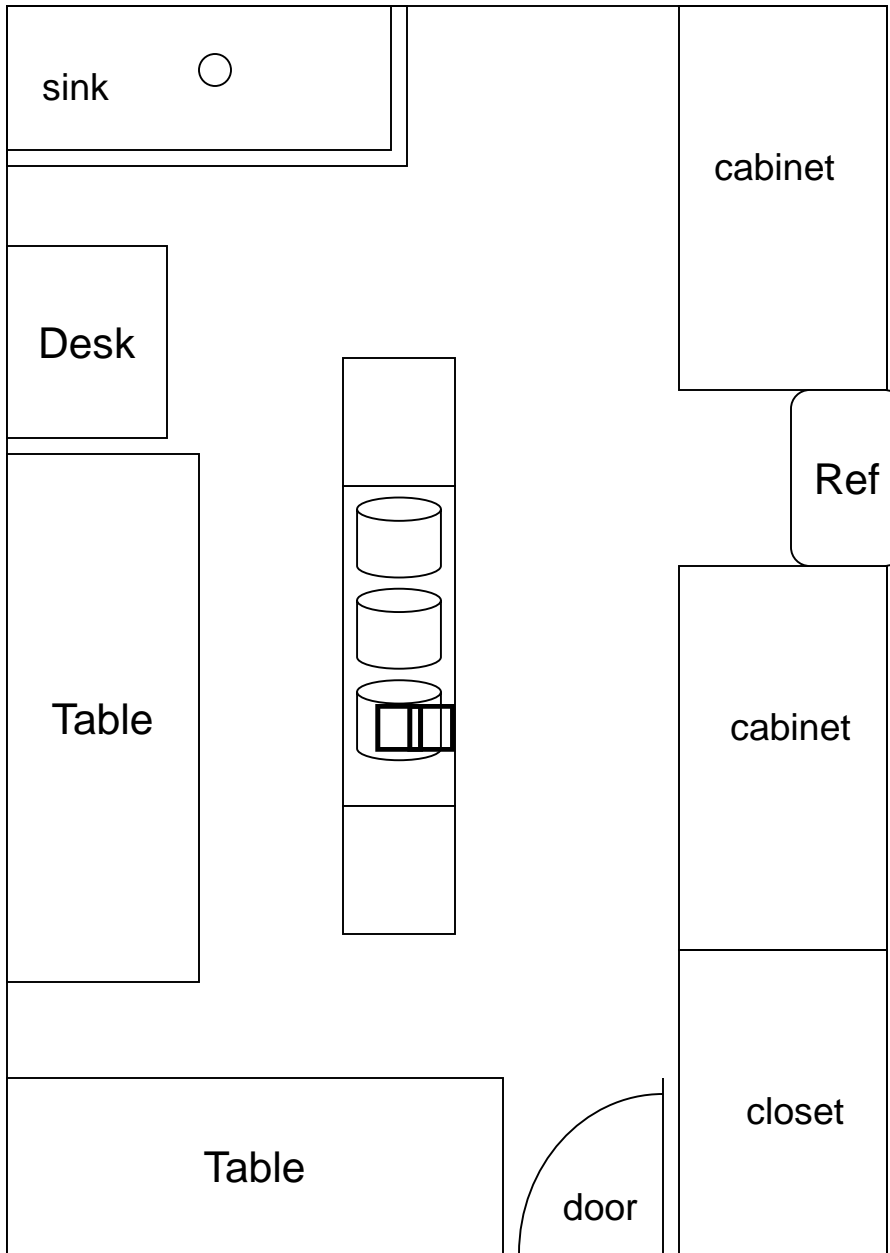
Small scale Cheese Plant, including cooking kettle, 2 Groen Kettles with lids, 2 head Cheese Press, cooling racks, small drain table, plastic cheese molds, knives, & other miscellaneous items

QuickTime™ and a
decompressor
are needed to see this picture.

QuickTime™ and a
decompressor
are needed to see this picture.



**Aloha
Creamery**



**Aloha
Creamery**

Aloha Kitchen's
Palawan Cheddar



Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Palawan Cheddar

Aloha Kitchen's
Puerto Provola

Aloha Kitchen's
Puerto Provola

Aloha Kitchen's
Mozzarella di Bufala

Palawan's
1st
Cheese

Aloha Creamery

Cheddar
Gouda
Mozzarella
Feta Mo' Bedda'

DOUBLE CREAM
COLBY JACK 2.00 A LBS.

Thank You

Palawans Artisan Cheeses from the Palawan world
Philippine Cheesemaker's Guild