

North Dakota  
Agriculture  
in the  
Classroom



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Ag Mag  
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about dairy.

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Midwest Dairy Council  
Minnesota Agriculture in the  
Classroom  
North Dakota Agriculture in the  
Classroom Council  
North Dakota State University  
North Dakota Farm Bureau  
North Dakota Agricultural  
Statistics Service

The North Dakota Ag Mag is a project of  
the North Dakota Agriculture in the  
Classroom Council, which is organized  
through the North Dakota Department of  
Agriculture.

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Ag Mag Production by North Dakota  
State University Agriculture Communica-  
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Graphic Designer

**Fruit Cow**

1 cup yogurt  
1 cup milk  
1 cup fruit (banana slices, berries, your choice!)

Put ingredients in a blender. Blend until smooth  
and creamy. Pour into a tall glass and drink up!