

Goats

- Domestic goats are one of the oldest domesticated species dating back approximately **10,000 years**.
- Goats can be used for their **milk, meat, hair, and skins** throughout much of the world.

Fast Facts

- Wisconsin ranks **1st** for milk goats.
- The gestation (pregnancy) period for goats is about **5 months**.
- Goats **discovered coffee**. Legend has it that an Ethiopian goat herder watched his goats become full of energy after eating a tall bush with shiny green leaves and red berries. He tried the berries too, and felt more awake and active.

Goat Milk

Uses

Goat milk can be pasteurized and sold as fluid milk, condensed, dried or made into cheese.



Where can I find goat milk?

Grocery stores and specialty shops offer gourmet cheese and ice creams made of goat milk, as well as body care products such as soaps and lotions.

The benefits of goat milk?

Goat milk has **fats and proteins** that are **easier to digest** than cow milk.

Therefore, goat milk can be **better for infants** who have weaker stomachs.

Goat milk can also replace cow milk in the diets of people who are **allergic to cow milk**.



Meat Goats

Goat meat is an important source of **protein worldwide**. Goats are inexpensive to maintain, and goat meat is **lower in fat and calories** than chicken, beef, pork or lamb.

In many countries outside of the United States, goat meat is one of the **most popular meats**.

