How to Make Your Own Butter!

June is National Dairy Month, and what better way to celebrate than by making your very own butter?! Butter is a dairy product made from the fat and protein components of milk or cream. The production and consumption of butter comes from our ancestors, who used butter churns to make it! Today, butter churns are a thing of the past, and in this activity, you will learn how to make your own butter in minutes!

1 Gather Supplies:
- Heavy Whipping Cream
- Jar (with lid)
- 2 Marbles (optional)

2 Pour the heavy whipping cream into a jar about halfway. If you decide to use marbles, add them in as well.
3. Close the lid tightly.

4. Shake the jar until you feel that there is no presence of liquid.

5. Open the jar and check on the contents inside. You should find whipped cream! Then, close the lid and keep shaking.

6. When you see that the butter separates from the liquid, open the jar and take the butter out.
Rinse the butter with cold water and knead it into a ball.

Now your homemade butter is ready to try and enjoy! Add some salt to taste, spread it on bread or use it in your cooking.

It’s delicious