

Sustainable Nutrient Cycle

We all need nutrients

Every living thing needs nutrients, including crops, cows, and people! Milk and dairy products provide essential nutrients – like calcium, phosphorus and protein – to people.

Crops and cows sustain each other

Cows get the nutrients they need from the crops they eat. And through a sustainable nutrient cycle, cows give back nutrients to the crops. How? Through their manure, or poop!

Nutrient recycling on dairy farms

For a sustainable farming system, dairy farmers put cow manure back on the land where it fertilizes the next crop.

What are nutrients?

Elements that all living things need to consume and assimilate in order to live. Examples include:

Humans, cows, other animals	calories
	fats protein
	vitamins
	potassium
	calcium
	phosphorus

Plants	nitrogen
	phosphorus
	potassium



May copy for educational purposes.

