

What yogurt cultures do you use?

Lactobacillus acidophilus, Bifidobacterium longum, Streptococcus thermophilus and Lactobacillus delbruekii ssp bulgaricus.

All of these are probiotics which play an important role in the development of taste and texture in the yogurt. This is especially important in a natural product like ours - we add no other ingredients such as fillers, thickeners or stabilizers.

What about s. thermophilus and b. longum?

We have had some questions about the use of these cultures in our yogurt.

Apparently, Jordan Rubin has written about s. thermophilus and believes it is harmful for people with Crohn's disease. We have not yet read his book, but we can find no web references to his research results other than anecdotal evidence. He recommends a raw milk product without s. thermophilus, such as the one available from White Egret Farm in Texas.

However, we cannot sell a raw milk product in Canada, nor can consumers import it. What is more, we are happy with the mix of cultures we use, as it gives our yogurt the taste and texture so many of our customers enjoy. In future we might introduce a product without these cultures, but we don't see it happening soon.