



Your purchase of **Monastery Country Cheese** helps support the life of prayer, work and worship at Our Lady of the Angels Monastery. It is a life that reaches beyond the cloister to embrace the joys and sorrows, needs and intentions of all the human family.

We are happy to share with you this drawing of our planned new Church! This will replace our current temporary chapel which has become too small for our growing community of Sisters and our many guests. This will only become a reality if we are able to raise sufficient funds. We thank you in advance for any contribution you can make.

*We make our Gouda* with a native Dutch recipe and cheese culture shipped fresh from Wisconsin. The milk is heated and the culture is added to produce curds, which are cut by hand, packed in forms (called hoops), and pressed. The finished cheeses are immersed in salt brine, then cured in a refrigeration room where we turn and inspect them daily.

During the first four days of production, a special rind is hand-painted on each cheese. This allows the cheese to breathe while it ages. During the natural process of aging, the cheese takes on a richer flavor and color, ranging from soft yellow to a deep gold. Prior to shipment, we dip each cheese in a protective red wax coating.

All this work is done by the Sisters: cheese-making, packaging and shipping, as well as mail-order marketing. The Grade A milk is purchased through **DAIRY FARMERS OF AMERICA** and delivered fresh from the farm (in all types of weather!) by the trucks and drivers of **MOUNTAIN MILK HAULING**.



Sr Francis processing the cheese mail orders



# Monastery Country Cheese

Our Lady of the Angels Monastery  
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Nestled in the foothills of the Blue Ridge Mountains, **Our Lady of the Angels Monastery** is the youngest house of the Cistercian (Trappist) Order in America. Having inherited the Benedictine tradition of combining prayerful work with the work of prayer, we began making cheese in 1990.

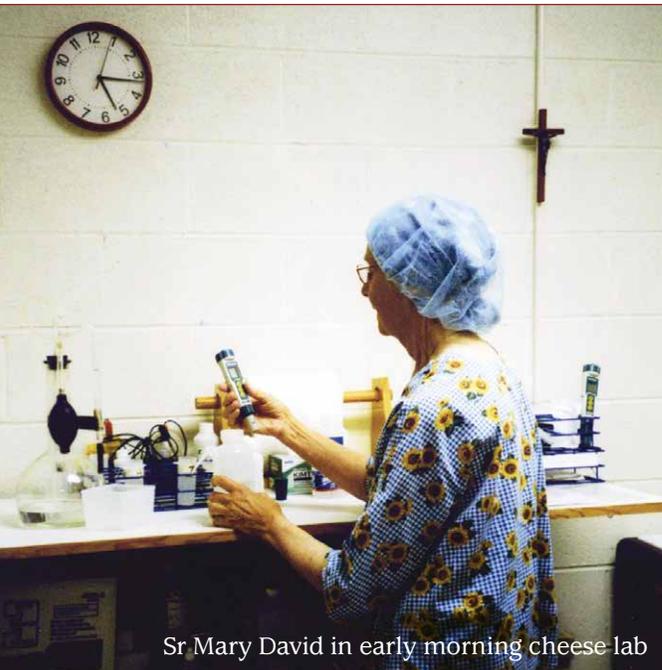
Each batch starts with fresh whole milk from grass-fed cows that have the good fortune of pasture-living. In return for fresh air and green grass, the dairy cow produces milk with extra nutrition and well-documented health benefits. Add Old World techniques developed in the Netherlands, and the goodness of this natural health beverage is captured in our handmade Gouda cheese.

**Monastery Country Cheese** is a semi-soft, mild and mellow Dutch-style Gouda available in 2 pound wheels. With its red wax coating and black-and-gold foil label, this wholesome cheese is an attractive holiday or hostess gift – and a healthy treat for your own table!

*(Since we do not ship cheese during the hot weather in June, July and August, you may wish to order your summer supply ahead of time.)*



Sr Myriam preparing the starter culture



Sr Mary David in early morning cheese lab

## Please Note Changed Prices Below.

**For the past 5 years, the price of Monastery Country Cheese has remained unchanged. But the rising costs of ingredients, packaging and shipping have now made an increase necessary.**

**2 lb wheel - \$38.00 (No 4 lb wheels at present)**

- This price includes shipping & handling to VA, WV, NC, MD, DC.
- Add \$3.00 extra shipping for packages shipped to all other addresses.
- Add 68 cents tax to all items if you are a Virginia resident, including those items shipped to an out-of-state address. (The tax is computed on price of the cheese, not on the shipping.)
- If you are not a Virginia resident, it is not necessary to pay tax — even if you have a cheese shipped to a Virginia address.

Cheese may be purchased at the monastery for \$28.00 (2 lb wheel) between 9:30-11:00 a.m. and 2:00-4:00 p.m. daily except Sundays.

## TIPS FOR ORDERING

- Please provide us with your phone number and/or email address, in case we have questions about your order.
- Shipping to a business address (when possible) usually means faster delivery – and the advantage of having someone available to receive the package.
- Since demand exceeds supply during the holidays, the cheese usually sells out well before Christmas. Orders received by Thanksgiving are given priority.



Sr Maria stirring the curd

- We don't ship cheese during the hot summer months of June-July-August. Orders received during this time will be sent as soon as the weather cools in September.

## DISCOUNTS

If 5 or more cheeses are shipped to the same address in the same shipment, you may subtract 5% from the price of these 5 or more cheeses.

If 10 or more cheeses are shipped to the same address in the same shipment, you may subtract 10% from the price of these 10 or more cheeses.