



GOOTESACHEESE.COM
@GOOTESACHEESE

Winery Guide

Understanding, storing, and serving
Goot Essa cave-aged cheeses for
optimal guest experiences.



CAVE-AGED FLAVOR, HANDCRAFTED CARE. | 800-490-4387



Winery Guide

Handcrafted, **cave-aged** cheeses rooted in Amish tradition and *full of flavor*.

Free shipping via UPS on orders over \$250.



To order:

Text: 814-201-6102

Call: 800-490-4387

Email: sales@gootessacheese.com

“Nothing goes better with wine than cheese, and Goot Essa’s products are our **customers perennial favorites**. They offer everything from mild cheddars to strong, cave aged bleus. Just **the best farm made quality** with *absolutely dependable service.*”

-Bill Travis,
Doukénie Winery
Purcellville, VA

Welcome to Goot Essa: Cheese with a Sense of Place



Your guests come for more than just a pour — they seek connection, story, and flavor that lingers. Goot Essa's cave-aged, handcrafted cheeses are made for that moment. Each wheel reflects the unique character of our family farms in Pennsylvania's Allegheny Mountains, where we follow time-honored Amish traditions and use only the freshest local milk.

Our cheeses pair beautifully with a broad range of wines, adding depth to every tasting. Getting started is easy — we ship directly to your winery, offer personal support, and can help with pairings and staff training.

When you serve Goot Essa, you're supporting a family-run farm and a mission to keep the next generation on the land. Let's create something unforgettable, together.

Each wheel reflects the unique character of our family farms.

Contents

WINERY GUIDE

03

GOOT ESSA CHEESES

Handcrafted and cave-aged European-style cheeses made from the freshest cow, sheep, and goat milk.

09

CARE, CUTTING, AND RIPENING GUIDE

Technical skills to care for your cheese.

11

ABOUT THE ANIMALS, ABOUT THE CAVES

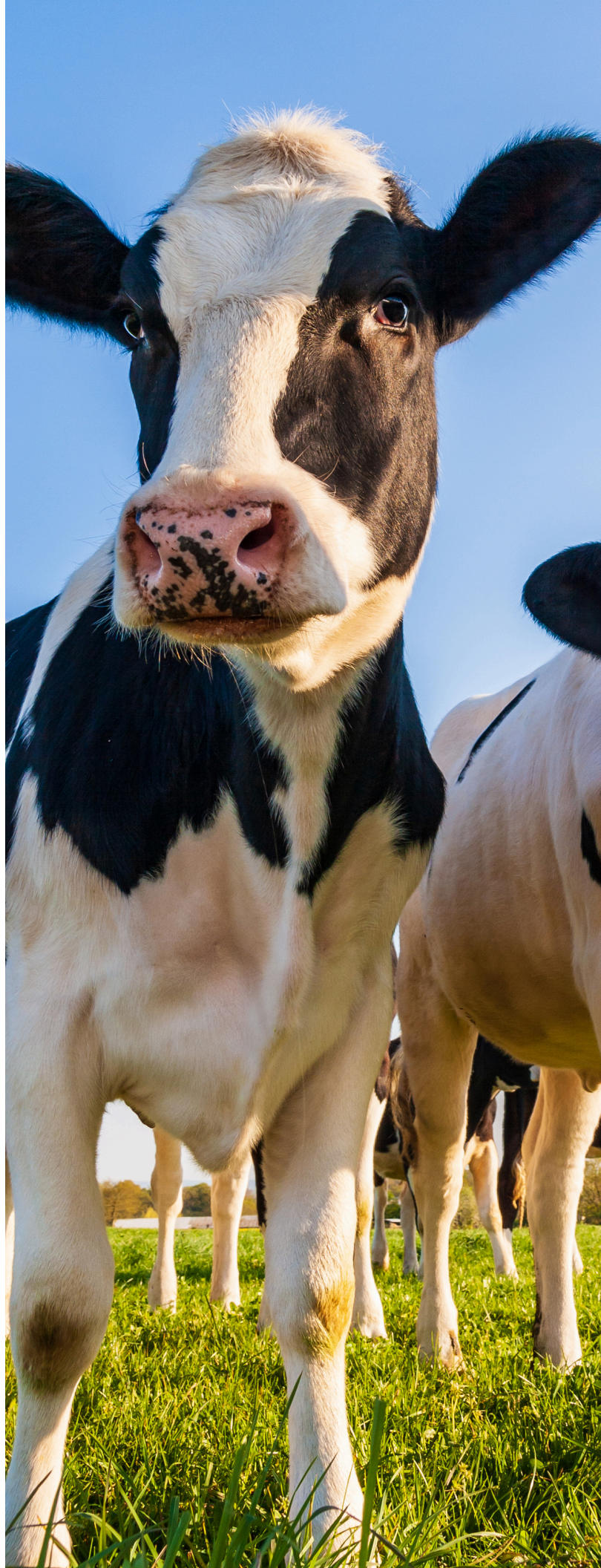
The big three cheeses: Cow, Sheep, and Goat, and the differences between.



15

THE GOOT ESSA STORY

Where the cheese story begins.



Der Alpen *"The Alpine"*

Style | Gruyère Style; Aged Alpine-style Comté.

Milk | Cow

Texture | Firm and smooth

Flavor | A beautifully balanced mix of sweet cream, salt, and toasted nuttiness.

Aged | 18 months

Shelf Life | 4 months

White Pairings | Dry, Fruity Whites; Riesling, Albariño, Sauvignon Blanc, Pinot Gris

Red Pairings | Old World, Earthy; Pinot Noir, Zinfandel

Condiment Pairings | Autumn Dawn Apple Butter, Dutch Treat Raspberry-Red Beet Spread, Aunt Ruth's Strawberry Rhubarb Conserve

HARD CHEESE



Felsa Yehr *"Rock Aged"*

Style | Manchego-inspired; earthy and old-world.

Milk | Sheep

Texture | Firm but surprisingly smooth

Flavor | A complex mix of earth, grass, and subtle grape skin. Clean smooth finish.

Aged | 18 months

Shelf Life | 4 months

White Pairings | Pinot Gris, Sauvignon Blanc, Sparkling White, Fruity, Bold Rosé like Spanish Rosado

Red Pairings | Fruity and rich Pinot Noir, Tempranillo, Malbec

Condiment Pairings | Aunt Mary's Peach Jam, Nittany Valley Pure Honey, Aunt Ruth's Strawberry Rhubarb Conserve, Mustards



Alt Medisher *"Old Fashioned Goat"*

Style | Aged Goat Gouda

Milk | Goat

Texture | Firm, full-bodied.

Flavor | Lush salted butter, tangy citrus, hint of mushroom. Buttery with a punch finish.

Aged | 10 months

Shelf Life | 4 months

White Pairings | Pinot Gris, Vidal Blanc, Riesling

Red Pairings | Malbec, Cabernet Sauvignon, Merlot, Port

Condiment Pairings | Dutch Treat Raspberry-Red Beet Spread, Mustards



Butta Schaf *"Butter Sheep"*

Style | A mellow, pecorino-style cheese

Milk | Sheep

Texture | Hard texture, full-bodied with smooth creamy paste

Flavor | Rich buttery notes. Balanced tang with earthy, slightly nutty (acorn) sweetness.

Aged | 10 months

Shelf Life | 3 months

White Pairings | Semi-dry; Vermentino, Pinot Gris, Vidal Blanc, Chardonnay, Riesling; Fruity, Bold Rosé, Orange

Red Pairings | Full-bodied, Low-Tannin; Merlot, Pinot Noir, Chianti, Sangiovese

Condiment Pairings | Nittany Valley Pure Honey, Aunt Mary's Peach Jam



Emanuel Vom Tal *"Emanuel from Over the Valley"*

SOFT CHEESE

Style | Classic Bloomy Rind, Brie Style

Milk | Sheep

Texture | A creamy center surrounded by a semi-soft rind

Flavor | Mild but rich salted butter cream, tangy finish with hints of grass; supple, edible rind of slight mushroom

Aged | 60 days

Shelf Life | 4 weeks

White Pairings | Wide range from sparkling to semi-sweet; Un-Oaked Chardonnay, Sauvignon Blanc, Riesling, Pinot Grigio, Chenin Blanc, Sparkling, Rosé, Pét-nat

Red Pairings | Light, Low-Tannin; Pinot Noir, Gamay, Zinfandel; Lambrusco

Condiment Pairings | Apple Butter, Raspberry-Red Beet Spread, Honey



Marn Vom Berge *"Mary from Over the Mountain"*

Style | French Style Brie with bloomy rind

Milk | Goat

Texture | Semi-soft ash rind surrounded by creamy center

Flavor | A salted butter-quality, tangy cream with a mild earthy finish of light mushroom

Aged | 60 days

Shelf Life | 4 weeks

White Pairings | Wide range from sparkling to semi-sweet; Un-Oaked Chardonnay, Sauvignon Blanc, Riesling, Pinot Grigio, Chenin Blanc, Sparkling, Rosé, Pét-nat, Orange

Red Pairings | Full-bodied, Low-Tannin; Merlot, Pinot Noir, Chianti, Sangiovese

Condiment Pairings | Nittany Valley Honey



Cheese, the Amish Way

Amish communities, including John and Anna Mary Esh, speak **Pennsylvania Dutch**—a blend of German, Swiss, and English that reflects their deep European roots and centuries of American life. Goot Essa, meaning **"Good Eats,"** shares this heritage in its cheese naming. Wondering who **Mary of Marn Vom Berge** is? She's our shepherd's daughter... who lives over the mountain.



Der Weichen Gehl *"The Soft Yellow"*

Style | Classic Camembert Style.

Milk | Cow

Texture | Supple and creamy. Soft and rich.

Flavor | Mild yet exceptionally buttery; lingering notes of creamy/lactic tang. Nutty rind, and balanced flavor.

Aged | 60 days

Shelf Life | 4 weeks

White Pairings | Crisp, Dry; Chardonnay, Champagne, Pinot Gris, Sauvignon Blanc, Riesling

Red Pairings | Slightly Fruity; Pinot Noir, Gamay

Condiment Pairings | Apple Butter, Dutch Treat Raspberry-Red Beet Spread, Nittany Valley Pure Honey



Old German Weissa “Old German White”

SEMI-SOFT CHEESE

Style | Aged Colby Style; Washed Curd Cheese

Milk | Cow

Texture | Medium-bodied cheese with a smooth, creaminess

Flavor | Cream and butter with a touch of tang and a long silky finish

Aged | 6-12 months

Shelf Life | 3 months

White Pairings | Crisp, Sweet; Pinot Gris, Vidal Blanc, Sauvignon Blanc, Chardonnay, Champagne

Red Pairings | Cabernet Franc, Merlot, Pinot Noir, Zinfandel

Condiment Pairings | Apple Butter, Raspberry-Red Beet Spread, Nittany Valley Honey, Aunt Ruth's Strawberry Rhubarb Conserve, Mustards



Der Edel Bleu “Royal Bleu”

Style | Farmstead Stilton Style, with Mild Cheddar Base

Milk | Cow

Texture | Smooth and creamy, but slightly crumbly

Flavor | Full flavored bleu, balanced with a rich cheddar flavor, yet finishes clean

Aged | 8 months

Shelf Life | 2 months

White Pairings | Riesling, Sauterne, Ice Wine, Dessert Wines

Red Pairings | Wide Range from Young Pinot Noir to heartiest Cabernet Sauvignon, Malbec, Port

Condiment Pairings | Peach Jam, Raspberry-Red Beet Spread, Honey, Strawberry Rhubarb Conserve, Mustards



Der Mutterschaf “The Mother Sheep”

Style | Classic Tomme-Style

Milk | Sheep

Texture | Medium-bodied cheese with a smooth creamy texture

Flavor | Rich and diverse flavor with notes of butter and earth; slightly tangy, citrus finish

Aged | 3-4 months

Shelf Life | 3 months

White Pairings | Pinot Gris, Chardonnay, Riesling, Champagne

Red Pairings | Cabernet Sauvignon, Malbec, Pinot Noir, Merlot

Condiment Pairings | Aunt Mary's Peach Jam, Dutch Treat Raspberry-Red Beet Spread, Nittany Valley Pure Honey



Der Gouda “The Gouda”

Style | Classic Cave-Aged Gouda

Milk | Goat

Texture | Semi-soft with Light Eye Formation

Flavor | A rich Gouda with toasted almond and subtle goat notes—a very clean finish

Aged | 3-5 months

Shelf Life | 3 months

White Pairings | Wide Range; Sauvignon Blanc, Chardonnay, Riesling Pinot Gris, White Rioja, Lightly Oaked Chardonnay, Orange

Red Pairings | Cabernet Sauvignon, Malbec, Chianti, Young Bordeaux

Condiment Pairings | Honey, Strawberry Rhubarb Conserve



Mountain Valley Sharp Cheddar

TRADITIONAL CHEESE

Style | White Cheddar

Texture | A smooth medium bodied semi-hard

Milk | Cow

Flavor | Rich and creamy with a savory sweetness balanced by a rounded sharpness. Long-lasting true cheddar bite that lingers

Aged | 3 Years

Shelf Life | 4 months

White Pairings | Crisp; Rich and Buttery Chardonnay, Riesling, Sauvignon Blanc

Red Pairings | Pinot Noir, Cabernet Franc, Cabernet Sauvignon, Tempranillo, Syrah, Port

Condiment Pairings | Sweet and Spicy Dipping Mustard, Reuben's Stone Grown Mustard, Henry's Horseradish Mustard, Honey, Strawberry Conserve



Mountain Meadow Mild Cheddar



Style | White Cheddar

Milk | Cow

Texture | A smooth light bodied semi-hard white cheddar

Flavor | Silken soft cheddar flavors offering a fresh and young tang

Aged | 1 Year

Shelf Life | 4 months

White Pairings |

Unoaked Chardonnay, Sauvignon Blanc, Dry or Off-dry Rosé, Champagne

Red Pairings | Pinot Noir, Merlot, Zinfandel

Condiment Pairings | Aunt Mary's Peach Jam, Dutch Treat Raspberry-Red Beet Spread, Nittany Valley Honey, Aunt Ruth's Strawberry Rhubarb Conserve, Mustards

Der Vauden Swiss

Style | Emmental-Style

Milk | Goat

Texture | A smooth medium bodied, Emmental Swiss cheese, holes are small and numerous

Flavor | Mild, buttery with a bit of zip, and beautifully balanced acidity

Aged | 1 Year

Shelf Life | 3 months

White Pairings | Pinot Gris, Vidal Blanc, Sauvignon Blanc, Chardonnay, Riesling, Champagne

Red Pairings | Merlot, Cabernet Sauvignon, Bordeaux Blends

Condiment Pairings | Apple Butter, Raspberry-Red Beet Spread, Honey, Strawberry Rhubarb Conserve, Mustards



"I just feel like the milk itself is a **completely different flavor profile**. Plus how they're aged from fresh to a mature cheese. It gives it all more interest...like your Gouda or your Felsa Yehr... **it has that little bit of nutty bite to it that brings it more depth.**"

-Chef David Raven, *Caboose Brewing*



Der Smoked Alpen

Style | Smoked Gruyère Style

Milk | Cow

Texture | Firm smooth cheese with a slight hint of salty crunch

Flavor | Piquant, yet subtle smokey flavor with a salty sweet cream and hints of caramel

Aged | 18 months

Shelf Life | 4 months

White Pairings | Pinot Gris, Pinot Grigio, Chablis, Dry Riesling

Red Pairings | Earthy, Old World Pinot Noir, Cabernet Franc, Merlot, Zinfandel

Condiment Pairings | Mustards



Mountain Home Woodsmoked Cheddar



Style | Aged and Smoked White Cheddar

Milk | Cow

Texture | A smooth medium-bodied semi-hard

Flavor | Rich, hickory smoke flavors laced with the well-rounded tang of American cheddar

Aged | 18 months

Shelf Life | 4 months

White Pairings | Wide Range; Pinot Gris, Viognier, Riesling, Oaked Chardonnay, Off-Dry Chenin Blanc

Red Pairings | Wide Range; Pinot Noir, Tempranillo, Cabernet Sauvignon, Syrah, Merlot, Cabernet Franc

Condiment Pairings | Raspberry-Red Beet Spread, Honey, Mustards

Garden Pepper Cheddar

Style | White Cheddar

Milk | Cow

Texture | A smooth, medium-bodied, semi-hard washed curd

Flavor | Hot pepper piquancy from fresh jalapeño and cayenne pepper. Mild, soft-creamy finish.

Aged | 12 months

Shelf Life | 3 months

White Pairings | Sweet to Demi Sec; Hof Riesling, White Zinfandel, Off-Dry Chenin Blanc, Sauvignon Blanc, Pinot Grigio, Sparkling

Red Pairings | Fruit-forward; Merlot, Syrah

Condiment Pairings | Mustards



“Very simply, **the cheese is ridiculously good!** And prices are fair. Love the cheesemaking process - **handmade, small batch.**”

-Jason Murray,
Owner & Winemaker,
Arterra Wines



Minced Garlic Cheddar

Style | White cheddar

Milk | Cow

Texture | Smooth medium bodied semi-hard with distinct garlic pieces

Flavor | Rich sharp garlic flavors are forefront, followed with a long, creamy-mild cheddar finish

Aged | 12 months

Shelf Life | 4 months

White Pairings | Unoaked Whites; Sauvignon Blanc, Chablis, Champagne, Dry Rosé, Spanish Rosado

Red Pairings | Syrah, Grenache, Mourvèdre

Condiment Pairings | Aunt Mary's Peach Jam



Savory Oregano Cheddar

Style | White cheddar

Milk | Cow

Texture | Smooth medium bodied semi-hard

Flavor | Fresh oregano flavor balanced with a gentle cheddar bites.

Aged | 12 months

Shelf Life | 3 months

White Pairings | Dry, Fruity; Vermentino, Albariño, Dry Rosé, Spanish Rosado

Red Pairings | Fruity; Sangiovese, Grenache, Australian Shiraz and Red Zinfandel

Condiment Pairings | Nittany Valley Pure Honey



Handling Goot Essa Cheeses

Storage Temps & Cutting Care



PRIMARY
FORMAT:

Rectangle Loafs: Colbys & Cheddars

CARE:

Storage Temp | 40–53°F; keep consistent

Cutting | Use a wire or lyre for clean slices

Storage After Opening | Wrap in cheese or parchment paper, then loosely with plastic or foil. Store in food bin or drawer in a dark spot in your cooler.

Shelf Life | Up to 4 months sealed; 3–4 weeks after opening

GOOT ESSA CHEESES:

Old German Weissa | cow
4 oz. and 8 oz. block, 5 lb. loaf

Sharp, Smoked, & Flavored Cheddars | cow
4 or 8 oz. block, 5 lb. loaf

Cheese is a living product that continues to release moisture as it ages. When trapped under plastic, this moisture can lead to mold growth and off-putting gas build up. To prevent this, use a two-layer wrap: a breathable layer like cheese or parchment paper, followed by a loose layer of plastic or foil. This allows the cheese to breathe while preventing it from drying out, maintaining cheese's artisanal integrity.

Store Goot Essa cheeses in a cooler at a consistent 40–53°F with around 75% humidity. More important than exact levels is maintaining stability. Keep cheese in a dark, low-traffic area—away from fans and doors.



PRIMARY FORMAT:

Wheel: Hard & Semi-Soft

CARE:

Storage Temp | 40–53°F; high humidity ideal, around 80%

Cutting | Use a double-handled knife or harp. Cut evenly from center.

Storage After Opening | Wrap in cheese or parchment paper, then with plastic or foil.

Shelf Life | Whole wheel: up to 6 months. Opened wedge: 3–4 weeks. Always "face" cheese to remove exposed surface.

GOOT ESSA CHEESES:

Alt Medisher | goat
4 or 8 oz. wedge, 4 lb. wheel

Der Gouda | goat
4 or 8 oz. wedge, 4 lb. wheel

Butta Schaf | sheep
4 or 8 oz. wedge, 4 lb. wheel

Der Mutterschaf | sheep
4 or 8 oz. wedge, 4 lb. wheel

Der Edel Bleu | cow
4 or 8 oz. wedge, 5 lb. wheel

Felsa Yehr | sheep
4 or 8 oz. wedge, 5 lb. wheel

Der Alpen | cow
4 or 8 oz. wedge, 12 lb. wheel

Der Vauden Swiss | cow
4 or 8 oz. wedge, 12 lb. wheel

Der Smoked Alpen | cow
4 or 8 oz. wedge, 6 lb. half wheel



PRIMARY
FORMAT:

Logs: Soft, Natural-Rind

CARE:

Storage Temp | 35–45°F; stable humidity

Cutting | Use sharp knife or wire. Clean between cuts.

Storage After Opening | Wrap in cheese or waxed paper (not plastic; should breathe.) Store in airtight container. Can add damp towel to container to maintain humidity.

Shelf Life | Soft cheeses continue to ripen once delivered. Sealed, 4 weeks. Opened, 7 days. Refer to our Soft Cheese Ripening Guide to identify ripening stages.

GOOT ESSA CHEESES:

Marn Vom Berg | goat
5.5 oz. log

Emanuel Vom Tal | sheep
5.5 oz. log

Der Weichen Gehl | cow
6 oz. wheel

Your Cheese is **Alive!**

*Your Guide to Soft
Cheese Ripening*



**STORE COOL.
TASTE OFTEN.**

**Goot Essa's
soft cheeses—
like Marn vom
Berge and Der
Weichen Gehl—
continue to
ripen after you
bring them
home. Their
flavors, aromas,
and textures
evolve week by
week. This is a
**natural part of
the beauty** of
enjoying
handcrafted
sheep and goat
cheeses.**

The Gist:

There are 2-3
weeks per
ripening stage

Soft cheese best
enjoyed 10-12
weeks of make
date, or before
'best-buy' date

Over the Hill

Strong, pungent, **overripe**, &
undesirable aroma and flavor.
Full cream line or runny
texture. No chalkiness.

Mature

Pleasant mushroomy, cave-
like smell. **Rich, complex
flavor.** Creamline near rind
fully developed to $\frac{2}{3}$ of round.
Chalky core.

Adolescent

Bright, earthy smell.
Moderate flavor development
Chalky center, $\frac{2}{3}$ of way
through round. Creamline
near rind $\frac{1}{3}$ of round.

Early

Bright, milky smell. Gentle
flavor, **very mild.** Chalky all the
way through with very little
creamline.



The Rind?

*Fully edible and
deeply delicious.*

*Goot Essa's Goat Milk
Marn Vom Berge, Mature*

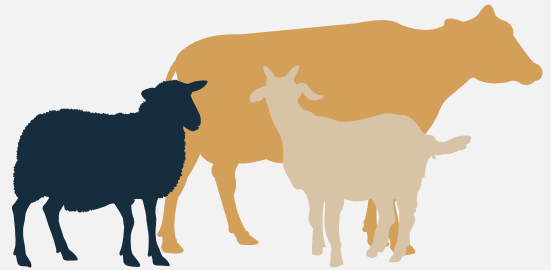
The Big Three Cheeses

Understanding the Central Differences Between Sheep, Goat, & Cow Cheeses



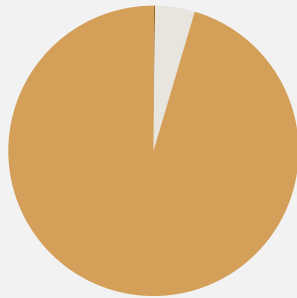
Sheep	Goat	Cow
TASTE		
Nutty , oily, sometimes sweet & slightly barnyard-y	Bright, tangy , often minerally or citrusy	Grassy, creamy , sometimes buttery & earthy
TEXTURE & COLOR		
Ivory color; creamy due to high fat content, soft to firm depending on age	Bright white; often crumbly, but can be dense or creamy depending on moisture	Off-white, sometimes buttery yellow; varies widely from soft & spreadable to dense & firm
MILK FAT CONTENT		
Highest (twice the fat of cow/goat, creamy, rich)	Moderate (rich in medium-chain fatty acids, lower in cholesterol)	Lower (more water, lighter, grassy flavors)
DIGESTIBILITY		
Smaller fat globules, naturally homogenized, easier on digestion	Like sheep, smaller fat globules, naturally homogenized, easier on digestion	Larger fat globules, can be harder to digest for some
BEST USES		
Hard cheeses like Pecorino, Manchego-style	Fresh chèvre, aged logs, semi-firm tommes	Versatile from fresh mozzarella to aged cheddars

Milk Production and Average Yields



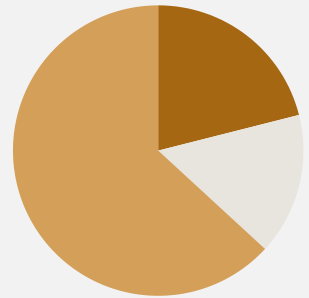
Dairy Animals in U.S. *estimated head*

- Sheep: 17,500
- Goat: 430,000
- Cow: 9.3 million



Goat Essa Cheese Breakdown

- Sheep: 4 varieties
- Goat: 3 varieties
- Cow: 12 varieties



MILK PRODUCTION

- Sheep:** 2 quarts/day (smallest yield, richest composition)
- Goat:** 2-4 quarts/day (highly nutrient-dense)
- Cow:** 8-16 gallons/day (most productive)



AVERAGE CHEESE YIELD (PER GALLON)

- Sheep:** $\frac{3}{4}$ - $1\frac{1}{4}$ pound
- Goat:** $\frac{3}{4}$ - $1\frac{1}{4}$ pound
- Cow:** $\frac{1}{2}$ - 1 pound



The Goot Essa Cheese Caves

At Goot Essa, aging is a defining part of our process—not just time, but technique. Our caves (we have two!), are carved into the limestone hills of central Pennsylvania, mirror traditional European affinage environments, holding steady at 55°F and 85–90% humidity—ideal for rind formation and microbial development.

Cheeses rest on untreated wooden shelves, which absorb excess moisture and support airflow. These living surfaces retain beneficial molds from past batches, helping build each cheese's signature rind and complex flavor.

Our first cave, built in 2009

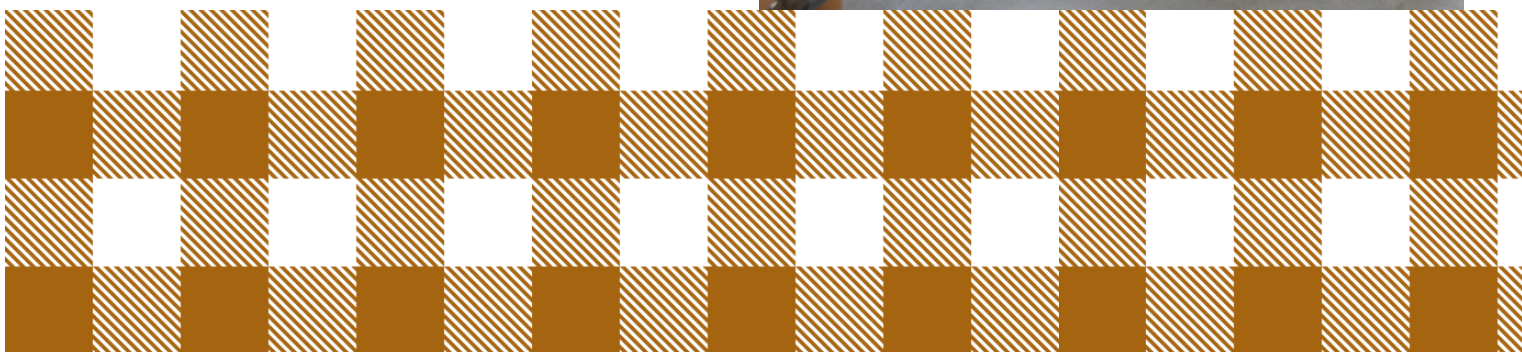


Cave-aging is hands-on: cheeses are turned, brushed, and monitored one by one.

We use multiple cave environments—short, high-humidity aging for soft-rind cheeses like *Der Weichen Gehl* and *Marn Vom Berge*, and longer aging for natural-rind cheeses like *Felsa Yehr* and *Der Alpen*, where the mountain air contributes to their earthy, nutty depth.

For chefs and winery teams, these cheeses offer more than taste—they tell a story of care, place, and tradition.

Serve them to create a memorable experience that lingers well beyond the last bite.



The Goot Essa Story

Goot Essa— meaning “good food” in Pennsylvania Dutch

—began in 2001 as a cooperative of six Amish dairy farms, including ours, with a shared goal of helping our communities thrive. My wife, Anna Mary, and I started making cheese using surplus milk from our Holstein herd, working at first in the basement of our farmhouse. We relied on traditional horse-powered methods, the Amish way—with a strong focus on stewardship, animal care, and community.

"Nothing we do is rushed. We make cheese in small batches, and let nature lead. That's why each wedge has character—you won't get the same flavor from a machine."

-John Esh





As we refined our cheesemaking, we built our first aging cave in 2009, then added more in 2012 and 2015. These caves gave us the ability to carefully age a growing variety of cheeses—soft, semi-soft, hard, blue, and flavored—while staying true to small-batch quality and deep, developed flavors.

"We don't make cheese to keep up with trends. We make it to connect—to the land, to tradition, and to people who care about flavor. If that ends up on a chef's plate in New York or a table in Lancaster, we're honored."

-John Esh

Today, we distribute across all 50 states and are revered by fine dining restaurants and wineries throughout the Mid-Atlantic and New England. For chefs and tasting-room teams, each cheese brings not just taste, but purpose: *every bite supports family farms, preserves Amish heritage, and offers guests an authentic farm-to-table story that elevates any menu or pairing program.*



**GOOT
ESSA**

Promotional Products for Wineries



Poster



Table Tent

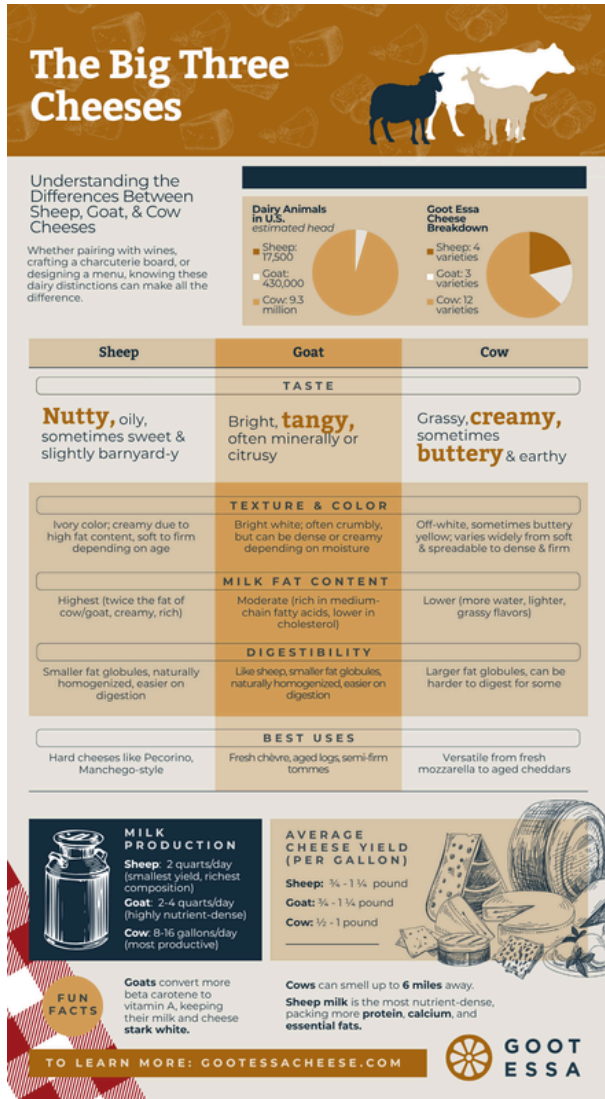
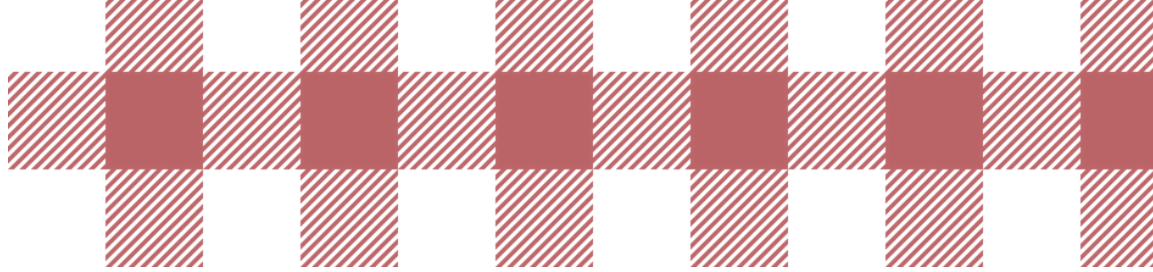


Shelf Talker



Trifold Brochure





Learn Dutch Postcard



Window Cling

The Big 3 Infographic

We also have a variety of photo cards available upon request.

Scan this QR code to view wholesale partner resources or give us a call to request copies. 800-490-4387



Let's chat cheese.

We ship our cheeses directly from our creamery to your establishment.

Free shipping on orders of \$250 or more.

\$10 flat rate shipping on orders less than \$250.



To order:

Text: 814-201-6102

Call: 800-490-4387

Email: sales@gootessacheese.com

Find us online:



gootessacheese.com



Goot Essa



John Esh



**GOOT
ESSA**