



Southwest/Southland Dairy Farmers'

# DAIRY LINE

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**INSIDE:** Special Olympics Back to Pre-Covid Numbers



## July Is National Ice Cream Month

Looking for a tasty way to beat the summer heat? Look no further, as July happens to be National Ice Cream Month. In 1984, President Ronald Reagan deemed ice cream to be “the perfect dessert” and declared a month-long celebration of the delicious dairy treat. Thirty-nine years later, ice cream is still celebrated as a perfect companion to tackle summer heat. Whether it’s an ice cream sundae after a long day at the pool, an ice cream sandwich at a ball game, or a few scoops in a bowl after a day in the office, the options to celebrate Ice Cream Month are endless.

Did you know the average American consumes 23 pounds of the dairy dessert each year? Ice cream has evolved over the years and includes many different treats and flavors, making it hard to choose just one. The classic tried-and-true vanilla flavor still holds the top spot when it comes to consumers’ favorite flavor. Vanilla ice cream’s ability to be incorporated into a variety of sweet treats and desserts gives it an advantage in versatility. Rounding out the top five are chocolate, cookies and cream, mint chocolate chip, and cookie dough. However, new varieties show up regularly in the ice cream case, and refreshing tastes and textures capture the attention and taste buds of consumers. These include trendy flavors and ingredients, such as honey blueberry lavender, matcha, and even ginger.

The pure enjoyment of ice cream is not the only benefit of the frozen treat. Because ice cream’s main ingredient is milk, it has a place in a healthy diet. Milk contains calcium, protein, and essential vitamins and minerals that support the body and its functions. Although ice cream’s nutrients are found in less abundant amounts than those in milk, cheese, and yogurt, they

do give ice cream a slight nutritious edge when compared with other desserts.

There is something for everyone when it comes to fitting ice cream into a healthy diet. Low-fat and low-sugar versions are available so consumers can realistically meet their individual nutrition goals. Be sure to check the nutrition label to see how this treat can be incorporated into your eating plan.

Southwest and Southland Dairy Farmers encourages everyone to

take the time to celebrate Ice Cream Month. Whether visiting a local shop to try a new flavor, heading to the grocery store to grab ingredients for ice cream sundae night, or keeping it simple with a delightful milkshake, the possibilities are endless for enjoying the frozen treat. Follow the Southwest and Southland Dairy Farmers on Instagram and Facebook at [www.southwestdairyfarmers.com](http://www.southwestdairyfarmers.com) or [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com) to get the scoop on July Ice Cream Month! 🐮

*Article provided by St. Louis District Dairy Council*





## Fall 2023 Chocolate Milk Grants Awarded

High school athletic teams in our producer-funded areas continue to be given the opportunity to apply for a grant to provide funding for chocolate milk for their season. This year, the Fall 2023 recipients are:

Ellsworth High School — Ellsworth, KS  
West Frankin High School — Pomona, KS  
Caldwell County High School — Princeton, KY  
Southwestern High School — Somerset, KY  
Blue Springs High School — Blue Springs, MO  
East Newton High School — Granby, MO  
Fox C-6 School District — Arnold, MO  
Challenger Early College High School — Hickory, NC  
Lee County High School — Sanford, NC  
Western Guilford High School — Greensboro, NC  
A.L. Brown High School — Kannapolis, NC  
Duncan Public Schools — Duncan, OK  
Jones High School — Jones, OK  
Midwest City High School — Midwest City, OK  
El Paso High School — El Paso, TX  
Christ the King Diocesan High School — Lubbock, TX  
W.B. Ray High School — Corpus Christi, TX  
St Pius X Houston — Houston, TX  
Bethel High School — Hampton, VA  
Colonial Heights High School — Colonial Heights, VA  
Gate City High School — Gate City, VA

**Your high school athletic team could be next!** The winter sports application deadline is September 15th, 2023 and spring sports application deadline is November 30th, 2023. For more information and to apply online, visit us at [www.southwestdairyfarmers.com](http://www.southwestdairyfarmers.com) or [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com). 🐄

## A Special National Ice Cream Month Recipe!

### Salted Carmel Pecan No-Churn Ice Cream

#### INGREDIENTS & DIRECTIONS FOR SUGARED PECANS

- ½ c. brown sugar
- ¼ tsp. salt
- 2 tsp. water
- 1 c. pecans

1. Glaze the pecans by placing the brown sugar, water and salt in a non-stick skillet and cook for 2 minutes. Add the pecans and stir constantly for 4 minutes.
2. Pour onto a cookie sheet covered with parchment paper and let cool completely. Break into small pieces and set to the side.

#### INGREDIENTS & DIRECTIONS FOR THE SALTED CARAMEL SAUCE

- 1 c. sugar
- 1 tsp. salt
- ¼ c. water
- 1 tsp. vanilla
- ½ c. butter
- ¾ c. heavy whipping cream

1. Heat the sugar and water in a heavy saucepan until completely melted and clear. Add the butter and continue cooking over medium heat until the butter starts to turn a caramel color.
2. Remove from heat and add the salt and vanilla. Cool completely.

#### INGREDIENTS & DIRECTIONS FOR THE ICE CREAM MIXTURE

- 2 c. heavy whipping cream
- 14 oz. can sweetened condensed milk
- 1 tbs. vanilla

1. In the bowl of a mixer, use the whisk attachment to beat cream on high speed until the cream forms stiff peaks, about 3 – 5 minutes.
2. In a separate bowl, combine the condensed milk and vanilla. When mixture is completely blended, gently fold in whipped cream.
3. Line a freezer-safe large loaf pan or a 9 x 13 pan with plastic wrap.
4. Fold in the sugared pecans to the whipped cream mixture then pour 1/3 of the mixture in the pan. Drizzle half of the caramel sauce on the top and add another third of the cream mixture. Drizzle with the remaining caramel sauce on top, then finish with the remaining cream mixture.
5. Cover with plastic wrap and place in the freezer for at least 6 hours or until fully frozen.
6. Scoop and enjoy!



## Meet Hannah Albert, Our Newest MDC Instructor

Hannah Albert, our new Mobile Dairy Classroom Instructor serving in Illinois and the St. Louis area.

Hannah hit the ground running when she began with our organization in mid-May after graduating from Murray State University with a degree in Animal Science. Her family has always owned cattle starting with beef and then switching to dairy in 2005. Agriculture and showing cattle (Brown Swiss) has always been in her and her sister's blood. From Stillwater, OK to Madison, WI, she has traveled to show cattle.

When she is not working or showing cattle, Hannah enjoys spending time with her family, fiancé, and her three dogs.

We welcome Hannah and know she will be a great fit with our team! 🐄





# Mobile Dairy Classroom Has Busy Start In Missouri and Illinois



Through our agreement with the St. Louis District Dairy Council (SLDDC), Southland Dairy Farmers are now scheduling schools and events for the Mobile Dairy Classroom (MDC) in the SLDDC 131-county engagement area. This free program can be scheduled online at [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com). The unit's busy schedule this summer in the SLDDC area includes the Illinois State Fair in Springfield, Illinois August 10-20, 2023. Ralph Keel, Director of the MDC program, said, "It is exciting to see the interest in the Mobile Dairy Classroom in the Missouri and Illinois area. Schools and events are already scheduling the unit for the 2023-24 school year. I encourage schools to schedule this popular, fun, and educational exhibit today. Our MDC Instructor, Hannah Albert, looks forward to bringing the classroom to your school or event." 🐮

## Special Olympics Back to Pre-Covid Numbers

The 2023 Special Olympics Summer Games have concluded and Southwest and Southland Dairy Farmers were thrilled to see large and excited crowds! This year over 12,000 ice cream sandwiches were given away to Special Olympians and supporters.

Southwest and Southland Dairy Farmers supporters care about being part of their local communities and we want to make sure the dairy farmers are represented in their hometown areas. With these sponsorships, we are able to spread the message of dairy in a daily diet and how milk makes it from cow to table.

Athletes come from all over their state and look forward to competing, seeing friends, and eating their ice cream sandwich! 🐮



Above: The Texas Special Olympics saw great numbers this year at their event in San Antonio.

Left: The Oklahoma State Pom Squad enjoyed an ice cream sandwich while cheering on the athletes at the Oklahoma Special Olympics.

Below: A great day handing out ice cream at the Oklahoma Special Olympics!







Southwest Dairy Museum, Inc.

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ADDRESS SERVICE REQUESTED

## E V E N T S

**July 7 – 16, 2023**

Red River Valley Fair, West Fargo, ND

**July 10 – 15, 2023**

Fauquier County Fair, Warrenton, VA

**July 20 – 23, 2023**

Sherburne County Fair, Elk River, MN

**July 22 – 29, 2023**

Lebanon Area Fair, Lebanon, PA

**July 25 – 29, 2023**

Stephenson County Fair, Freeport, IL

**July 27 – 30, 2023**

Anoka County Fair, Anoka, MN

**August 4 – 12, 2023**

Williamson County Fair, Franklin, TN

**August 7 – 12, 2023**

Sanilac Youth County 4-H Fair, Sandusky, MI

**August 8 – 12, 2023**

San Juan County Fair, Farmington, NM

**August 10 – 20, 2023**

Illinois State Fair, Springfield, IL

**August 14 – 19, 2023**

Rockingham County Fair, Harrisonburg, VA

**August 15 – 20, 2023**

Steele County Fair, Owatonna, MN

**August 16 – 19, 2023**

Franklin County Fair, Rocky Mount, VA

**August 17 – 27, 2023**

Kentucky State Fair, Louisville, KY

**August 17 – 26, 2023**

Wilson County Fair/Tennessee State Fair,  
Lebanon, TN

**September 7 – 17, 2023**

New Mexico State Fair, Albuquerque, NM

**September 7 – 17, 2023**

Utah State Fair, Salt Lake City, UT

**September 8 – 17, 2023**

Kansas State Fair, Hutchinson, KS

**September 8 – 17, 2023**

N. Carolina Mountain State Fair, Asheville, NC

**September 14 – 17, 2023**

Grapefest, Grapevine, TX

**September 14 – 24, 2023**

Oklahoma State Fair, Oklahoma City, OK

**September 15 – 23, 2023**

Tri State Fair and Rodeo, Amarillo, TX

**September 15 – 23, 2023**

Washington County Fair, Brenham, TX

**September 22 – October 1, 2023**

Virginia State Fair, Doswell, VA

**September 22 – October 30, 2023**

Panhandle South Plains Fair, Lubbock, TX

**September 27 – October 1, 2023**

Comal County Fair, New Braunfels, TX

**September 28 – October 8, 2023**

Tulsa State Fair, Tulsa, OK

**September 29 – October 8, 2023**

Fort Bend County Fair, Rosenberg, TX

**September 29 – October 8, 2023**

Carolina Classic Fair, Winston-Salem, NC

**September 29 – October 22, 2023**

State Fair of Texas, Dallas, TX