



Home on the Range

Cool Off —

Celebrate National Ice Cream Month

Centre County Dairy Princess, Ashley Bird, asks, "What do Charles I of England, Marco Polo, and Nero Caesar all have in common?"

She answers, "Ice Cream or the creation of it. All of these gentlemen laid claim to the discovery or invention of ice cream or so the myths say."

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. In his proclamation, President Reagan called for all people of the U.S. to observe these events with ceremonies and activities. This year National Ice Cream Day was July 20.

Ashley writes:

Pennsylvania ranks third in ice cream production in the U.S. With 56 million gallons produced, the sales of ice cream in the U.S. reached over 20 billion dollars last year, thus making the U.S. second in the world in ice cream consumption. Alaska ranks first in consumption of ice cream in the U.S.

As the 2003-2004 Centre County Dairy Princess, ice cream has always been something that I have enjoyed. As part of my duties, I enjoy informing the public about the need for dairy products in your life, and that includes ice cream.

The top five flavors consumed are vanilla, chocolate, Neapolitan, butter pecan, and chocolate chip. However my favorite can only be purchased in my county, Centre County. You are probably wondering what the flavor is and why only Centre County. My favorite is Peachy Paterno, named after the great Penn State football coach, Joe Paterno, and can only be found at the Penn State University Creamery.

Penn State's Creamery is a much-beloved landmark for Penn Staters young and old. You can find long lines waiting patiently during home football weekends, no matter what weather conditions are, school busloads of children and nostalgic alumni along with the current student population all waiting to enjoy their favorite flavors.

When it comes to colleges and ice cream, Penn State really is number one. It is the biggest by far when it comes to university-based creameries. It produces approximately 225,000 gallons of ice cream a year from the 3.5 mil-

lion pounds of milk that pass through the Creamery's stainless steel holding tanks.

Penn State is also famous for its Ice Cream Short Course which marked its 111th year at the University in January. According to Bob Roberts, associate professor of Food Science and short course director, Penn State's program is the oldest, largest, most comprehensive ice cream technology outreach in the U.S. and the world.

When beginning in 1892 at the then Pennsylvania State College, the School of Agriculture offered a class in dairy manufacturing during the winter. Normally conducted in January when farm work was least pressing, the boys could be spared, the course was free with only a \$5 charge for incidental expenses and laboratory fees.

This course has become so popular that it has attracted more than 4,000 participants from every state in the nation and every continent except Antarctica. You find representatives from all well-known companies like Ben and Jerry of Ben and Jerry's fame. Even though it is usually attended by company representatives, it is open to anyone.

So as the month goes on and you enjoy your favorite ice cream flavor, please remember to thank your local dairy farmers for providing you with safe, wholesome milk used to make your favorite ice cream.

If you are looking for a nice Sunday drive, feel free to visit my county, Centre County, and stop at the world renown Penn State Creamery and get some ice cream in your favorite flavor.

As you remember the old saying, "I scream, you scream, we all scream for ice cream," may I suggest trying the following ice cream recipe. It is easy to make and fun to eat on those really hot days of July during National Ice Cream Month. This is a tasty dessert for after dinner anytime of the year. Especially in the summer.

ICE CREAM DESSERT

80 Ritz crackers, crushed
1 stick butter
2 packages instant pudding (1 vanilla and 1 chocolate)
1 cup milk
1 gallon vanilla ice cream
Dairy whipped cream

Melt butter and mix with cracker crumbs. Make a crust in a 9x13-inch cake pan. Mix 2 small packages of instant pudding with the 1 cup milk. Whip together and add the softened ice cream. Freeze until solid then add the whipped cream and serve. Makes 12 servings.

Ashley Bird
2003-2004 Centre County

FRUIT AND ICE CREAM PIZZA

½ package (20-ounce) refrigerated cookie dough
1 quart favorite brand vanilla ice cream, softened
Assorted cut-up fresh fruits
Press cookie dough into greased 12-inch pizza pan or into 12-inch circle on greased baking sheet. Bake at 350 degrees for 12 to 14 minutes. Cool. Spoon ice cream onto crust; freeze until firm. Top with fruit. Drizzle with ice cream toppings, if desired. Makes one 12-inch pizza.

ALL-AMERICAN SUPER SODA

2 tablespoons maple or maple-flavored syrup
½ cup milk
¾ cup seltzer
1 large scoop favorite brand butter pecan or vanilla ice cream
Spoon syrup into a 16-ounce glass; slowly pour in milk, then seltzer, stirring to blend. Top with ice cream. Makes 1 serving.

CITRUS BERRY CREAM PUNCH

2 packages (10-ounces each) frozen strawberries in syrup, thawed
1 can (46-ounce) apricot nectar or pineapple juice, chilled
1 quart each favorite brand vanilla and strawberry ice cream
1 bottle (2 liters) ginger ale, chilled
In blender, puree strawberries. In large punch bowl, combine pureed berries and nectar. Just before serving, top with scoops of ice cream. Add ginger ale. Garnish as desired. Makes about 4½ quarts.

BAVARIAN WAFFLES A LA MODE

6 waffles
1 quart favorite brand chocolate, vanilla, or cherry ice cream
1 can (21 ounce) cherry pie filling, heated
Top each waffle with ice cream and cherry pie filling. Makes 6 servings.

FROZEN LEMON TRIFLE LOAF

36 ladyfinger halves or pound cake strips
½ cup red raspberry jam mixed with 2 tablespoons lemon juice
1 package (4-serving size) instant lemon flavor pudding mix
2 cups milk
1½ pints favorite brand vanilla ice cream
Line 9x5-inch loaf pan with aluminum foil, extending foil above sides of pan. Line bottom and sides of pan with 28 or 29 ladyfingers; drizzle half the jam over bottom. In large bowl, com-

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A Super Berry Ice Cream Cone is a perfect summer treat. Fresh berries, strawberry ice cream, and blueberry frozen yogurt are nestled in a large waffle cone. Be sure to use a spoon!

Featured Recipe

Originally created almost as an afterthought, ice cream cones now share the spotlight with the ice cream that goes in them.

The first ice cream cone was produced in New York in 1896 by Italo Marchiony, an Italian immigrant. He was granted a patent on the cone in late 1903, but it seems that Marchiony never achieved any measure of success with his invention. Historically, the credit for inventing the cone often goes to a waffle vendor at the 1904 St. Louis World's Fair, where, incidentally, there were at least 50 ice cream booths, selling 5,000 gallons of ice cream a day.

According to one popular story, Ernest A. Hamwi, a concessionaire at the fair, was selling a waffle-like food called "zababia" in a booth next to an ice cream vendor who ran out of dishes. Hamwi rolled one of his waffles into the shape of a cone, the vendor put some ice cream in it, and the rest is history!

Cones have come a long way since Hamwi's day. For example, Keebler, one of the largest ice cream cone manufacturers in the U.S., makes not only waffle cones, but assorted color "cups," sugar cones, and the waffle bowl (just right for making sundaes). The company's new fudge-dipped cup will debut soon.

Waffle cones of all descriptions — large, small, chocolate-dipped or plain — are a favorite in both ice cream shops and at home. Currently very popular — especially in ice cream shops — are oversized waffle cones, the kind you need a spoon to dig into.

"Waffle cones were developed because ice cream shops were looking for a more value-added and upscale cone product to match some of the more gourmet ice cream and frozen yogurt varieties in their stores," said Don Stevens, vice president of Co-BatCo Inc. in Peoria, Ill. a cone and batter firm. "Waffle cones are often baked on premise, providing an enticing aroma in the shop."

But perhaps the best part about waffle cones is that they are just plain fun, as proven by these two creations from the American Dairy Association. Super Berry Ice Cream Cone is a summer's delight. Refreshing scoops of strawberry ice cream and blueberry frozen yogurt are drizzled with raspberry syrup, laced with fresh berries and topped with whipped cream. You'll need a spoon to reach the bottom of this big cone. The same is true for the Chocolate Blast-Off. It's a chocolate lover's dream. Chocolate and chocolate chip ice creams are drizzled with chocolate syrup and sprinkled with chocolate chips — all in a chocolate-dipped waffle cone.

SUPER BERRY ICE CREAM CONE

¼ cup mixed fresh berries (blueberries, raspberries, sliced strawberries), divided
1 waffle ice cream cone
1 scoop strawberry ice cream
1 scoop blueberry, black cherry, or boysenberry frozen yogurt
2 tablespoons raspberry sauce or syrup
Whipped cream
Fresh mint, if desired

Drop 1 whole berry in bottom of waffle cone. Place strawberry ice cream scoop in cone; drizzle with raspberry sauce. Top with blueberry yogurt. Top with whipped cream and remaining berries. Garnish with mint. Makes 1 serving.

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

August

- 2 — Garden Produce
- 9 — National Sandwich Month
- 16 — Covered Dish Dinners
- 23 — 'Cheesy' Snacks, Meals