



## JULY Fire Up the Grill!



Dear Friends,

As we continue with our International Recipes this year, I thought it would be fun to share an Italian Gelato recipe in honor of National Ice Cream Month. Italy is one of my very favorite places that I've visited. Eating gelato as you walk through the Italian streets is such a delicious treat.

I found some fun facts about gelato. It dates back to the 16th century to a man named Bernardo Buontalenti from Florence. Gelato contains less cream and more milk than traditional ice cream and is churned slower, creating a dense, smooth, rich flavor. Ice cream contains 14-25% milkfat whereas gelato contains 3-9%, so it is a healthier option. The most popular flavors include chocolate, strawberry, vanilla and pistachio.

Happy 4th of July!

Take care,

*Katie*

### Celebrate with a BBQ!

On July 4, 1776, the Continental Congress adopted the Declaration of Independence, and from then on that day was celebrated as the birth of American independence. Falling in mid-summer, the Fourth of July has become, since the late 19th century, a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues.

Fire up the grill and let's celebrate 247 years of American independence!



### National Ice Cream Month

According to the International Dairy Foods Association, the average American eats roughly 20 pounds of ice cream each year, or about 4 gallons. As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation's favorite frozen treat with friends and family.

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, he called for all people of the United States to observe these events with "appropriate ceremonies and activities."

Whether you're a chocolate or vanilla ice cream fan, or you prefer homemade or store-bought, there are countless ways to celebrate National Ice Cream Month!



# MOOO RECIPES



*Celebrate National Ice Cream Month Italian-style! Gelato in Italy is a true passion and a very rooted tradition. Serve it with fresh strawberries or coffee (gelato affogato) on a hot summer day!*

## Gelato alla Crema

4 Egg-Land's Best egg yolks                      ¾ c. sugar  
 1½ c. Longmont Dairy whole milk              1 c. Longmont Dairy whipping cream  
 A little grated lemon zest or vanilla extract (optional)

Whip egg yolks and sugar on maximum speed into a soft fluffy cream, about 5 minutes. Meanwhile, in a saucepan, bring milk to almost boiling. Cook about 5 minutes **without boiling** (about 185° F).

Transfer egg and sugar fluff to a saucepan. Pasteurize the eggs by slowly adding the hot milk, **stirring constantly**. If desired, add either lemon zest or two drops vanilla extract. Return to heat and cook another 5 minutes without boiling. Turn off heat and add the cold whipping cream. Mix well.

Freeze about 5 hours, stirring every 30 minutes. Best within two days.

✂️ Clip and file in your recipe collection! Use this QR code to find it online.



## Save on Sliced Cheese

**Great on burgers!**

Save 50¢ when ordered for delivery in July. Try Sliced Medium Cheddar, Sharp Cheddar, or Colby Jack Cheese from Tillamook.



## Root Beer Milk

Enjoy the creamy, smooth taste of Root Beer Milk. Made with Longmont Dairy 2% milk and natural ingredients, it is a delicious, summer-time dessert or snack. It has less added sugar than soda, no corn syrup, and is caffeine-free!



# JULY—PRODUCTS OF THE MONTH

Bread

White Chocolate Raspberry

Prefare Meal

Pulled Pork BBQ Sliders

Rome's Sausage

German Sausage

