

Save The Dates

October 9-10, 2019

Hopkins County Ag in the Classroom
Sulphur Springs, TX

October 17-27, 2019

North Carolina State Fair
Raleigh, NC

October 26, 2019

World Champion Hopkins County Stew Fest
Sulphur Springs, TX

Fall is in
the air!



Southwest/Southland Dairy Farmers'

DAIRY LINE

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INSIDE: Monthly Recipe:
A Football Game Crowd Pleaser.



Jill Castle and Southwest and Southland Dairy Farmers Partner for Child Nutrition



Southwest and Southland Dairy Farmers have partnered with Jill Castle, a registered dietitian, child nutrition expert, author, and mom, to help educate consumers about the importance of a healthy diet and sensible eating practices for children.

Jill Castle, MS. RD. is a 27+ year veteran of pediatric nutrition with years of training and experience in the specialized field of nutrition for infants, toddlers, children, and teens. Jill knows that raising healthy eaters is not easy, but through her experiences she knows that you can raise a healthy eater and a healthy child. Jill feels strongly about

what she calls the "trifecta of child nutrition":

- Food and nutrients
- Nurturing feeding practices
- Childhood development

Through our partnership, we have produced a series of short videos soon to be available on You Tube and through our social media outlets to address the issues of dairy products and childhood nutrition. Among the issues discussed are:

- Dairy Alternatives vs. Whole Milk Products
- Early Childhood Brain Development
- The Benefits of Chocolate Milk for Kids
- Research Updates on Whole Milk
- Modern Childhood Nutrition

In addition to our videos, Jill will create and write a quarterly white paper dedicated to education about, and promotion of, the nutrition and health values of dairy products which will be posted on Southwest / Southland's digital platforms and social media. These white papers will address the "cutting edge" issues for current dairy nutrition wisdom and conversations that are taking place now.

Using digital marketing practices, our partnership will help get Jill's engaging nutrition messages to consumers. Our organization is pleased to join forces with Jill Castle to provide her expertise with our dairy mission to inform and promote "Milk. A part of everything that's good." 

"cutting edge" issues for current dairy nutrition

ADDRESS SERVICE REQUESTED

Southwest Dairy Museum, Inc.
P.O. Box 936 • Sulphur Springs, TX 75483



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Monthly Recipe PARTY ROLL-UPS

Recipe shared by Nadine Doss



Football Games and Party Roll-Ups go hand in hand. This recipe will make your crowd go wild!

Ingredients:

- 1 package puff pastry (thawed)
- 12-ounce package cooked ham (finely diced)
- 12-ounce package sharp cheddar cheese (shredded)
- ½ onion (finely chopped)
- 4 tablespoons sour cream
- 2 eggs (separated)
- fresh parsley
- salt and pepper to taste

Directions:

1. Preheat oven to 375 degrees. Line cookie sheet with parchment paper.
2. In a medium mixing bowl combine the ham, cheese, onion, sour cream, egg whites and parsley until well blended. Add salt and pepper to taste.
3. Roll out the pastry puff with a rolling pin. Spread ham mixture and spinach onto the dough in an even layer.
4. Roll the dough up tightly, starting from the long side.
5. Cut the roll in 1/2-inch-wide slices and place on cookie sheet.
6. Brush the top of the roll-ups with egg yolk.
7. Bake for approximately 18 minutes or until pastry has desired color.

Variation Tip:

Substitute sour cream with cream cheese, ham with salami or make a vegetable party roll-up with spinach and mushrooms.



Jim Hill, CEO and Secretary of Agriculture, Sonny Purdue, enjoying an ice cream sandwich.

Southland Dairy Farmers Takes Our Classroom to the Nation's Capital

Southland Dairy Farmers was invited to the USDA Family Day in Washington D.C. on July 29, 2019. Our dairy promotion organization handed out 3,000 delicious ice cream sandwiches. In addition, our Mobile Dairy Classroom was on hand educating the attendees and public about the process of getting pure wholesome dairy products from the dairy farm to America's dinner table. United States Secretary of Agriculture, Sonny Purdue, and all the attendees, enjoyed the ice cream treats. 🐄



Christmas Cheese Crates Make Great Gifts

Southwest Dairy Farmers Cheese Crates will be available for purchase very soon! These crates would make a welcome gift for your family and friends during the holiday season. Choose from a variety of cheeses, dips and mixes to customize your own gift crates. To create a customized cheese crate and check this year's pricing, visit our website at www.southwestdairyfarmers.com or call (903) 439-6455 (MILK). The deadline order date to have your cheese crates shipped and delivered by Christmas is December 18, 2019. 🐄

Mobile Dairy Classroom Instructor Spotlight

Meet Suzanne Reece, our Mobile Dairy Classroom Instructor for the State of Oklahoma and Southwest Missouri.

Suzanne Reece (Suzie) has been employed by the Southwest Dairy Farmers since July 2017. She is a graduate of Oklahoma State University's College of Education. She taught elementary school for 22 years.

Suzie was raised on a family farm that has a long history of dairy tradition. She lives on a small family farm with her two sons, Trey 16 and Cade 14. They raise registered Jersey and Holstein cattle and enjoy showing them as 4-H and FFA projects. The family also has horses, beef cattle and chickens. They enjoy spending time with the local round up club where the boys team rope, help with events and participate in the yearly rodeo.

Suzie seems to always have a houseful of teenage boys and spends



much of her time cooking for them. One of her favorite summertime activities is making homemade banana ice cream. She enjoys making bread year-round which always is served with real butter and homemade strawberry preserves.

As a result of traveling the state and pulling a trailer for work, Suzie has a goal to purchase a travel trailer and spend time at the beautiful lakes and state parks in Oklahoma.

Suzie considers the favorite part of her job the opportunity to share her love for cattle and the dairy industry with children who have very little or no experience with farm life. She enjoys caring for her "cow-workers" Snickers and Grace and loves being able to share them with students all over the state. Suzie is always amazed that children can remember the cows' names from one visit to the next or from seeing them at county or state fairs. 🐄

Upcoming 2020 "Cooking with Dairy"

Southwest and Southland Dairy Farmers have been preparing for the upcoming 2020 'Cooking with Dairy' Calendar, as well as our "Tasty" video clips. This year's recipes were inspired by students of the Platt College Culinary Institute in Tulsa, OK. Each month features a recipe using a variety of dairy ingredients. The calendar will be sent to all supporting dairy producers and dairy industry organizations. If you would like to receive our 2020 recipe calendar, please call (903) 439-6455 (MILK). 🐄



The Twin Faces of Southwest / Southland Dairy Farmers

You may have noticed in our 2019 banners, brochures, and promotions the new faces representing our organization. These are the twin faces of Ana and Diana Espinosa. We met these two young women during a promotional photo shoot as members of the world famous Kilgore Rangerettes. We thought these two provided a fun way to promote all dairy products in 2019. Look for them again as we promote "Milk. A part of everything that's good." 🐄