

Agriculture Adventure for Families

Seems like everyone is ready to get outside this month and enjoy some warm days and cool nights that June typically provides. June is National Dairy month, a perfect time to get creative and make some ice cream sandwiches. As the sun goes down many of us enjoy nothing better than gathering around a backyard fire that often includes a sweet treat such as an Iron Pie or the infamous S'mores. As you savor the fruits of your labor over the firepit, know that our farmers grow the ingredients that make the experience melt in your mouth.

History of S'mores

The history of the s'more is a mystery. No one knows who started the tradition of roasting marshmallows. However, in 1927 the Girl Scout Handbook was the first documentation of the recipe combining marshmallows with chocolate and graham crackers.

The Girl Scouts organization was likely responsible for naming the treat. The term s'more allegedly stands for "gimme some more."

S'mores have been popular throughout the years, especially with children. S'more are synonymous with camping and summer fun.



Grab your favorite fruit and two pieces of bread and make an instant pie for your family.



Celebrate National Dairy Month with ice cream!! Try creating different ice cream sandwiches using your favorite treats!!

For some outside the "ice" box ideas, check out <https://www.countryliving.com/food-drinks/g4406/homemade-ice-cream-sandwiches/>.



How are marshmallows made?

In the 19th century, marshmallows were made by mixing mallow root sap, egg whites and sugar into a fluffy mold. The French added cornstarch to help speed up the production and give the candy its unforgettable form.

Today the manufacturing of marshmallows is quite different. Mallow root sap has been replaced by gelatin. Corn syrup, starch, sugar and water are mixed with the gelatin. The fluffy mixture is piped through long tubes and then cut into equal pieces.

Source: CANCDYUSA.com

Graham Crackers are typically made using a wheat flour, sugar, soybean and/or canola oil, honey, leavening, salt, soy lecithin.

Technically, **marshmallows** aren't vegetarian. They contain gelatin, which is an animal protein. If you prefer, you can buy vegan marshmallows.

Chocolate comes from the Cocoa Bean which is a difficult crop to harvest and make into this tasty treat. Some chocolate also contains soybeans. Soy lecithin is an emulsifier added to chocolate to help bind the cocoa solids, sugar and milk so they stick to the cocoa butter. This improves the viscosity ("flowability") of the chocolate when it is melted.

New Word Search Prize Option

\$25 in Farm Bureau Farm Fresh Funds!

These funds can be redeemed at many local farm stands, greenhouses, and garden centers just as you would use cash.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR \$25 in Farm Bureau Farm Fresh Funds.

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau

Ag Adventures Word Search

6438 Joliet Rd

Countryside, IL 60525

Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2020 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.

Good luck!

Last Month's Word Search Winner Is...

Calvin Harvey



June Word Search

- | | |
|---------|-----------|
| Camping | Ice Cream |
| Candy | Mallow |
| Cocoa | Pie Iron |
| Firepit | S'mores |
| Fluffy | Soybeans |
| Fruit | Summer |
| Gelatin | Treat |
| Graham | Wheat |

Name: _____

Phone #: _____

Membership #: _____

(Membership # is located on front of paper)

If you were to win, check your preference:

___ Beggar's Pizza GC ___ HRI GC ___ Farm Funds
(If a choice is not made, HRI GC will be sent)

Deadline is the 20th of each month.

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 B J D V G R C F O Z I V Q R C
 N B M A A E C A M P I N G A O
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