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(603) 223-0828 BEECHHILLFARM.COM
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178 SOUTH MAST STREET, GORFSTOWN
(603) 497-2793 DEVRIENDTFARM.COM
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34 PLYMOUTH STREET, CENTER HARBOR
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(603) 298-6884 FOREUGOLF.COM
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CONQUER THE TRAIL

Visit each of the ice cream trail locations on the map and receive a passport sticker at each shop.* Once you have completed your passport, mail it to the address below.

ANY INDIVIDUAL THAT COMPLETES THEIR ENTIRE PASSPORT WILL GET A FREE SWEATSHIRT!

All completed passports will be entered into a drawing. If your name gets pulled you will win a basket of NH Made goodies, a Granite State Dairy Promotion sweatshirt, and a one year membership to your local Planet Fitness, which you may just need after conquering this trail!

Good luck, have fun, and thank your local ice cream shops for participating. Most importantly, thank your local New Hampshire dairy farmers who publish this map and make it possible each year. Remember: no dairy farms = no ice cream.

Passport entries are due no later than October 14th, 2015. Please provide the following information before mailing your passport.

Enjoying the trail? Use [#EATLIKEACOW](#) on Facebook, Instagram, Twitter, and Pinterest. We'd love to see photos of your adventure!

**We recommend you call individual shops to confirm their hours and seasonal closing date before visiting. Shop hours will vary.*

Name				
Mailing Address (sorry, we cannot ship to PO boxes)				
Phone Number				
Email				
Sweatshirt Size (circle one)	SM	MED	LG	XL

 Mail Passport by October 14, 2015 to:
Granite State Dairy Promotion
25 Capitol St., PO Box 2042
Concord, NH 03301

NEW HAMPSHIRE'S

Ice Cream Trail 2015

BROUGHT TO YOU BY YOUR LOCAL
NEW HAMPSHIRE DAIRY FARMERS



Did You Know?

NEW HAMPSHIRE'S AGRICULTURE

THERE ARE JUST UNDER 4,400 FARMS IN THE STATE.

NEW HAMPSHIRE IS #1 in the nation for organic sales as a percentage of all agricultural sales.

Agriculture (production and agritourism)
SUPPORTS OVER 12,000 JOBS IN NEW HAMPSHIRE.
(Plymouth State University, 2011)

THE NUMBER OF FARMS IN NH INCREASED BY 5%
from the last Agricultural Census to the most recent.
(2012 Census—the Ag Census is conducted every 5 years)

NEW HAMPSHIRE IS #1 in the nation for percentage of farms with direct-to-consumer marketing sales via farm stands and pick your own. Nearly 1.2 billion dollars is spent on agritourism-related activities in New Hampshire. (Plymouth State University, 2015. 2012 census of Agriculture)

Agriculture (production and agritourism)
SUPPORTS OVER 20,000 JOBS IN NEW HAMPSHIRE. (Plymouth State University, 2015)

Farms reporting some type of agritourism activity as part of their business
INCREASED BY 84% from 2002-2012.

NEW HAMPSHIRE'S DAIRY INDUSTRY

The New Hampshire dairy industry impacts state and local economies with **MORE THAN \$141 MILLION IN TOTAL OUTPUT, 3,717 JOBS AND MORE THAN \$19 MILLION IN LABOR INCOME.**

60-70% OF THE STATE'S CROP LAND IS MANAGED OR MAINTAINED BY DAIRY FARMERS.

When you purchase milk at the grocery store, **ONLY 30% OF THE PRICE YOU PAY GETS BACK TO FARMERS.**

MILK IS A REGIONAL PRODUCT. New Hampshire's dairy farmers supply, in part, to brands you purchase at the grocery store.

Each and every day, New Hampshire's dairy farmers work hard to produce fresh, wholesome milk for you and your family. **NH'S DAIRY FARM FAMILIES TAKE PRIDE IN HIGH QUALITY ANIMAL CARE AND MAINTAINING NH'S NATURAL RESOURCES.** They take tremendous pride in preserving the land where they live and work, protecting the air and water they share with neighbors, and being active members of their community.

From farm to store, New Hampshire's dairy farmers work with passion to provide you and your family with wholesome and nutritious dairy products. **99% OF NEW HAMPSHIRE DAIRY FARMS ARE FAMILY OWNED AND HAVE BEEN FOR GENERATIONS.**

The New Hampshire dairy industry is located primarily in the Connecticut River Valley on the state's western boarder and along the Merrimack River Valley in the center of the state. **THERE ARE APPROXIMATELY 125 DAIRY FARMS IN NEW HAMPSHIRE WITH AN AVERAGE OF 115 MILKING ANIMALS PER FARM.**

CHOCOLATE MILK IS THE OFFICIAL REFUEL BEVERAGE OF THE MANCHESTER MONARCHS AND NH HIGH SCHOOL ATHLETICS. More than 20 scientific studies support the benefits of recovering with the high-quality protein and nutrients in chocolate milk after a tough workout. Quite simply, chocolate milk is an all-natural, post work-out super drink!

NEW HAMPSHIRE'S FAST RATE OF DEVELOPMENT IS MAKING OPEN SPACES AND SCENIC VIEWS PRECIOUS RESOURCES. Not only are they appreciated by visiting tourists, but the state's residents and those seeking to retire or have second homes in New Hampshire also desire the rural atmosphere.

TREATING ANIMALS WITH RESPECT AND COMPASSION IS PART OF EVERY DAIRY FARMER'S HERITAGE. Farmers recognize that good animal welfare practices lead to the production of high quality, safe and wholesome milk, and they're constantly seeking ways to improve the comfort of their animals. Simply put, without healthy and contented cows, a dairy farmer couldn't stay in business.

NEW HAMPSHIRE'S DAIRY FARM FAMILIES REMIND YOU: MEAL TIME IS MILK TIME!



Fun Facts

DAIRY FUN FACTS

Despite its creamy texture, **MILK IS COMPRISED OF 85 TO 95% WATER.** The rest of its volume comes from nutritious vitamins, proteins, carbohydrates, and healthy fat.

MILK IS A NATURALLY NUTRIENT-RICH FOOD THAT PROVIDES MANY NUTRIENTS FOR A RELATIVELY SMALL AMOUNT OF CALORIES. The nutrient powerhouse includes: vitamins A and D, potassium, magnesium and complete protein, just to name a few. Milk has an irreplaceable package of nutrients that cannot be found in any other single food or beverage. Lactose-free dairy products are a great alternative for those who want all the essential nutrients found in milk but have trouble digesting lactose.



ALL MILK, BOTH CONVENTIONAL AND ORGANIC, IS ANTIBIOTIC FREE. It is illegal for any milk that has tested positive for antibiotics to be sold. Milk is tested on the farm, again by the milk truck driver, and a third time by the milk plant before it is processed. If milk is found to have antibiotics, the milk is destroyed and the farmer will pay for the entire tanker truck of milk.

DRINKING MILK AND EATING YOGURT AND CHEESE ARE A GREAT WAY TO PROTECT YOUR PERFECT SMILE. Milk reduces the level of acidity in the mouth, combats plaque formation, and reduces the risk of cavities.

WOMEN WHO EAT AT LEAST THREE SERVINGS OF DAIRY FOODS EACH DAY ARE 80% LESS LIKELY TO BE OBESE THAN THOSE WHO DON'T.

DAIRY FARMERS RELY ON EXPERTS IN NUTRITION FOR ADVICE ON FEEDING THEIR COWS. Dairy nutritionists recommend scientifically formulated and balanced diets that consist of hay, grains, protein sources, and other vitamins and minerals. Sometimes the nutritionist incorporates additional ingredients such as citrus pulp, brewers' mash, and whole cottonseed, which add valuable nutrients to the feed. Long story short, cows eat better than most people do!

COW FUN FACTS

THE TERM "COW" REFERS ONLY TO THE FEMALES OF THE BOVINE POPULATION. Males are typically called bulls or steers. A female who has given birth is called a cow. A female who has not given birth is called a heifer.

COWS SPEND THE VAST MAJORITY OF THEIR TIME LYING DOWN – ABOUT 10 TO 12 HOURS EACH DAY.

COWS HAVE ONLY BOTTOM TEETH. They press their bottom teeth against the top hard palate of their mouth to eat and chew.

COWS HAVE AN EXCELLENT SENSE OF SMELL AND CAN DETECT ODORS UP TO SIX MILES AWAY.

THE NATURAL YELLOW COLOR OF BUTTER COMES MAINLY FROM BETA-CAROTENE FOUND IN THE GRASS THE COWS GRAZE ON.

THE MAIN BREEDS OF DAIRY COWS ARE HOLSTEIN, GUERNSEY, JERSEY, BROWN SWISS, AYRSHIRE, AND MILKING SHORT HORN.

NH Department of Agriculture, Markets & Food
25 Capitol St., PO Box 2042, Concord, NH 03301
(603)271-3788 agriculture.nh.gov



Granite State Dairy Promotion
25 Capitol St., PO Box 2042, Concord, NH 03301
(603)271-3696 nhdairypromo.org



47 LOCAL ICE CREAM STANDS

NHDAIRYPROMO.ORG

NEW HAMPSHIRE'S

Ice Cream Trail 2015

- BROUGHT TO YOU BY YOUR LOCAL NEW HAMPSHIRE DAIRY FARMERS -

- ARCTIC DREAMS**
NEW LONDON
- AT THE HOP ICE CREAM SHOP**
BATH
- BEECH HILL FARM & ICE CREAM BARN**
HOPKINTON
- BIG 1 ICE CREAM STAND**
NASHUA
- BISHOP'S HOMEMADE ICE CREAM**
LITTLETON
- BLAKE'S RESTAURANT & ICE CREAM**
MANCHESTER - SOUTH MAIN STREET
- BLAKE'S RESTAURANT & ICE CREAM**
MANCHESTER - HOOKSETT ROAD
- BLY FARM**
WOLFEBORO
- BRICK HOUSE DRIVE-IN RESTAURANT**
HOOKSETT
- BRUSTER'S ICE CREAM**
NASHUA
- CHARLIE'S OLDE TYME CREAMERY**
PETERBOROUGH
- COFFEE CABOOSE**
WEST OSSISPEE
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- DEWEY'S ICE CREAM PARLOR & CAFÉ**
CENTER HARBOR
- DUDLEY'S HOMEMADE ICE CREAM**
LOUDON
- FREKEY'S DAIRY FREEZE**
CHICHESTER
- GOULD HILL FARM**
HOPKINTON
- GRANITE STATE CANDY SHOPPE & ICE CREAM**
CONCORD
- HATCHLAND FARM'S "WICKED GOOD" DAIRY DELITES**
NORTH HAVERHILL
- HAYWARD'S HOMEMADE ICE CREAM**
NASHUA
- ICE CREAM FORE-U**
WEST LEBANON
- ILSLEY'S ICE CREAM**
WEARE
- INGY'S ICE CREAM & SNACK SHACK**
BERLIN
- JORDAN'S ICE CREAMERY**
BELMONT
- KELLERHAUS ICE CREAM, CANDY & GIFTS**
WEIRS BEACH
- KIMBALL FARM**
JAFFREY
- LONE OAK ICE CREAM**
ROCHESTER
- M 'N M SCOOPS**
PLYMOUTH
- MEMORIES ICE CREAM**
KINGSTON
- MOO'S PLACE HOMEMADE ICE CREAM**
DERRY
- MOOSE ALLEY CONES**
PITTSBURG
- NANA'S SNACK SHACK**
WEARE
- NAUGHTY NELLIE'S ICE CREAM BAR**
ANDOVER
- PEACH TREE FARM**
SALEM
- RICHARDSON'S FARM**
BOSCAWEN
- SANCTUARY DAIRY FARM ICE CREAM**
SUNAPEE
- SHIBLEY'S DRIVE-IN**
ALTON BAY
- SHORT STOP OF NEW IPSWICH**
NEW IPSWICH
- STUART & JOHN'S SUGAR HOUSE RESTAURANT**
WESTMORELAND
- THE MILL FUDGE FACTORY & ICE CREAM CAFÉ**
BRISTOL
- TRAILS END ICE CREAM SHOP**
BARTLETT
- TRAILS END ICE CREAM SHOP**
INTERVALE
- UDDERLY DELICIOUS ICE CREAM SHOPPE**
LINCOLN
- UNH DAIRY BAR**
DURHAM

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