

37 LOCAL ICE CREAM STANDS

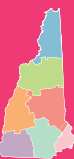
New Hampshire's
— O R I G I N A L —
ICE CREAM
Trail



2020 PASSPORT

NHDAIRYPROMO.ORG





GREAT NORTH WOODS

1. Moose Alley Cones

WHITE MOUNTAINS REGION

2. Hatchland Farm's "Wicked Good" Dairy Delites 🍦🍦🍦
3. Moose Scoops Ice Cream 🍦
4. The Barnyard Scoop at Sherman Farm
5. Trails End Ice Cream Shop

DARTMOUTH-LAKE SUNAPEE

6. Ice Cream Fore-U
7. Sanctuary Dairy Farm Ice Cream 🍦🍦

LAKES REGION

8. Bly Farm
9. Dewey's Ice Cream Parlor & Cafe
10. Kellerhaus 🍦
11. Lone Oak Ice Cream 🍦
12. M 'n M Scoops

MONADNOCK REGION

13. Carol's Ice Cream 🍦
14. Connolly Brothers Dairy Farm 🍦🍦🍦
15. Frisky Cow Gelato at Stonewall Farm 🍦🍦🍦
16. Ilsley's Ice Cream 🍦🍦
17. Kimball Farm
18. Life is Sweet 🍦
19. Stuart & John's Sugar House Restaurant 🍦
20. Walpole Creamery 🍦🍦

SEACOAST REGION

21. Lickee's & Chewy's Candies & Creamery
22. Memories Ice Cream 🍦
23. What's the Scoop?

MERRIMACK VALLEY

24. The Big 1 Ice Cream Stand
25. Blake's Restaurant & Ice Cream 🍦
26. Blake's Restaurant & Ice Cream 🍦
27. Bruster's Real Ice Cream 🍦
28. Dudley's Homemade Ice Cream 🍦
29. Gould Hill Farm 🍦
30. Granite State Candy Shoppe 🍦🍦
31. Granite State Candy Shoppe 🍦🍦
32. Hayward's Homemade Ice Cream Merrimack 🍦
33. Hayward's Homemade Ice Cream Nashua 🍦
34. Richardson's Farm 🍦🍦
35. Sub Zero Nitrogen Ice Cream 🍦
36. The Velvet Moose Ice Cream Shoppe
37. True Confections Candies & Gifts

🍦 Dairy farmer owned — Shop is owned by a N.H. dairy farmer

🍦 Handmade — Ice cream is made on-site

🍦 N.H. made — Ice cream is made from 100 percent N.H. milk and cream

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



Due to the **COVID-19** pandemic, shop hours and availability may vary store to store. Please call ahead to confirm operating hours and availability.



GREAT NORTH WOODS

1

MOOSE ALLEY CONES

3 Partridge Road
Pittsburg, NH 03592
603-538-6380
partridgecabins.com/about-us/moose-alley-cones/



WHITE MOUNTAINS



2

HATCHLAND FARM'S "WICKED GOOD" DAIRY DELITES 🍦🍦🍦

3095 Dartmouth College Highway
North Haverhill, NH 03774
603-348-1884 • Find us on Facebook

3

MOOSE SCOOPS ICE CREAM 🍦

49 Lake Tarleton Road
Warren, NH 03279
603-764-9134 • moosescoopsicecream.com

4

THE BARNYARD SCOOP AT SHERMAN FARM

2679 East Conway Road
Center Conway, NH 03813
603-939-2412 • shermanfarmnh.com

5

TRAILS END ICE CREAM SHOP

3631 White Mountain Highway
Intervale, NH 03845
603-333-1173 • trailsendicecream.com





6

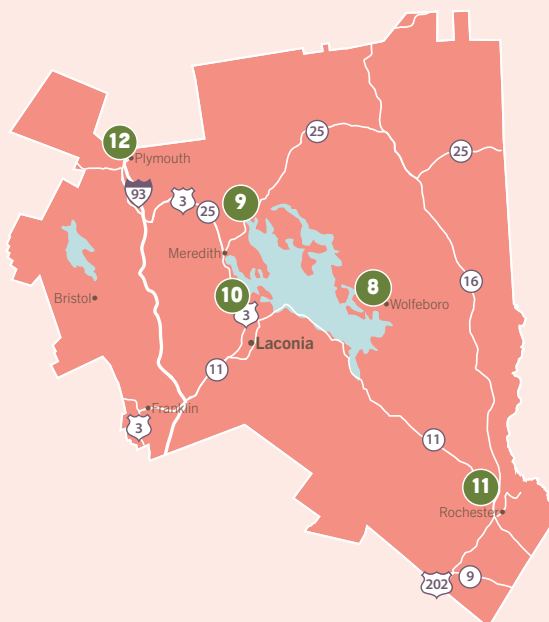
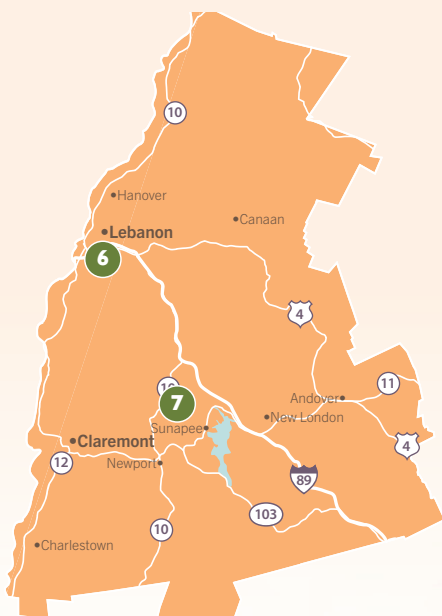
ICE CREAM FORE-U

298 Plainfield Road
West Lebanon, NH 03784
603-298-6884 • foreugolf.com

7

SANCTUARY DAIRY FARM ICE CREAM

209 Route 103
Sunapee, NH 03782
603-863-8940 • icecreamkidbeck.com



8

BLY FARM

620 Center Street
Wolfeboro, NH 03894
603-569-1411

9

DEWEY'S ICE CREAM PARLOR AND CAFE

34 Plymouth Street
Center Harbor, NH 03226
603-253-4009 • deweysicecreamandcafe.com

10

KELLERHAUS

259 Endicott Street North
Laconia, NH 03246
603-366-4466 • kellerhaus.com

11

LONE OAK ICE CREAM

175 Milton Road
Rochester, NH 03868
603-332-1809 • loneoakicecream.com

12

M 'N M SCOOPS

67 Main Street
Plymouth, NH 03264
603-536-4850 • plymouthnhicecream.com





MONADNOCK REGION

13

CAROL'S ICE CREAM 🍦

1170 Route 119
Rindge, NH 03461
fettadicasa.com

14

CONNOLLY BROTHERS DAIRY FARM 🍦🍦🍦

140 Webster Highway
Temple, NH 03084
603-924-5002 • Find us on Facebook

15

FRISKY COW GELATO AT STONEWALL FARM 🍦🍦🍦

242 Chesterfield Road
Keene, NH 03431
stonewallfarm.org • friskycowgelato.com

16

ILSLEY'S ICE CREAM 🍦🍦

33 South Sugar Hill Road
Weare, NH 03281
603-529-6455 • Find us on Facebook

17

KIMBALL FARM

158 Turnpike Road
Jaffrey, NH 03452
603-532-5765 • Kimballfarm.com

18

LIFE IS SWEET 🍦

32 Central Square
Keene, NH 03431
603-352-0900 • lifeissweetcandystore.com

19

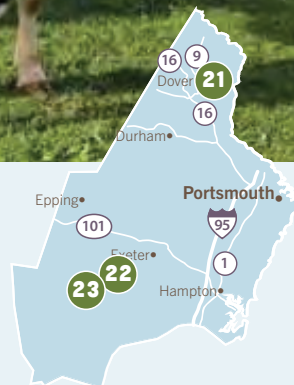
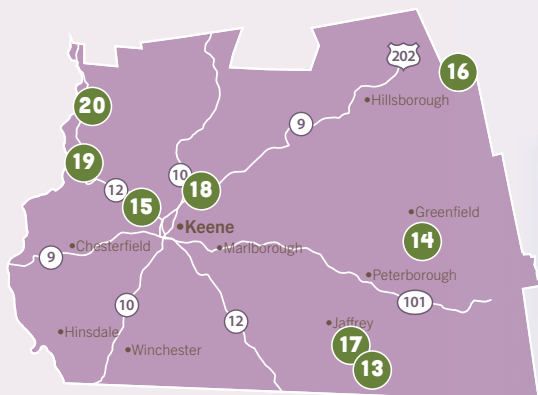
STUART & JOHN'S SUGAR HOUSE RESTAURANT 🍦

31 Route 63
Westmoreland, NH 03467
603-399-4486 • stuartandjohns.com

20

WALPOLE CREAMERY 🍦🍦

532 Main Street
Walpole, NH 03608
603-445-5700 • walpolecreamery.com



SEACOAST REGION

21

LICKEE'S & CHEWY'S CANDIES & CREAMERY

53 Washington Street, Suite 100
Dover, NH 03820
603-343-1799 • lickeesnchewys.com

22

MEMORIES ICE CREAM 🍦

95 Exeter Road
Kingston, NH 03848
693-642-3737 • memoriesicecream.com

23

WHAT'S THE SCOOP?

160 Main Street
Kingston, NH 03848
603-642-4455
whatsthescoop.fun





24

THE BIG 1 ICE CREAM STAND

185 Concord Street
Nashua, NH 03064
603-402-1182 • thebig1icecream.com

25

BLAKE'S RESTAURANT & ICE CREAM 🍦

53 Hooksett Road
Manchester, NH 03104
603-627-1110 • blakesicecream.com

26

BLAKE'S RESTAURANT & ICE CREAM 🍦

353 South Main Street
Manchester, NH 03102
603-669-0220 • blakesicecream.com

27

BRUSTER'S REAL ICE CREAM 🍦

621 Amherst Street
Nashua, NH 03063
603-881-9595 • brustersnh.com

28

DUDLEY'S HOMEMADE ICE CREAM 🍦

846 Route 106 N
Loudon, NH 03307
603-783-4800 • Find us on Facebook

29

GOULD HILL FARM 🍌

656 Gould Hill Road
Contoocook, NH 03229
603-746-3811 • gouldhillfarm.com

30

GRANITE STATE CANDY SHOPPE 🍌 🍌

13 Warren Street
Concord, NH 03301
603-225-2591 • granitestatecandyshoppe.com

31

GRANITE STATE CANDY SHOPPE 🍌 🍌

832 Elm Street
Manchester, NH 03101
603-218-3885 • granitestatecandyshoppe.com

32

HAYWARD'S HOMEMADE ICE CREAM 🍦 MERRIMACK

360 Daniel Webster Highway
Merrimack, NH 03054
603-424-5915 • haywardsicecream.com

33

HAYWARD'S HOMEMADE ICE CREAM 🍦 NASHUA

7 Daniel Webster Highway
Nashua, NH 03060
603-888-4663 • haywardsicecream.com

34

RICHARDSON'S FARM 🍌 🍌

170 Water Street
Boscawen, NH 03303
603-796-2788 • richardsonsfarmnh.com

35

SUB ZERO NITROGEN ICE CREAM 🍦

495 Amherst Street
Nashua, NH 03063
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36

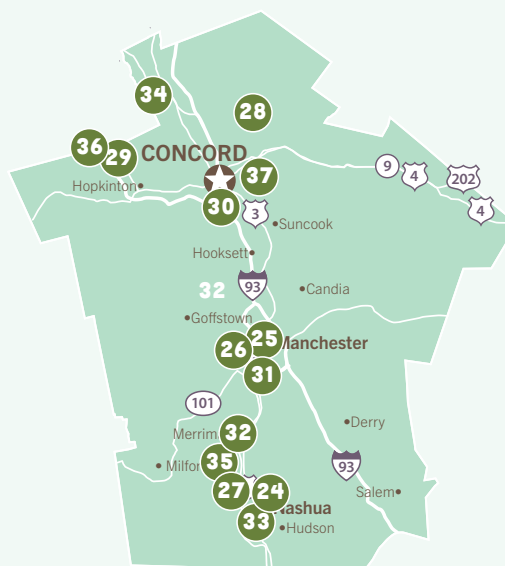
THE VELVET MOOSE ICE CREAM SHOPPE

25 East Main Street
Warner, NH 03278
603-456-2511 • Find us on Facebook

37

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211 Loudon Road, Ste. D
Concord, NH 03301
603-226-3536 • trueconfectionssnh.com





Treating animals with respect and compassion is part of every dairy farmer's heritage. Farmers recognize that excellent animal welfare practices lead to the production of high-quality milk. Farmers are constantly seeking ways to improve the comfort of their animals. Simply put, without healthy and contented cows, a dairy farmer could not stay in business.



Despite what some activist groups want you to believe, dairy cows are not treated as "milk machines." On average, dairy cows spend a total of 45 minutes a day in the milking parlor. That's it. The rest of the time, they're on pasture, lazing about in the barn, socializing, eating, and drinking.



Dairy farmers work to conserve resources such as water, land, and energy. Farmers have tools to measure soil, carbon, water, and energy to make decisions that help their farms use resources efficiently. Dairy farmers were environmentalists long before anyone else.



It's not the cows. The EPA estimates that 9% of all direct emissions in the United States are due to agriculture compared with 20% from industry, 28% from electricity, and 28% from transportation.



Dairy farming only produces 2% of the animal livestock contributions to greenhouse gases. Today's dairies use 90% less cropland, produce 76% less manure, use 65% less water, and 63% less carbon than they did in 1944.



Chocolate milk contributes less than 2% of added-sugar to a child's diet. The American Heart Association suggests that the foods mainly responsible for the increased intake of added sugars are soft drinks, fruit drinks, desserts, and candy. The American Heart Association also notes that flavored milk causes no adverse effect on a child's weight and contains all the same nutrients as white milk.



Compared to water or most sports drinks, chocolate milk has double the carbohydrate and protein content. Chocolate milk is perfect for replenishing tired muscles. Its high water content replaces fluids lost in sweat, preventing dehydration. 20+ scientific studies prove chocolate milk is the best sports recovery beverage on the planet.



Decades of scientific research have substantiated the many health benefits associated with milk, including increasing bone health, lowering blood pressure, and boosting immunity. When taking into account the numerous health benefits, the inexpensive cost per serving, and the amount of nutrients packed in each serving, dairy products are essential part of a healthy diet. There is no other beverage that naturally provides the same nutrients as real milk.



MILK DOES NOT CONTAIN ANTIBIOTICS. IT IS ILLEGAL. All milk, both conventional and organic, is antibiotic free.



Milk is tested for antibiotics at each stage of the delivery process — at the farm, before it is transported, and again at the dairy processing facility. Each of these tests determines that milk does not contain antibiotics. It is because of these rigorous testing standards that milk is one of the safest food products you can buy. THERE ARE STRICT FINANCIAL AND REGULATORY PENALTIES FOR FARMERS IF THEIR MILK DOES NOT PASS THESE TESTS.



Antibiotics are used on farms to treat animals that are sick just like you would give an antibiotic to your child if they get sick. Dairy farmers have no incentive to arbitrarily treat cows with antibiotics. Doing so costs additional money and serves no purpose. Any cow that gets an antibiotic is milked separately from the rest of the herd and the milk is dumped.



HORMONES IN MILK? Hormones are simply chemical messengers, and often proteins, produced naturally in both animal and plant foods— from celery to salmon. Because of this, there are no "hormone-free" foods, including milk. Hormones are never added to milk. Milk is one of the simplest foods you can buy.



Women who eat at least three servings of dairy foods each day are 80 percent less likely to be obese than those who don't.



A recent study of more than 37,000 middle aged women found that those with the highest intakes of dairy had a reduced risk of type 2 diabetes. Similarly, a study of men found a reduced risk of type 2 diabetes with increased consumption of low fat dairy. Interestingly, every extra portion of dairy consumed was associated with increasingly lower risk.



The body is able to better absorb and digest the essential amino acids found in dairy protein as compared to soy, wheat, almond, coconut, or rice proteins. Compared to most milk alternatives, cow's milk also has higher amounts of absorbable calcium, making cow's milk a great choice for supporting bone and muscle health.



Alternative "milk" beverages have become the latest food trend. While they claim to be a healthier option than cow's milk, very little of their advertised nutrition makes it into the glass. There may be up to 8 additives in an attempt to mimic the taste and nutrient profile as real cow's milk.



Real milk contains only three ingredients. Cow's milk, Vitamin A, and Vitamin D. Alternative dairy beverages may contain a myriad of artificial ingredients such as Cane Sugar, Sea Salt, Carrageenan, Natural Flavor, Calcium Carbonate, Locust Bean Gum, Sunflower Lecithin, Gellan Gum, Calcium Carbonate, Vitamin E Acetate, Zinc Gluconate, Tricalcium phosphate, and synthetic vitamins.



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

NEW HAMPSHIRE'S AGRICULTURE



Milk sales rank second in value of all New Hampshire agricultural commodities sold. (2017 Census of Agriculture)



Agritourism activities contribute approximately \$4 million annually to the New Hampshire agricultural economy. (2017 Census of Agriculture)



Agriculture (production and agritourism) supports over 20,000 jobs in New Hampshire. (Plymouth State University 2015)

FUN COW 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.



The average dairy cow produces eight gallons of milk per day!



The main breeds of dairy cows are Holstein, Guernsey, Jersey, Brown Swiss, Ayrshire and Milking Shorthorn.



Cows are social animals, and they naturally form large herds. And, like people, they will make friends and bond to some herd members and avoid others.



Cows have almost total 360-degree panoramic vision.



Cows only have bottom teeth.



Cows spend 10 to 12 hours a day lying down

**WANT MORE REASONS TO DRINK REAL MILK?
IT KEEPS NH DAIRY FARMS IN BUSINESS.**

**The Decline of NH Dairy Farms
1970 - 2018**



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603-271-3696 nhdairypromo.org



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

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Ice Cream



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flavors of premium ice cream

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(603) 924 5002

Hours: 8am-8pm 7 days Find us on Facebook

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(603) 783-4800

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...events, and our store locator



EAT LIKE A COW...

CONQUER THE TRAIL

SHARE YOUR ADVENTURE AND PICTURES USING THE #EATLIKEACOW, #NHICECREAMTRAIL SOCIAL MEDIA TAGS. BE SURE TO TAG US ON INSTAGRAM TOO @NHDAIRY

Visit each shop on the map and receive a passport sticker. Once you have completed your passport, mail it to the address below.

Completed passports will be entered into a drawing. If your name is drawn you will win a basket of NH Made goodies, a \$200 Amazon Gift card, and an **#eatlikeacow** sweatshirt. Any individual that completes the entire passport will get a complementary **#eatlikeacow** sweatshirt.

Be sure to check out the mobile website. It's a perfect companion to your handheld map. The mobile website provides specific shop directions, websites, and hours. nhdairypromo.org

WE STRONGLY RECOMMEND YOU CALL SHOPS BEFORE YOUR VISIT TO CONFIRM HOURS AND SEASONAL CLOSING DATES. THEY VARY FROM SHOP TO SHOP.

Good luck, have fun, and thank your local ice cream shops for participating. Their listing on this map displays a true devotion to our regional dairy system. Every shop on this map is a treasure. Every shop listed is proud to support dairy farms across New Hampshire and New England.

PASSPORT ENTRIES ARE DUE NO LATER THAN OCTOBER 19TH, 2020.

Please provide the following information before mailing your passport. If passports are received without all of the below information, we will not consider it complete.

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 19, 2020 to:
Granite State Dairy Promotion
25 Capitol St., PO Box 2042
Concord, NH 03301