

EAT LIKE A COW...

CONQUER THE TRAIL

SHARE YOUR ADVENTURE AND PICTURES USING THE
#EATLIKEACOW SOCIAL MEDIA TAG

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.

All completed passports will be entered into a drawing. If your name gets selected, you will win a basket of NH Made goodies, a **#EATLIKEACOW** sweatshirt and a one-year membership to your local Planet Fitness. Any individual that completes their entire passport will get a complimentary **#EATLIKEACOW** sweatshirt.

Be sure to check out the mobile website **NHDAIRYPROMO.ORG**. It's a perfect companion to your handheld map. The mobile website provides specific shop directions, shop websites, hours and social media sites.

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

Passport entries are due no later than **OCTOBER 15, 2018**. Please provide the following information before mailing your passport. If passports are received without all of the below information, your passport will be considered incomplete.

*We **STRONGLY** recommend you call individual shops to confirm their hours and seasonal closing dates, as hours and dates vary from shop to shop.

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 15, 2018 to:
Granite State Dairy Promotion
25 Capitol St., PO Box 2042
Concord, NH 03301

NEW HAMPSHIRE'S *Original* ICE CREAM • 20 *Trail* 18 •

BROUGHT TO YOU BY YOUR LOCAL
NEW HAMPSHIRE DAIRY FARMERS


New Hampshire
LIVE FREE



44 LOCAL ICE CREAM STANDS

NHDAIRYPROMO.ORG



GREAT NORTH WOODS

- 1. Moose Alley Cones

WHITE MOUNTAINS REGION

- 2. Bishop's Homemade Ice Cream
- 3. Hatchland Farm's "Wicked Good" Dairy Delites
- 4. Moose Scoops Ice Cream
- 5. 302 Grill
- 6. Scoggins Cool Shack

DARTMOUTH-LAKE SUNAPEE

- 7. Ice Cream Fore-U
- 8. Sanctuary Dairy Farm Ice Cream

LAKES REGION

- 9. Bly Farm
- 10. Dewey's Ice Cream Parlor & Café
- 11. Jordan's Ice Creamery
- 12. Kellerhaus
- 13. Lone Oak Ice Cream
- 14. Rumney Village Store

MONADNOCK REGION

- 15. Ava Marie Handmade Chocolate & Ice Cream
- 16. Charlie's Olde Tyme Creamery
- 17. Connolly Brothers Dairy Farm
- 18. Ilsley's Ice Cream
- 19. Kimball Farm of Jaffrey
- 20. Nana's Snack Shack
- 21. Stuart & John's Sugar House Restaurant
- 22. Walpole Creamery
- 23. Walpole Creamery

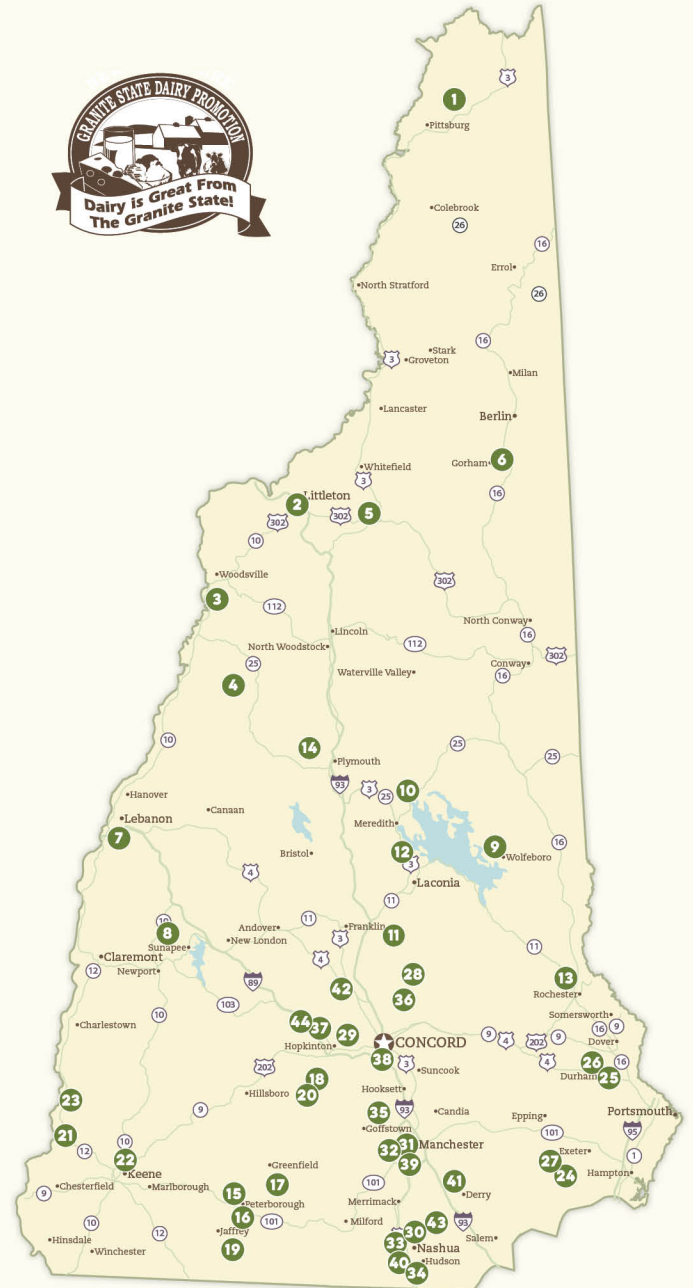
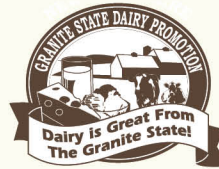
SEACOAST REGION

- 24. Memories Ice Cream
- 25. The Candy Bar & Creamery
- 26. The UNH Dairy Bar
- 27. What's the Scoop? Ice Cream Shop

MERRIMACK VALLEY

- 28. Applevew Orchard
- 29. Beech Hill Farm & Ice Cream Barn
- 30. Big 1 Ice Cream Stand
- 31. Blake's Restaurant & Ice Cream
- 32. Blake's Restaurant & Ice Cream
- 33. Bruster's Real Ice Cream
- 34. Countrybrook Farms
- 35. Devriendt Farm Products
- 36. Dudley's Homemade Ice Cream
- 37. Gould Hill Farm
- 38. Granite State Candies & Ice Cream
- 39. Granite State Candies & Ice Cream
- 40. Hayward's Homemade Ice Cream
- 41. Moo's Place Homemade Ice Cream
- 42. Richardson's Farm
- 43. Sub Zero Ice Cream & Yogurt
- 44. The Velvet Moose Ice Cream Shoppe

- DAIRY FARMER OWNED - Shop is owned by a NH dairy farmer
- HANDMADE - Ice cream is made on site
- NH MADE - Ice cream is made from 100% NH milk and cream



1

MOOSE ALLEY CONES

3 PARTRIDGE ROAD
PITTSBURG, NH 03592
603-538-6380
PARTRIDGECABINS.COM/ABOUT-US/
MOOSE-ALLEY-CONES/



2

BISHOP'S HOMEMADE ICE CREAM 

183 COTTAGE STREET
LITTLETON, NH 03561
603-444-6039 • FIND US ON FACEBOOK

3

HATCHLAND FARM'S 
"WICKED GOOD" DAIRY DELITES

3095 DARTMOUTH COLLEGE HWY.
NORTH HAVERHILL, NH 03774
603-787-2388 • FIND US ON FACEBOOK

4

MOOSE SCOOPS ICE CREAM 

49 LAKE TARLETON ROAD
WARREN, NH 03279
603-764-9134 • MOOSESCOOPSICECREAM.COM

5

302 GRILL

360 ROUTE 302 WEST
TWIN MOUNTAIN, NH 03595
727-276-2107 • 302GRILL.COM

6

SCOGGINS COOL SHACK

133 MAIN STREET
GORHAM, NH 03581
603-466-5204 • FIND US ON FACEBOOK





7 ICE CREAM FORE-U

298 PLAINFIELD ROAD
WEST LEBANON, NH 03784
603-298-6884 • FOREUGOLF.COM

8 SANCTUARY DAIRY FARM ICE CREAM 🍦 🍦

209 ROUTE 103
SUNAPEE, NH 03782
603-863-8940 • ICECREAMKIDBECK.COM



9 BLY FARM

620 CENTER STREET
WOLFEBORO, NH 03894
603-569-1411

10 DEWEY'S ICE CREAM PARLOR AND CAFE

34 PLYMOUTH STREET
CENTER HARBOR, NH 03226
603-253-4009 • DEWEYSICECREAMANDCAFE.COM

11 JORDAN'S ICE CREAMERY 🍦

894 ROUTE 106
BELMONT, NH 03249
603-267-1900 • FIND US ON FACEBOOK

12 KELLERHAUS 🍦

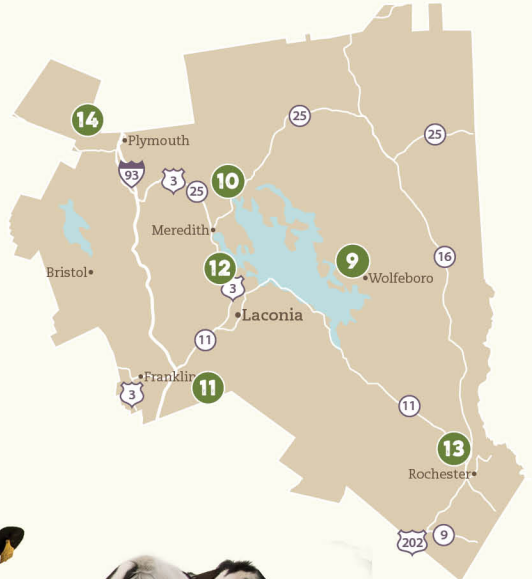
259 ENDICOTT STREET NORTH
LACONIA, NH 03246
603-366-4466 • KELLERHAUS.COM

13 LONE OAK ICE CREAM 🍦

175 MILTON ROAD
ROCHESTER, NH 03868
603-332-1809 • LONEOAKICECREAM.COM

14 RUMNEY VILLAGE STORE

453 MAIN STREET
RUMNEY, NH 03266
603-786-6020
RUMNEYVILLAGESTORE.COM



15 AVA MARIE HANDMADE CHOCOLATE & ICE CREAM

43 GROVE STREET
 PETERBOROUGH, NH 03458
 603-562-7847 • AVAMARIECHOCOLATES.COM

16 CHARLIE'S OLDE TYME CREAMERY

ROUTE 202, 9 SHARON ROAD
 PETERBOROUGH, NH 03458
 603-321-9757 • FIND US ON FACEBOOK

17 CONNOLLY BROTHER'S DAIRY FARM

140 WEBSTER HIGHWAY
 TEMPLE, NH 03084
 603-924-5002 • FIND US ON FACEBOOK

18 ILSLEY'S ICE CREAM

33 SOUTH SUGAR HILL ROAD
 WEARE, NH 03281
 603-529-6455 • FIND US ON FACEBOOK

19 KIMBALL FARM OF JAFFREY

158 TURNPIKE ROAD
 JAFFREY, NH 03452
 603-532-5765 • KIMBALLFARM.COM

20 NANA'S SNACK SHACK LLC

1387 S STARK HIGHWAY
 WEARE, NH 03281
 603-529-3474 • NANASSHACK.COM

21 STUART & JOHN'S SUGAR HOUSE RESTAURANT

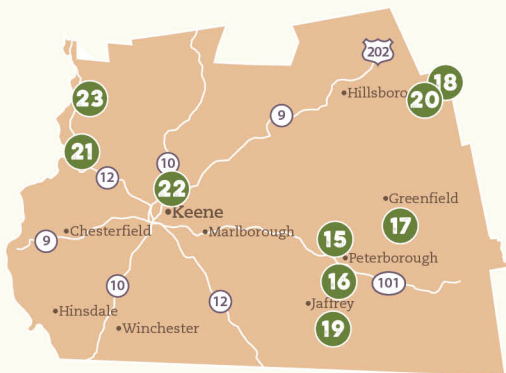
31 ROUTE 63
 WESTMORELAND, NH 03467
 603-399-4486 • STUARTANDJOHNS.COM

22 WALPOLE CREAMERY

149 MAIN STREET
 KEENE, NH 03431
 603-445-5700 • WALPOLECREAMERY.COM

23 WALPOLE CREAMERY

532 MAIN STREET
 WALPOLE, NH 03608
 603-445-5700 • WALPOLECREAMERY.COM



24 MEMORIES ICE CREAM

95 EXETER ROAD
 KINGSTON, NH 03848
 693-642-3737 • MEMORIESICECREAM.COM

25 THE CANDY BAR & CREAMERY

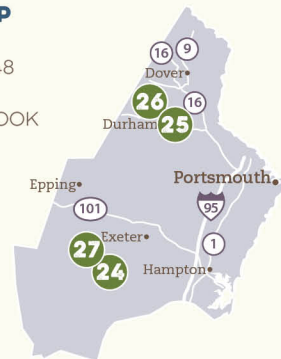
44 MAIN STREET
 DURHAM, NH 03824
 603-397-5154 • THECANDYBARNH.COM

26 THE UNH DAIRY BAR

3 DEPOT ROAD
 DURHAM, NH 03824
 603-862-1006 • UNH.EDU/DINING/DAIRY-BAR

27 WHAT'S THE SCOOP? ICE CREAM SHOP

160 MAIN STREET
 KINGSTON, NH 03848
 603-642-4455
 FIND US ON FACEBOOK



28 APPLEVIEW ORCHARD

1266 UPPER CITY ROAD
PITTSFIELD, NH 03263
603-435-3553 • APPLEVIEWORCHARD.COM

29 BEECH HILL FARM & ICE CREAM BARN

107 BEECH HILL ROAD
HOPKINTON, NH 03229
603-223-0828 • BEECHHILLFARM.COM

30 BIG 1 ICE CREAM

185 CONCORD STREET
NASHUA, NH 03064
603-402-1182 • THEBIG1ICECREAM.COM

31 BLAKE'S RESTAURANT AND ICE CREAM

53 HOOKSETT ROAD
MANCHESTER, NH 03104
603-627-1110 • BLAKESRESTAURANT.COM

32 BLAKE'S RESTAURANT AND ICE CREAM

353 SOUTH MAIN STREET
MANCHESTER, NH 03102
603-669-0220 • BLAKESRESTAURANT.COM

33 BRUSTER'S ICE CREAM

621 AMHERST STREET, ROUTE 101A
NASHUA, NH 03063
603-881-9595 • BRUSTERSNH.COM

34 COUNTRYBROOK FARMS

175 LOWELL ROAD
HUDSON, NH 03051
603-886-5200 • COUNTRYBROOKFARMS.COM

35 DEVRIENDT FARM PRODUCTS

178 S MAST STREET
GOFFSTOWN, NH 03045
603-497-2793 • DEVRIENDTFARM.COM

36 DUDLEY'S HOMEMADE ICE CREAM

846 ROUTE 106 N
LOUDON, NH 03307
603-783-4800 • FIND US ON FACEBOOK

37 GOULD HILL FARM

656 GOULD HILL ROAD
CONTOOCCOOK, NH 03229
603-746-3811 • GOULDHILLFARM.COM

38 GRANITE STATE CANDY SHOPPE

13 WARREN STREET
CONCORD, NH 03301
603-225-2591 • GRANITESTATECANDYSHOPPE.COM

**39 GRANITE STATE CANDY SHOPPE**

832 ELM STREET
MANCHESTER, NH 03101
603-218-3885 • GRANITESTATECANDYSHOPPE.COM

40 HAYWARD'S HOMEMADE ICE CREAM

7 DW HIGHWAY
NASHUA, NH 03060
603-888-4663 • HAYWARDSICECREAM.COM

41 MOO'S PLACE HOMEMADE ICE CREAM

27 CRYSTAL AVENUE
DERRY, NH 03038
603-425-0100 • MOOSPLACE.COM

42 RICHARDSON'S FARM

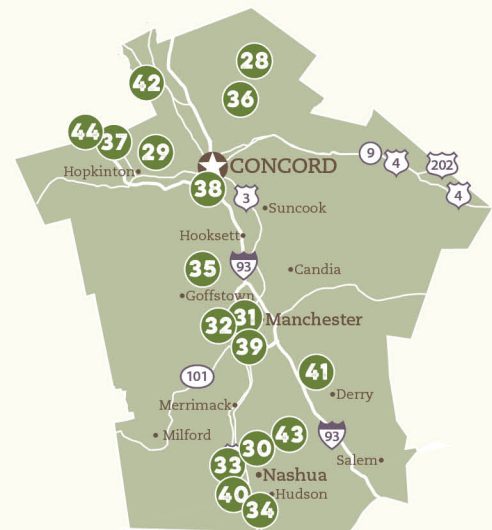
170 WATER STREET
BOSCAWEN, NH 03303
603-796-2788 • RICHARDSONSFARMNH.COM

43 SUB ZERO NITROGEN ICE CREAM


495 AMHERST STREET
NASHUA, NH 03063
603-327-9694 • SUBZEROICECREAM.COM


44 THE VELVET MOOSE ICE CREAM SHOPPE


25 EAST MAIN STREET
WARNER, NH 03278
603-456-2511 • FB-VELVETMOOSE.ICE








 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, safe and wholesome 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.

 There are groups that spend millions each year trying to persuade the public that animal agriculture is evil. They find isolated cases of animal abuse and attempt to convince consumers that appalling acts are common on all farms. In reality, their goal is to make it difficult for family-owned farms to exist. They all share a similar agenda—to end the consumption of meat, dairy, and eggs. Don't believe their hype.


 The terms “factory farm,” “corporate farm,” or “industrial farm” are invented trigger words to scare consumers. The primary goal is to portray larger farms as negligent, faceless machines that don't care about animals or the environment. Nothing is further from the truth. Cow care, comfort, and environmental stewardship are top priorities for all dairy farms regardless of their size.


 Large farms are family owned just like small farms. There are some families that have multiple siblings, or other relatives, that wish to be a part of the agriculture community and continue their family's farming tradition. These farms often expand and/or diversify to make it possible for the next generation to be a part of the family business. 99 percent of NH dairy farms are family owned. The remaining one percent are our county farms and the UNH dairy facility.


 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. They also carefully manage waste. Today, farmers have tools to measure soil, carbon, water and energy use to make decisions that help their farms use those resources efficiently. Dairy farmers were environmentalists long before anyone else.

 2018 is the fourth year of record low milk prices. NH has lost 20 family owned dairy farms since 2016. Dairy farmer's checks are currently as low as they were in the 1970s. Wondering how you can help? It's quite simple. Buy more milk! All the milk on grocery store shelves comes from a family farm in your region. Name brand or store brand, milk is a local product.


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


 Dairy farmers get paid by the pound (not by the gallon). When you buy a gallon of milk for \$3.00, a dairy farmer only sees \$1.00 of that. On average, it costs a dairy farmer \$1.75 to produce a gallon of milk. Dairy farmers are not rich. They do not set the price. Milk is a commodity and prices are set by the U.S. government.


 Despite its creamy texture, milk is comprised of 85 to 95 percent water. The rest of its volume comes from nutritious vitamins, proteins, carbohydrates and healthy fat.


 The addition of flavoring and sugar does not take away from milk's nutrients. White milk and chocolate milk have the same amount of vital nutrients.




 Research shows that children and teens that drink chocolate milk have a better overall diet quality than those who don't. Chocolate milk contributes less than two percent to added-sugar intake. The American Heart Association suggests that the foods mainly responsible for the increased intake of added sugars in the U.S. diet are soft drinks, fruit drinks, desserts, sugars and jellies, candy and ready-to-eat cereals. The American Heart Association notes that flavored milk consumption causes no adverse effect on a child's weight.


 Chocolate milk is the official beverage of NH high school athletics. Compared to plain milk, water or most sports drinks, it has double the carbohydrate and protein content, perfect for replenishing tired muscles. Its high water content replaces fluids lost as sweat, preventing dehydration. The science behind the nutrition cannot be denied.


 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 an essential part of a healthy diet. There is no other single food or beverage that provides the same irreplaceable package of nutrients.


 **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 he or she is 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 thrown out.


 **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 eight additives in an attempt to mimic the taste and nutritional profile as real cow’s milk.


 On average, it takes two days for fresh milk to reach grocery store shelves. Alternative milk, on the other hand, travels upwards of 2,000 miles to reach shelves. Real milk is local. When you purchase real milk at the store, you are directly supporting dairy farms in your region. Keep it local. Keep it fresh. Keep family farms in business.




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


NEW HAMPSHIRE'S AGRICULTURE


 New Hampshire is #1 in the nation for percentage of farms with direct-to-consumer marketing sales via farm stands and pick your own. Spending from agritourism-related activities in New Hampshire is measured at nearly \$1.2 billion. (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 percent from 2002-2012.


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.


 Some dairy cows may give more milk when listening to certain types of music, like Mozart or Beethoven.


 Cows like routine. They know when it’s their turn to be milked and will line up in a specific order.

 Cows have great memories and are very good at remembering and recognizing faces even after long periods of time.

 A cow can run up to 35 miles per hour.

 The average dairy cow produces 70 pounds of milk. That’s eight gallons per day!

 When scientists mapped out the bovine genome in 2009, they discovered that cattle have about 22,000 genes; 80 percent of their genes are shared with humans.

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



Granite State Dairy Promotion
25 Capitol St., PO Box 2042, Concord, NH 03301
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



THANK YOU TO OUR DELICIOUS LOCAL ICE CREAM SPONSORS



The Big 1 Ice Cream Stand
 185 Concord St
 Nashua, N.H. 03064

Ice Cream, Frappes, Banana Splits!
 Sundaes, Hot Dogs
 Homemade Novelties!

*.50 off any Sundae
 or Banana Split!*

www.thebig1icecream.com

Dudley's Homemade Ice Cream



Come visit us!

846 Rt. 106 N., Loudon
 (603) 783-4800

THE Best Scoop IN Town!



BRUSTER'S
real ice cream

OUR PREMIUM ICE CREAM IS
 MADE FRESH ON SITE DAILY

Nashua Bruster's 621 Amherst Street (Rt. 101A)
 (603) 881-9595

*Granite State
 Candy Shoppe®*

Since 1927



**Connolly Brothers Dairy Farm
 Ice Cream**

"Homemade at the Farm"

Enjoy our ice cream while visiting the lovely
 Jersey cows who help us to make over 25
 flavors of premium ice cream

140 Webster Hwy Temple, NH 03084
 (603) 924 5002

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



HAYWARD'S
 since **HOMEMADE** 1940
ICE CREAM

FRAPPES • SUNDAES WAFFLE CONES

From our family to yours ☺

7 DW Highway Nashua, NH 603-888-4663
 Making award-winning ice cream for 78 years!



COUNTRYBROOK FARMS
 GARDEN CENTER AND CREAMERY
 HUDSON, NEW HAMPSHIRE
 WWW.COUNTRYBROOKFARMS.COM

175 Lowell Rd
 Hudson, NH

Enjoy NH's Best Home-made Ice Cream
 while shopping our large selection of
 plants, trees & shrubs!
 Serving Blake's
 Home-made Ice Cream!

Free Ice Cream!
Buy 1 get 1!
 Limit one per customer
 Free item must be of equal or lesser value
 Exp 9/1/2018 Promo: CBF GSTM



**Ice Cream
 Fore-U**

**BUY 1, GET 1 FREE
 ON SMALL CONES**

Free item must be of equal or lesser value. Offer not to be combined with the other offers.
 1 Coupon per visit. *Ice Cream Trail Special*

298 Plainfield Road * West Lebanon, NH * 603-298-6884
www.foreugolf.com

THANK YOU TO OUR DELICIOUS LOCAL ICE CREAM SPONSORS

Kellerhaus

Ice Cream & Chocolates

The oldest Candy and Ice Cream maker in New Hampshire!

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

Lone Oak

We Make Our Own Ice Cream!

175 Milton Road • Rochester
www.loneoakicecream.com

MADE ON PREMISES
MEMORIES
-PREMIUM ICE CREAM-
Rte. 111, Kingston, NH
(603) 642-9227

Where Memories Are Made
One Scoop At A Time

Making Ice Cream Since 1993

FREE TOPPING W/ THIS AD!
Expires 8/31/18 • (one per customer)
Open May Thru October (Columbus Day)
Please visit our website or Facebook for hours...

Local Hatchland Farms Soft Serve &
Over 40 Flavors Of Award Winning
Gifford's Of Maine Hard Ice Cream
Inside & Outside Seating • Souvenirs

49 Lake Tarleton Rd. Warren, NH
www.moosecoopsicecream.com
603-764-9134 • On Facebook

MOOSE SCOOPS
Ice Cream

Ice Cream / Sorbet
Crazy "Secret" Shakes
The Kraken Sundae
Chocolates & Candies

44 Main St, Durham
603-397-5154

FB: candybarnh
INST: @candybar_nh

\$1.00 OFF
Your purchase of any size cone!

Expires 8/31/2018. One coupon per customer per visit.
Must present coupon at time of redemption.

Featuring Gifford's® famous
ice cream & fresh, local food!

UNH Durham Train Station
3 Depot Road, Durham, NH
603-862-1006 unh.edu/dairy-bar

WALPOLE CREAMERY

Since 2006

FROM COW TO CONE

Best of 2018
Monadnock

New Hampshire
magazine
BEST OF

532 Main Street
Walpole
603-445-5700

149 Main Street
Keene
603-498-292

Check our web site for parlor hours...
...events, and our store locator
www.walpolecreamery.com

Over 60 Flavors!

What's the Scoop?

160 Main Street
Kingston Plaza, Kingston NH

603-642-4455

What's the Scoop?
Ice Cream, Frappes, Brownie Sundaes & More!

Liz & Jon Beebe

160 Main Street
Kingston Plaza
Kingston NH 03848

Like us on Facebook for updates & specials!