

# ***Farm to Summer Newsletter***

## **Featured Food Group: Dairy**

The dairy food group includes milk, yogurt, cheese, lactose-free milk, and fortified soy-milk and yogurt. Foods made of milk that are high in fat and contain very little calcium are not considered part of the dairy group. These foods include sour cream, cream, cream cheese, and butter. Dairy foods provide a variety of nutrients, most notably Calcium and Vitamin D. These nutrients are essential to maintain strong bones and teeth. Low-fat dairy is also low in saturated fat and a good source of protein.

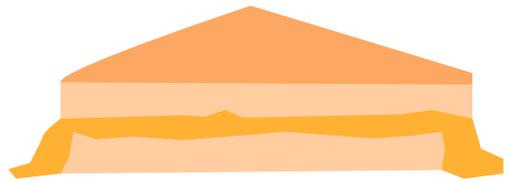


The recommended daily serving size of dairy products is based on the age and life stage of the child. One serving of dairy is equivalent to 1 cup. The tables on the following page indicate what counts as 1 cup of dairy and how many servings children in different age groups should consume.

### ***Fast Dairy Facts of Ohio***

There are about 250,000 dairy cows in the state.  
In 2022, roughly 22,076 pounds of milk were produced per dairy cow.  
The state of Ohio ranks #11 in milk production in the United States.  
Ohio is the #1 producer of Swiss cheese nationwide.

	1 Cup of Dairy Equals:
<b>Milk</b>	1 cup milk ½ cup evaporated milk 1 cup calcium-fortified soy milk 1 half-pint container calcium- fortified soy milk
<b>Yogurt</b>	1 cup yogurt (dairy or fortified soy)
<b>Cheese</b>	1 ½ ounces hard cheese 1/3 cup shredded cheese 2 cups cottage cheese 2 ounces queso fresco 2 slices queso blanco



Age Group	Daily Recommendation	
<b>Toddlers 12 – 23 months</b>	1 2/3 cups to 2 cups	
<b>Children</b>	2 – 3 years	2 cups to 2 ½ cups
	4 – 8 years	2 ½ cups
<b>Boys and Girls 9-13</b>	3 cups	
<b>Boys and Girls 14 – 18</b>	3 cups	

## Featured Recipe: Tuscan Grill Cheese Sandwich

**Makes 50 servings.**

### Instructions:

1. Melt margarine in a large stock pot.
2. Add garlic, basil, and oregano. Still well. Set aside for step 8.
3. Place bread slices on a sheet pan (18" x 26" x 1") heavily coated with butter-flavored pan release spray.

Ingredients	Quantity	
	Weight	Measure
Margarine, trans-fat free	10 lb 6 oz	¾ cup
Garlic powder	6 lb 4 oz	2 tsp
Dried Basil	--	1 tsp
Dried Oregano	--	1 tsp
Whole-grain bread, sliced	6 lb 4 oz	100 each
Low-fat mozzarella cheese, sliced	1 lb 9 oz	50 each
Fresh baby spinach, leaves	2 lb	3 qt + ¼ cup + 2 tbsp
Fresh tomatoes, sliced	3 lb 12 oz	50 each

4. Place 1 cheese slice (about ½ oz) on top of each slice of bread.
5. Place 2/3 cup spinach (about 3/5 oz) on top of cheese.
6. Place 1 tomato slice (about 1 oz) on top of spinach.
7. Place 1 slice of bread on top of each sandwich.
8. Brush the top of each sandwich with margarine mixture.
9. Bake until lightly browned:
  - a. Conventional oven: 400 °F for 15 – 20 minutes.
  - b. Convection oven: 350 °F for 10 – 15 minutes.
10. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
11. Critical Control Point: Hold for hot service at 135 °F or higher.
12. Serve 1 sandwich.

### **National School Lunch Program Crediting Information:**

0.5 oz equivalent meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 2 oz equivalent grains, 1 oz eq meat alternate

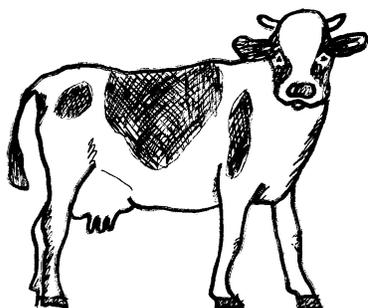
### **Notes:**

- This recipe can also be doubled to yield 100 servings. See details online by clicking the [link](#).
- Cooking process #2: Same Day Service.

## **Featured Activities**

Florida Dairy Farmers Florida's milk organization represents the state's dairy farmers. [Mooga](#) is a cow-inspired yoga campaign with yoga videos, posters, and presentations for teachers, children and their families. Get moo-ving at your meal site with a yoga class everyone is sure to enjoy.

Take a [Virtual Dairy Farm Tour](#) of Cold Run Jerseys here in Northeast Ohio. Cold Run Jerseys has 250 cows on their farm. Watch the video to learn how cows are cared for, what they're fed, and how their milk is processed.



### ***Snacks to Try***

Cheese and Whole-Grain Crackers  
Yogurt Dip and Fresh Vegetables  
Bean and Cheese Roll-Up

# Featured Resources

## Ohio Proud

Ohio Proud is a resource developed by the Ohio Department of Agriculture to connect Ohioans to locally made and grown products. The Ohio Proud Logo differentiates products that are at least 50 percent grown, raised, or processed in Ohio. Find Ohio Proud products as well as other locally produced goods using the [Ohio Proud Maps](#). Choose from the options of Farm Market, Farmer's Market, Pick Your Own or Roadside Stand to locate the service you wish to find.