



June Dairy Month

Recipes

Celebrate June Dairy Month with these tried-and-true recipes straight from the kitchens of real farmwomen and *Progressive Dairy* staff members who use real dairy products as a staple ingredient. Find a listing of hearty main dishes as well as deliciously dairy desserts.

Banana bars with cream cheese icing



Photo by Renée Norman-Kenny.



FROM THE KITCHEN OF:
Renée Norman-Kenny
 Dairy Producer
 Kenny Farms
 Enon Valley, Pennsylvania

Banana bars with cream cheese icing
 Recipe by Renée at eatfarmlove.com

Ingredients for banana bars:
 1/2 cup butter, softened
 1 1/2 cups sugar
 2 eggs
 1 teaspoon vanilla
 1 cup sour cream
 3 medium ripe bananas, mashed
 2 cups flour
 1 teaspoon baking soda
 2 teaspoons baking powder
 1/2 teaspoon salt

Ingredients for cream cheese icing:
 8 ounces cream cheese, softened
 1/2 cup butter, softened
 1 teaspoon vanilla
 3 cups powdered sugar
 1 tablespoon milk

For banana cake:
1 Preheat the oven to 350°F and grease a 12-inch-by-17-inch jelly roll pan.

2 In a large mixing bowl, cream the butter and sugar with the mixer until light and fluffy. Add in the eggs, vanilla, sour cream and mashed bananas. Beat until combined.

3 Combine the flour, baking soda and salt, then beat it into the creamed mixture. Beat only until combined; be careful not to overmix.

4 Spread batter into the jelly roll pan. Bake at 350°F for 22 to 25 minutes or until toothpick inserted near the center comes out clean.

5 Let the cake cool completely before icing. Frost the cooled banana cake with the cream cheese icing below and cut into bars.

For cream cheese icing:
 In a large bowl, combine cream cheese and butter. Beat until smooth. Then add the confectioners' sugar, vanilla and milk, and beat the icing until smooth.
 Add powdered sugar or a splash of milk to thicken or thin frosting to your desired consistency.

"We love banana anything in our house, and my kids especially do. We seem to always have some bananas that need to be used, and this is one of our favorite treats to make. When I first made these banana bars, the baking pan was empty in a matter of minutes ... OK, maybe one day. I have since perfected this recipe over a couple of years and have these delicious banana bars to enjoy. The combo of the dairy-rich cake bars and the cream cheese icing are perfect and oh, so delicious. The bars are made with sour cream and butter, which makes them light and airy."



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Chocolate angel food mousse



Photo by Lynn Jaynes.



FROM THE KITCHEN OF:
Lynn Jaynes
Progressive Forage Editor

Chocolate angel food mousse

Ingredients:

- 6 ounces chocolate chips
- 2 tablespoons sugar
- 3 tablespoons water
- 1 pint whipping cream
- 3 eggs, separated
- 1 large pre-made angel food cake

Melt together chocolate chips, sugar and water. Add beaten yolks and let stand 5 minutes. Fold in whipped egg whites (which have been beaten stiffly). When cool, add cream that has been stiffly beaten. Fold in chunked bits of angel food cake. Refrigerate.

"My mom used to make this recipe for holidays only – Christmas and Easter – so it always brings back good memories. (And, well, let's face it ... it's practically the only thing I can make that I don't burn.)"

Chocolate cream cheese pie



Photo by Tricia Hardcastle.



FROM THE KITCHEN OF:
Tricia Hardcastle
Progressive Dairy copyeditor

Chocolate cream cheese pie

Crust (or use a pre-made graham crust):
2 cups Nilla Wafer crumbs
1/2 cup melted butter

Combine and press into a 9-inch pie plate. Bake at 425°F for 8 minutes, then cool.

Filling:
2 8-ounce packages of cream cheese, softened
1 14-ounce can sweetened condensed milk
4 ounces unsweetened baking chocolate, melted
1 teaspoon vanilla

Use electric mixer to beat together until smooth, pour into crust, and let set in refrigerator for at least 2 hours.

"My all-time favorite dessert recipe is chocolate cream cheese pie. I believe my mom got it off a cream cheese box decades ago. I used to request it for every one of my birthdays because I preferred it to cake. On my 16th birthday, my mom was busy doing finals, so I made it for myself; that's how much I wanted it."

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Photo from www.dessertfortwo.com

Cherry cheesecake cookies

"I love cheesecake. These cookies are a great treat to make as a thank you for someone or just because for yourself. You can use blueberry pie filling, if you'd prefer."



FROM THE KITCHEN OF:
Samantha Mamarow
 Dairy Producer
 Mamarow Farm
 Saline, Michigan

Cherry cheesecake cookies

Ingredients:

- 1 cup + 2 tablespoons all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 6 ounces cream cheese, softened
- 7 tablespoons unsalted butter, softened
- 1/2 cup granulated sugar
- 1 large egg yolk
- 3/4 teaspoon vanilla extract
- 3 whole graham crackers, crushed into crumbs
- 1 can of cherry pie filling (drained)

Whisk the flour, baking powder and salt together in a small bowl. Set aside.

Using a stand mixer fitted with the paddle attachment (or a hand-held electric mixer), beat together the cream cheese and butter until creamy, about 1 minute. While the mixer is running, stream in the sugar and beat until combined.

Next, add the egg yolk and vanilla extract; beat until combined.

Finally, add the flour mixture and beat until just combined. Cover the dough and chill for 20 minutes.

Preheat the oven to 350°F. Line a cookie sheet with parchment paper and set aside. Have the graham cracker crumbs ready in a shallow dish.

Scoop out heaping tablespoon-size balls of dough, roll them into a ball, and then roll through the crushed graham crackers.

Place each cookie on the sheet, evenly spaced about 2 inches apart.

Using the back of a tablespoon measuring spoon, make a large indent in the center of each cookie. Place three cherries in the center of each indent.

Bake the cookies for 12 to 13 minutes. Let cool on the baking sheet for about 5 minutes, move to wire racks to cool completely. Serve warm or chill before serving.

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Digital Dermatitis: A Lifetime Sentence in Dairy Heifer Development

One of the biggest challenges in raising replacement dairy heifers is controlling digital dermatitis, painful lesions that can cause lameness and ultimately lead to decreased milk production and lowered cow reproduction performance.

Heifers that develop digital dermatitis in the growing phase are often given a "life sentence" due to the nature of the hoof disease and the difficulty of treating chronic lesions once they are established.

When Zinpro Performance Minerals® are fed in conjunction with a specific digital dermatitis formula as part of a dairy heifer nutrition plan, trace mineral research has shown that Availa® Plus can help decrease the incidence of digital dermatitis and improve overall heifer wellness and performance.

Zinc: Trace Mineral Helps Manage Digital Dermatitis

Feeding performance trace minerals like Availa-Plus as part of the DD formula has been proven to reduce the incidence of digital dermatitis by about 45% in controlled studies. The DD formula works internally to enhance the animal's health and make cattle less susceptible to the bacteria that cause digital dermatitis.

Zinpro conducted a study with 719 heifers at six months pre-calving to examine the impact of digital dermatitis on dairy heifer performance in the first lactation.

The heifers were sorted into two groups and fed a well-fortified diet and one of the following trace mineral supplements:

- Inorganic sulfate trace minerals: control group.
- A combination of sulfates and Availa-Plus, fed in conjunction with a specific Zinpro DD formula: treatment group.

The research study showed a strong correlation between digital dermatitis and cow reproduction performance.

- Heifers with multiple incidences of digital dermatitis saw a **first-service conception rate of just 29% during the first lactation.**
- Heifers that had **no incidences of digital dermatitis had a 42% first-service conception rate** in their first lactation.
- **Cows with multiple incidences of digital dermatitis also had more days open, 157,** compared to 132 for those that had no DD events.
- Heifers with **one incidence of DD each lost 439 pounds (199 kg) of milk production,** while those with **multiple DD incidences lost 738 pounds (335 kg) of milk production.**

In addition, independent of the incidence of digital dermatitis, **heifers fed a specific DD formula that included Availa-Plus each produced 423 pounds (192 kg) more milk** during the initial 305 days in milk than heifers in the control group fed inorganic trace minerals, and had an **11% increase in feed efficiency and 5.6% increase in survival** up to the end of the first lactation.

Digital Dermatitis Control Successful When Started Early

There are three important components to consider when controlling digital dermatitis in replacement heifers.

- Regular inspection of heifers for early digital dermatitis lesions and prompt treatment will reduce chronic lesions, which can become a source of further infections.
- A clean, dry environment and the use of footbaths as needed can reduce stress on the skin and prevent infections.
- A well-fortified dairy heifer nutrition program including Zinpro Performance Minerals can play a key role in preventing digital dermatitis during all growth phases.

To learn more about performance trace minerals like Availa-Plus, visit zinpro.com.

Parmesan-crusted pork chops



Photo by Kimmi Devaney.



FROM THE KITCHEN OF:
Kimmi Devaney
 Director of Communications
 & Industry Relations
 Dairy Farmers of Washington

Parmesan-crusted pork chops

Ingredients:
 2 eggs
 Parsley (chopped fresh or dried)
 1/2 cup Parmesan cheese
 1/2 cup bread or panko crumbs
 Pork chops
 Salt and pepper

Pre-heat oven to 425°F.
 Line a large baking tray with aluminum foil and spray with non-stick cooking spray.

Whisk 2 eggs in small bowl and add a dash of salt and pepper.

In another larger bowl, mix the Parmesan cheese and bread crumbs.

Dip each pork chop in egg mixture, covering each side thoroughly, and then dip in the bread crumb mixture.

Set pork chops on the baking tray. Sprinkle parsley on each pork chop. Cook for 20 to 30 minutes.

To check that it's done, I always cut one open at 20 and 25 minutes to avoid under- and overcooking them. If you use a thicker cut of pork chop, you will need to cook them longer.

Since I do a lot of canning in the summer, I paired the pork chops with homemade apple butter and steamed broccoli. Delicious.

"These Parmesan crusted pork chops started as a fun, new recipe experiment for my dairy blog and have turned into a staple. They are the entree most requested when I ask what I can bring to a gathering, and I love that the recipe is so simple and easy. Your kids will love helping you make them!"

Creamy potato soup



Photo from www.the-girl-who-ate-everything.com



FROM THE KITCHEN OF:
Samantha Mamarow
 Dairy Producer
 Mamarow Farm
 Saline, Michigan

"My mom and I love to have this potato soup on chilly days. It's so easy to just pop in the Crock-Pot and have something nice and warm that's ready to eat after we have finished chores. You can pair it with some kielbasa, and it makes a good hearty meal."

Creamy potato soup

Ingredients:
 1 (30 ounce) bag frozen hash brown potatoes (I use cubed)
 2 (14 ounce) cans chicken broth (see note)
 1 (10.75 ounce) can cream of chicken soup
 1/2 cup chopped onion
 1/4 teaspoon ground black pepper (more to taste)
 1 (8 ounce) package cream cheese (softened)
 Optional toppings: cheese, bacon, sliced green onions

In a slow cooker, combine potatoes, chicken broth, soup, onion and pepper.

Cover and cook on low for 5 to 6 hours. If your potatoes are still in big chunks, you need to cook it longer. They will start falling apart when it's ready.

Add the cream cheese and cook 30 minutes or until cream cheese is melted, stirring occasionally, until combined.

Top with cheese, bacon or sliced green onions if desired.

Note: The soup is thick and creamy. Feel free to add more broth or some milk to thin it to your desired consistency.



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Creamy hash browns



Photo by Janet Bremer.



FROM THE KITCHEN OF:

Janet Bremer
Dairy Producer
Bremer Farms
Hastings, Minnesota

Creamy hash browns

Ingredients:

2 pounds frozen cubed hash brown potatoes
2 cups shredded American or cheddar cheese
2 cups sour cream
1 can (10 3/4 ounces) condensed cream of celery soup, undiluted
1 can (10 3/4 ounces) condensed cream of chicken soup, undiluted
1 pound sliced bacon, cooked and crumbled

1 large onion, chopped
1/4 cup butter, melted
1/4 teaspoon pepper

Place potatoes in an ungreased 5-quart slow cooker. In a bowl, combine the remaining ingredients. Pour over potatoes and mix well. Cover and cook on low for 4 to 5 hours or until potatoes are tender and heated through. Makes 14 servings.

"I found this recipe in a magazine years ago. I believe recipe-clipping is hereditary, since it is a hobby of mine and was also my mom's favorite pastime. I have had this recipe for so long I don't even know what magazine to give credit for this family favorite. I don't know why it took so long to try it but, since I have, it has been on our Easter table every year – but we don't just save it for special occasions. Our slow-cooker recipes get used often on the farm."

Impossibly easy cheeseburger pie



Photo by Emily Gwin.



FROM THE KITCHEN OF:

Emily Gwin
Progressive Dairy Editor

Impossibly easy cheeseburger pie

Ingredients:

1 pound ground beef
1 large onion, chopped (1 cup)
1/2 teaspoon salt
1 cup shredded cheddar cheese (4 ounces)
1/2 cup Original Bisquick mix
1 cup milk
2 eggs

Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In 10-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in salt. Spread in pie plate. Sprinkle with cheese.

In small bowl, stir remaining ingredients with fork or wire whisk until blended. Pour into pie plate. Bake about 25 minutes or until knife inserted in center comes out clean.

"I'd be surprised if this wasn't already a staple in most farm families' meal planning, as it certainly was in my house growing up. I was delighted to find that it's also a hit with my husband and kids. It truly is 'impossibly easy,' and it's a great way to use up ground beef on a regular basis. I typically skip the onion for the sake of the picky eaters in my family."

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Pasta bake



Photo by Julianne Holler.



FROM THE KITCHEN OF:
Julianne Holler
 Dairy Producer
 Sharpsville,
 Pennsylvania

"This baked pasta is a favorite in our house for many reasons. Being of Italian descent and current dairy farmers, it is the perfect combination. Pasta is a major staple for us, and when we can add a variety or cheese to it, better yet. It is super-easy to prep ahead of time, and cook at a later time, but it is also easy enough to make last-minute for a quick yet filling dinner."

Pasta bake

Ingredients:

- 1 pound ziti pasta (or your favorite shape)
 - 4 to 6 cups pasta sauce
 - 1 cup mozzarella cheese
 - 1 cup your favorite cheeses blended (I've used Parmesan, Gouda, Romano and provolone)
- Note: You can also add any type of meat within the dish, or on the side.*

Pre-heat oven to 350°F. Cook pasta. Cover the bottom of a 9-by-13-inch pan with a thin layer of sauce. In a separate bowl, combine pasta, sauce and 1 cup of mozzarella and mix together. Add pasta mixture into pan and top with the combination of other cheeses. Bake for 30 minutes, or until cheese is bubbly.

Bacon tortellini bake



Photo by Karen Lee.



FROM THE KITCHEN OF:
Karen Lee
 Progressive Dairy Editor

"With chest freezers full of locally raised beef and pork, our regular menu consists of ground beef meals and combinations of roasts and potatoes. Every once in a while, it's nice to throw in something different, and this dairy-filled recipe is one of the first ones I use. Everyone loves cheese and pasta, and the broccoli and bacon add in extra flavors."

Bacon tortellini bake

Ingredients:

- 1 package (20 ounces) refrigerated cheese tortellini
- 3 cups small fresh broccoli florets
- 1/2 pound bacon strips, cut into 1-inch pieces
- 2 garlic cloves, minced
- 1 tablespoon all-purpose flour
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/8 teaspoon coarsely ground pepper
- 2 cups 2% milk
- 3/4 cup shredded part-skim mozzarella cheese, divided
- 3/4 cup grated Parmesan cheese, divided
- 2 teaspoons lemon juice

Reduce heat to medium-low. Add garlic to drippings in pan; cook and stir 1 minute. Stir in flour, basil, salt and pepper until blended; gradually whisk in milk. Bring to a boil, stirring constantly; cook and stir 3 to 5 minutes or until slightly thickened. Remove from heat.

Stir in 1/2 cup mozzarella cheese, 1/2 cup Parmesan cheese and lemon juice. Add tortellini mixture and bacon; toss to combine. Transfer to a greased 13-by-9-inch baking dish; sprinkle with remaining cheeses. Bake, uncovered, 15 to 20 minutes or until heated through and broccoli is tender.

Preheat oven to 350°F. Cook tortellini according to package directions, adding broccoli during the last 2 minutes; drain.

Meanwhile, in a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1 tablespoon in pan.

Freeze option: Sprinkle remaining cheeses over unbaked casserole. Cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°F. Bake casserole as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°F.

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