



Julie Garden-Robinson
Food & Nutrition Specialist

Let's Toast Dairy Month

Dairy milk provides a wide range of nutrients for adults and children

"Mom bought the good milk!" My daughter exclaimed years ago.

Curious, I opened the refrigerator to see what I had purchased. I usually bought 2% or fat-free milk, but this time I had grabbed whole milk with the red label.

"It's so creamy and delicious!" she declared as she took another drink.

I was simply happy my children enjoyed drinking milk. I was following the American Academy of Pediatrics' recommendations that encouraged low-fat or fat-free milk for children over age 2.

June is Dairy Month, making it a good time to recognize the contributions of dairy farmers and the nutritional value of dairy foods. Milk supplies high-quality protein, calcium, vitamin B12, riboflavin, phosphorus and several other nutrients for children and adults. Vitamins A and D are added to most milk products to support bone health and other important body functions.

When my kids reached the age of 1, whole milk was introduced.

According to the American Academy of Pediatrics, children under age 1 should be fed breast milk or infant formula.

From ages 1 to 2, experts recommend full-fat dairy because the fat promotes overall growth and brain development.

Leading health experts do not recommend raw (unpasteurized) milk because it can contain harmful bacteria.

Besides the texture or "mouth-feel," the main difference between any of the types of dairy milk is the amount of fat it contains.

The 2025-2030 Dietary Guidelines for Americans recommend three servings of dairy daily, which is the same as the previous guidelines. Full-fat dairy, if you prefer it, can be part of your choices, but we are encouraged to stay within our energy (calorie) needs.

Not everyone can drink dairy milk. Some people have lactose intolerance, or the inability to break down lactose (milk sugar). They may suffer gas, bloating,



Milk supplies high-quality protein, calcium, vitamin B12, riboflavin, phosphorus and several other nutrients for children and adults. (Pixabay photo)

cramps and other gastrointestinal issues.

Those with lactose intolerance may be able to consume milk with meals or take lactase enzyme supplements that break down lactose. Others with lactose intolerance can handle yogurt or

certain kinds of cheese.

However, those with a milk allergy need to avoid dairy, because it produces severe effects, including rash, diarrhea and/or severe breathing problems. Milk-containing foods must carry a milk allergen statement ("contains

milk").

We have many other types of milklike beverages available, made from plant ingredients such as nuts (cashews, almonds), grains (rice, oats) or others. Be sure to read and compare Nutrition Facts labels.

you enjoy drinking.

Try making ice cream in a bag, such as this recipe, which makes a fun activity.

Ice Cream in a Bag

- Materials for each participant:
- 1 pint-sized freezer bag with zipper top
 - 1 gallon-sized freezer bag with zipper top
 - ½ cup whole milk or half-and-half
 - 1 tablespoon sugar
 - ½ teaspoon vanilla
 - ½ cup rock salt
 - Ice cubes
 - Towel to wrap bag
 - Paper towels or cloth towels to wipe bag
 - Toppings, such as sliced strawberries

Place milk (or half-and-half), sugar and vanilla in the quart-size bag. Seal it completely. Fill the large bag half full of ice and add the salt. Place the smaller bag inside the larger bag and seal it carefully. Wrap it in a towel, because it will be very cold. Shake the bags for about 5 to 10 minutes until the mixture becomes ice cream. Open the large bag and remove the small bag. Wipe the salt water from the small bag.

Makes one serving. With whole milk, a serving has 130 calories, 4 grams (g) fat, 4 g protein, 18 g carbohydrate, 0 g fiber and 50 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)



Celebrate Dairy Month with these ideas:

- Try a cheese platter or charcuterie board that combines a variety of cheeses, fruits, vegetables, nuts and grains.
- Serve yogurt parfaits for dessert or a snack.
- Make a creamy dip that pairs with crunchy veggies.
- Give overnight oats a try.
- Blend up smoothies with yogurt, milk or juice and your choice of fresh or frozen fruit.

Whether you prefer whole, reduced-fat or fat-free milk, dairy foods can be part of a healthy eating pattern. As my daughter reminded me years ago, sometimes the "good milk" is simply the one

Dakota Gardener

By Tom Kalb,
Horticulturist
NDSU Extension

Blue raspberry is one of the most popular flavors in America. You can find blue raspberry slushies, drinks and candy everywhere.

It would be fun to grow blue raspberries in our gardens, but no blue raspberry plants are sold at garden centers. That's because blue raspberries are produced in factories, not on farms. The fruit is completely artificial.

The blue raspberry originated when makers of slushies and other frozen treats had more red

flavors than shades of red dye. Fifty years ago, when you saw a purple popsicle, you knew it was going to taste like a grape. When you saw an orange popsicle, you knew it was going to taste like an orange. But when you saw a red popsicle, you didn't know if it would taste like a cherry, strawberry, raspberry or watermelon. Kids were confused and sometimes disappointed.

Raspberry treats often used a burgundy-red dye (FD&C Red No. 2). This dye was banned in 1976 by the Food and Drug Administration as a possible carcinogen. Scientists needed to find a new dye for raspberry.

What is a Blue Raspberry?

This fun fruit flavor and its brilliant color cannot be grown in your backyard

The ICEE frozen treat company found brilliant blue dye (FD&C Blue No. 1) sitting on the laboratory shelves, and the blue raspberry was invented.

Blue raspberry treats are brightly colored and distinctive. There is no other fruit (or food) that has its electric blue color. When a kid sees a blue popsicle, they think the color is cool, and they know it is going to taste like blue raspberry.

Since blue raspberry is artificial, the scientists could make its flavor anything they wanted. The flavor of a blue raspberry varies slightly from company to com-

pany, but it does not taste like a natural raspberry.

Natural raspberries have a delicate zest and floral aroma. Blue raspberries typically have a sharp, tangy, sweet-tart flavor. It has been reported that the chemicals used to create blue raspberry may be similar to the aromas found in apples, cherries and pineapples.

With added sugar, blue raspberry tastes more like candy than fruit. It's no wonder blue raspberry has become a popular flavor for kids.

You can find blue raspberry juices with natural flavors. But if you look at the list of ingredients,



Blue raspberry is a popular flavor of popsicles and other treats. (Pixabay photo)

you will find it probably does not contain any raspberry juice. It more likely contains less expensive juices such as apple and orange.

Blue raspberry snacks are everywhere this summer. They are colorful and fun to eat, but they are unreal and not especially healthy. Eating a blue raspberry

snack will bring a smile to your face, but it will turn your tongue blue.

Go ahead and enjoy a blue raspberry snack, but don't forget to eat some real raspberries, too.

For more information about gardening, contact your local NDSU Extension agent.

July activities planned at Chateau de Morès State Historic Site

MEDORA, N.D. — This July, experience "Friday Fun" at the Chateau de Morès Interpretive Center in Medora. Enjoy programming related to the history of the Chateau and leisure activities popular in the Victorian era. Children must be accompanied by an adult. All sessions are free and open to the public.

• July 3, Schoolyard Games, 1-4 p.m. Play classic schoolyard games, including jacks and marbles. Learn how kids created fun and friendships through simple

games and outdoor play.

• July 10, Yarn Dolls, 1-4 p.m. Make a simple yarn doll inspired by handmade toys from the late 1800s. Explore how children entertained themselves with crafts and imaginative play.

• July 17, Craft Stick Puzzles, 1-4 p.m. Create your own unique puzzle design, using craft sticks as the foundation. Learn about puzzles from the Victorian era, including jigsaw puzzles and the block puzzle in the Chateau's nursery.

• July 24, Nature's Valentines, 1-4 p.m. Learn about sailor's valentines and craft a beautiful Victorian-inspired valentine using flowers, leaves, and other natural materials.

• July 31, Eureka Stained-glass Jars, 1-4 p.m. Eureka glass adorns many doors in the Chateau de Morès. Learn its history, then use your art skills to recreate the effect on a glass jar.

These programs are part of the ND250 commemoration celebrating our country's 250th birthday.

For more information, contact Outreach Coordinator Shelby Reidle, shschateau@nd.gov or 701.623.4355. The Chateau de Morès State Historic Site is managed by the State Historical Society of North Dakota. The Chateau de Morès Interpretive Center and home are open daily 9 a.m.-5 p.m. through Sept. 30. All times listed are Mountain time. Find a calendar of upcoming State Historical Society events at history.nd.gov/events.

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ADVERTISEMENT FOR BIDS

The Turtle Mountain Band of Chippewa Indians are requesting sealed bids for Sealing Cracks in Parking Lot at the Turtle Mountain Elementary School that includes the following:

- Seal cracks throughout approximately 8,200 SY of existing parking lot. Work includes surface cleaning/prep, routing or cleaning cracks as needed, application of approved crack sealant, removal of excess material, and protection of sealed areas until cured. All work to meet project specifications and applicable codes.

Please Contact Curtis Keplin (curtis.keplin@bie.edu) or Tyson Jeannotte (tjeannotte@houstoneng.com) to coordinate Pre-Bid Walkthrough and to learn the specification regarding this project. Bidder is required to include a 3% TERO Fee and 1% EPA Fee to bids \$10,000 or more.

Must specify 3% TERO Fee
Must specify 1% EPA Fee
All bids should be accompanied by proof of liability insurance and a bid bond of 20%

All sealed bids should be addressed and mailed to
Turtle Mountain Property Department
Attn: Alan Malatterre
4180 Highway 281
PO Box 900
Belcourt, ND 58316

No faxed or email bid proposals will be accepted. All Tribal and TERO Regulations will be applicable and must be concurred with.

The Turtle Mountain Band of Chippewa Indians reserves the right to accept or reject any or all bid proposals and readvertise when it is in the best interest of the tribe.

All bid proposals must be received no later than 1:00 p.m. (CST) June 29th, 2026