

presented by the 2021-2022 Pennsylvania County Dairy Princesses





# What is the Pennsylvania Dairy Princess and Promotion Program?

Qualified young women and men engage in a year of service through the Pennsylvania Dairy Princess and Promotion Program on behalf of the Keystone State's dairy industry. Approximately 300 youth with dairy industry connections publically represent the dairy industry and farmers while learning career and communication skills through promotion events and training at the county and state level. Serving as a dairy promoter is an honor and an education – equally benefiting to the individual, the industry, and the dairy consumer.

Being crowned a county dairy princess is the pinnacle of service to their county for the young ladies participating in the program. They serve for a one-year period from June 1st through May 31st. Preceded by rigorous professional training, the county princesses compete in the State Pageant each September.

The Pennsylvania State Royalty team, consisting of one state princess and 2 alternates, is selected to represent the state's dairy industry for a year. The state dairy princess and alternates serve as the representatives of Pennsylvania's dairy industry at all official state functions and industry promotions throughout their reign.





From a quick breakfast to a satisfying dinner, the struggle to make the right food choices to fuel our busy lives is experienced by every one of us. We, the 2021-22 Pennsylvania County Dairy Princesses, happily share our family recipes in a toast to good health for your family. The recipes include dairy foods from fresh milk to aged cheeses and much more but each will provide your family with 13 essential nutrients to keep you healthy!

Each of us has different backgrounds. Some were born and raised on a Pennsylvania dairy farm while others are working on a dairy farm as our first job. One thing we all have in common is our love of cows, respect for the farmers we represent and a taste for the diverse, delicious and nutritious foods produced from MILK.

We're blessed in Pennsylvania to be able to get fresh milk and dairy products 365 days a year and 24 hours a day. If you want to make sure you purchase milk and dairy products produced and processed from a local farm, select milk products with a plant code starting with '42'.

We look forward to meeting you in our communities this year! We are here to answer your questions and be your connection to the dairy farmers producing food for your families.

Your 2021-2022 Pennsylvania County Dairy Princesses









Allie Champluvier >> Clarion/Venango Counties

5 mini peppers, sliced in half ½ cup marinara sauce ½ cup MOZZARELLA CHEESE, shredded Mini pepperoni 1/4 cup PARMESAN CHEESE

Drizzle peppers with olive oil. Stuff with sauce, **CHEESE** and pepperoni. Sprinkle with **PARMESAN CHEESE**. Bake at 350°F for 12-15 minutes.



2 cups Bisquick
2/3 cup MILK
½ cup SHREDDED CHEDDAR CHEESE
¼ cup melted BUTTER
¼ tsp garlic powder

Mix Bisquick, **MILK** and **CHEESE** until a soft dough forms. Drop by spoonfuls onto an ungreased cookie sheet. Bake at 450°F for 8-10 minutes. Stir together **BUTTER** and garlic powder. While hot, brush with **BUTTER** and garlic powder mix.



Mikayla Davis >> Berks County

1 lb ground sausage, browned and drained 16 oz **SOUR CREAM** 8 oz package **CREAM CHEESE**, softened 8 oz **VELVEETA CHEESE**, cubed 4 oz **MONTEREY JACK CHEESE**, grated 2 tbsp fresh chives, minced

1 tsp dried parsley 1 tsp onion powder ½ tsp garlic powder ½ tsp dried sage Crackers, garnish

½ tbsp worcestershire sauce

Preheat oven to 350°F and lighly grease a square baking dish or skillet with non-stick spray. In a large bowl, combine **SOUR CREAM** and softened **CREAM CHEESE** in a large bowl, and stir in worcestershire sauce, parsley, onion powder, garlic powder and sage until incorporated.

Fold in sausage, VELVEETA, JACK CHEESE and chives until mixed in thoroughly, then transfer mixture to baking dish. Place in oven and bake for 50-60 minutes, or until molten, bubbly and golden brown. Remove from oven and serve hot with chips or sliced baguette.



1 cup packed brown sugar 1/2 cup water 1 cup **HEAVY CREAM** 

In a small saucepan over medium heat, bring the sugar and  $\frac{1}{2}$  cup water to a boil and simmer for 5 minutes. (Watch the pot closely – the mixture likes to boil over.)

Remove from the heat and stir in the **HEAVY CREAM**, **MILK**, vanilla and salt. Store in an airtight container in the refrigerator for up to 2 weeks.



2 medium zucchini, quartered and chopped (about 4 cups)

2 tbsp **BUTTER**, cut into small pieces

1 package **CREAM CHEESE**, softened and cut into pieces

2 eggs

1/4 cup **SOUR CREAM** 

1/4 cup chopped onion

1/2 tsp salt

1/2 tsp pepper

1/2 tsp garlic powder

8 ounces **SHREDDED CHEDDAR CHEESE**, divided

1/4 cup **GRATED PARMESAN CHEESE** 

Bring a large pot of lightly salted water to a boil. Add the zucchini and cook until just tender, about 4 minutes. Drain well in a colander. Preheat the oven to 350°F. Grease a 9-inch round or 8-inch square ceramic baking dish. Spread the zucchini in the pan and dot with pieces of **BUTTER** and pieces of **CREAM CHEESE**.

In a large bowl, whisk together the eggs and **SOUR CREAM**. Stir in the onions, salt, garlic powder and pepper, and half of the **CHEDDAR CHEESE**. Pour over the zucchini. Sprinkle the top with the remaining **CHEDDAR** and the **PARMESAN**. Bake 35 minutes, until bubbly and the edges nicely browned. Sprinkle with chopped basil, if desired.



½ cup mayonnaise ¼ cup **SOUR CREAM** 2 tsp chives ½ tsp dill ½ tsp parsley

½ tsp onion powder ½ tsp garlic powder ¼ tsp salt ¼ tsp pepper ¾ cup **BUTTERMILK**  ¾ cup WHOLE MILK1 tsp vanilla extract¼ tsp fine sea salt

In a large mason jar, add all of the ingredients. Seal the lid and shake until the mixture is fully combined and smooth. You may add everything to a bowl and whisk until combined if you do not have a mason jar and lid.

Serve immediately, or for the best flavor, allow it to sit in the fridge for two hours.



One gallon **WHOLE MILK** 44 tsp rennet 1 1/2 tsp citric acid Salt

34 c water Rubber gloves

Warm 1 gallon **WHOLE MILK** to 95°F. Stir 1 1/2 tsp citric acid into ½ cup of water. Add to the **MILK** and stir well. Add ¼ tsp liquid rennet to ½ cup cool water and stir. Trickle the rennet water into the **MILK** and stir well.

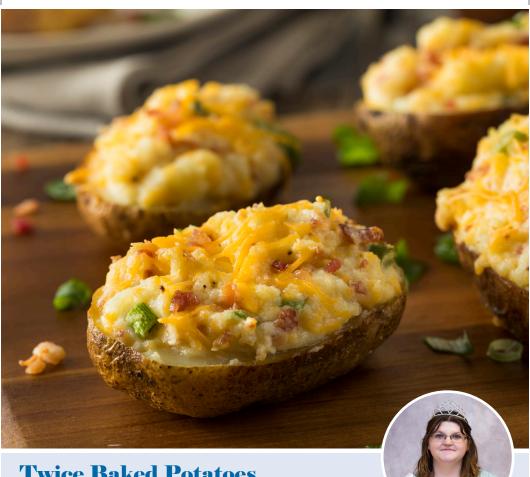
Let stand undisturbed for 15 minutes. Cut into cubes. Slowly stir the cubes as you heat the MILK for 10 minutes. Scoop out the curds and put in a plastic or glass bowl. Sprinkle with salt to taste. Microwave for 2-3 minutes.

Using rubber gloves pick up the cheese and stretch it. Stretch cheese until it shines. Cut cheese into sticks.



6 potatoes 3/4 tsp salt
1/4 cup sifted flour 1/8 tsp pepper
1/2 cup PARMESAN CHEESE 1/3 cup BUTTER

Peel potatoes and quarter. Combine flour, **CHEESE**, salt and pepper in a plastic bag. Moisten potatoes with water and shake a few at a time in the bag, coating well with **CHEESE** mixtures. Bake in **BUTTERED** pan at 375°F for 50 minutes. Turn potatoes frequently for inform browning.



**Twice Baked Potatoes** 

**Abigail Mitchell** >> Washington County

4 large potatoes 1/3 cup shredded carrots 1/3 cup diced broccoli 1/3 cup diced green onions

16 oz **SOUR CREAM** 2 tbsp **BUTTER** 2 cups **SHREDDED CHEESE** 

Bake potatoes in oven at 350°F for an hour. Cut open and take all potato out of the skin. Set skin on baking sheet.

In a large bowl, mix the potato, carrots, broccoli, onions, **SOUR** CREAM, BUTTER and SHREDDED CHEESE together (set aside <sup>1</sup>/<sub>4</sub> cup **CHEESE**). Stuff the potato skins with the mixture. Top with set aside **CHEESE**.

Bake at 350°F until **CHEESE** is melted.



Casey Lynn Costello >> Erie County

This has always been my family's go-to for lunch. So, we know we are getting our three servings of dairy a day, every day!

Chicken Breast Prepared in Milk Brine:

3 cup WHOLE MILK

1/3 cup salt

2 tbsp sugar

Egg Noodles Cooked with Milk:

1 tbsp salt

1 ½ qt WHOLE MILK

1 ½ qt water

1 tbsp **BUTTER** 

Sauce Recipe:

1 tbsp grapeseed oil

2 tbsp cornstarch

1 cup chicken broth

½ cup WHOLE MILK

½ cup PLAIN YOGURT

½ tbsp salt

¼ tbsp black pepper

½ cup **ASIAGO CHEESE** 

In a large bowl, combine the three cups of **WHOLE MILK**, salt and sugar. Then add chicken breast (do not cut) to bowl. Let it chill for three hours. Remove from brine, drain, pat dry and discard brine. Put the chicken breast in a covered pan and bake for 30 minutes or until done. Check temperature for doneness. Remove breast from pan and cube for serving with sauce over the noodles. In a large kettle, bring water to a boil. Add salt, **MILK**, and noodles. Cook noodles to AL DENTE. Make sure you do not overcook them. Drain in a colander and discard water and **MILK**. Afterwards, add **BUTTER** to drained noodles to keep the noodles from sticking.

For the sauce, in a large saucepan heat the grapeseed oil. Then use a whisk to slowly add MILK and chicken broth. Sprinkle in cornstarch and cool for about one minute. When the sauce starts to thicken, remove from heat and add YOGURT. Place the sauce back on heat and stir in ASIAGO CHEESE, salt and pepper to taste. Serve over noodles immediately.



7 cups thinly sliced potatoes
1 pound ground beef
1 – 11 oz can CHEDDAR CHEESE SOUP
1 cup MILK
1 can tomato soup

½ cup chopped onion 1 tbsp sugar Pepperoni MOZZARELLA CHEESE

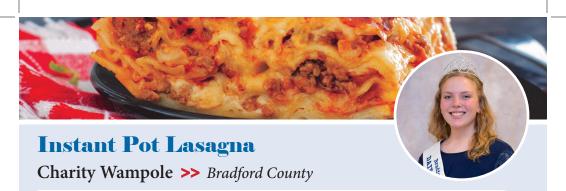
Preheat oven to 375°F. In a greased 13 x 9 x 2" baking dish, slice potatoes and set aside. In a skillet, cook ground beef season to taste. Combine **CHEDDAR CHEESE SOUP** with **MILK**.

In another bowl, stir tomato soup, onion and sugar. Sprinkle ground beef over sliced potatoes. Next, pour **CHEESE** mixture over ground beef. Then spoon tomato soup mixture, add pepperoni and **MOZZARELLA CHEESE**. Cover baking dish and bake at 375°F for 1 ½ to 1 ½ hours until potatoes are tender.



1 stick **UNSALTED BUTTER**, cut into ¼" pats 2-3 pound white fish fillets, such as bass, flounder, orange roughy 1 8-oz **SOUR CREAM** 1 cup **SHREDDED PARMESAN CHEESE** Bread crumbs

Place **BUTTER** pats in the bottom of a 9 x 13 baking dish. Lay fish fillets over **BUTTER**. Combine **SOUR CREAM** and **PARMESAN CHEESE**. Spread over fillets. Sprinkle with panko or bread crumbs. Bake 20-30 minutes at 350°F, or util fish is flaky and topping is crispy.



### Cheese Layer

1 cup RICOTTA CHEESE

2 large eggs

1 cup SHREDDED MOZZARELLA CHEESE

1 tsp dried basil

1 tsp dried thyme

1 tsp Italian seasoning

¼ tsp salt

¼ tsp ground pepper

#### Meat Layer

1 pound ground beef 1 24-ounce jar pasta sauce 1 small onion diced 9 No-boil lasagna noodles

1 tbsp minced garlic ½ cup SHREDDED MOZZARELLA CHEESE

### For Cooking in the Instant Pot

1 ½ cup water

For the cheese layer, mix all ingredients listed under the "Cheese Layer" section of the ingredients list. Stir to combine and set aside.

For the meat layer, brown beef until no longer pink in a pan on the stove. Add onion and minced garlic. Cook until onions are translucent. Then, layer the ingredients in the following order into a 7-inch springform cake pan. Layer one, cover the bottom of the assembled springform pan with about 3-4 broken no-boil noodles. Layer two, thoroughly cover the noodles with 1 cup of the pasta sauce. Layer three, spread ½ of the meat mixture evenly on top of the sauce layer. Press slightly. Layer four, spread ½ of the **CHEESE** mixture evenly on top of the meat layer. Press slightly. Repeat all four steps.

Add a final layer of no-boil noodles. Press slightly. Cover with sauce and sprinkle ½ cup of MOZZARELLA CHEESE on top. Spray foil with nonstick spray and cover the pan. Add 1½ cup of water to pot. Place the covered lasagna pan on trivet with handles then place it in the pot. Lock the lid and seal valve. Press the Manual button twice and set time to 25 minutes. Allow natural release for 10 minutes. Then, perform a quick release. Open the pot and transfer the lasagna out. Remove foil. Place on baking sheet in oven on broil until cheese begins to brown, watching it closely so it does not burn. Remove the lasagna from the oven, and let it rest it on a cooling rack for 15 minutes. Slice and serve.



Madison Benfer >> Blair County

2 cups small shell-shaped pasta

1 small head cauliflower, cut into florets, about 6 cups

2 tbsp **BUTTER** 

1 small onion, minced

1 tbsp all-purpose flour

1/2 tsp salt

1/4 tsp ground black pepper

2 1/2 cups WHOLE MILK or 2% REDUCED FAT MILK

1 tsp Dijon mustard

2 cups SHREDDED CHEDDAR CHEESE

1/4 cup panko breadcrumbs

1 tbsp olive oil

In large saucepot, heat 10 cups salted water to boiling. Add shell pasta and cauliflower. Heat to boiling; simmer uncovered for 6 minutes. Drain immediately.

Meanwhile, in 2-quart saucepan over medium heat, melt **BUTTER**; add onion. Cook until tender, about 5 minutes. Stir in flour, salt and pepper until blended; cook 1 minute. Gradually stir in **MILK** and mustard; cook until mixture thickens and is smooth, stirring constantly. Remove saucepan from heat; stir in **CHEESE** until melted and smooth.

Heat oven to 400°F. Toss breadcrumbs with olive oil. Grease 2-quart baking dish or casserole. In large bowl, toss pasta and cauliflower mixture with **CHEESE** sauce to mix well. Sprinkle with breadcrumb mixture. Bake 20 minutes or until mixture is hot and bubbly.



Karissa Petruso >> Crawford County

Great to make ahead of time, store in refrigerator and use as a quick after school snack!

1 (8 oz) SOUR CREAM

1 (8 oz) package **CREAM CHEESE**, softened

½ cup green onion-diced

1 cup finely SHREDDED CHEDDAR CHEESE

1 tbsp lemon or lime juice

½ cup black olives-chopped

8-10 soft tortilla shells (8 inch)

Salsa

Mix **SOUR CREAM**, **CREAM CHEESE**, green onion, **CHEDDAR CHEESE**, lemon or lime juice and black olives.

Spread thin layer of mixed ingredients on one side of tortilla shell. Wrap tightly and refrigerate at least 1 hour. After chilled, slice rolled tortillas into one inch pieces. Serve with your favorite salsa. Yields about 5 dozen.



Shawna Weaver >> Centre County

1 1/2 cups all-purpose flour

1 cup sugar

2 tsp baking powder

1 tsp salt

3 eggs

1 1/2 cups **RICOTTA CHEESE** 

1 tbsp vanilla

Zest from one lemon

1 stick **BUTTER**, melted

2 cups blueberries

#### Lemon Glaze:

1 cup powdered sugar, sifted

2 tbsp fresh lemon juice

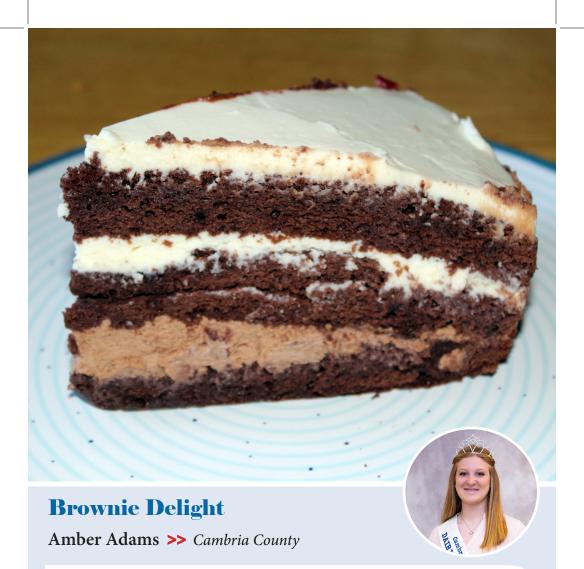
1 tbsp **BUTTER**, melted

Preheat oven to 350°F. Generously grease a 9-inch cake or springform pan with non-stick spray. Set aside.

In a large bowl combine flour, sugar, baking powder and salt. In a medium bowl, whisk eggs, **RICOTTA CHEESE**, vanilla and lemon zest until smooth; fold into dry ingredients just until blended. Then stir in melted **BUTTER**, followed by 1 1/2 cups blueberries, being careful not to crush berries. Scrape batter into prepared pan and scatter remaining 1/2 cup of blueberries on top.

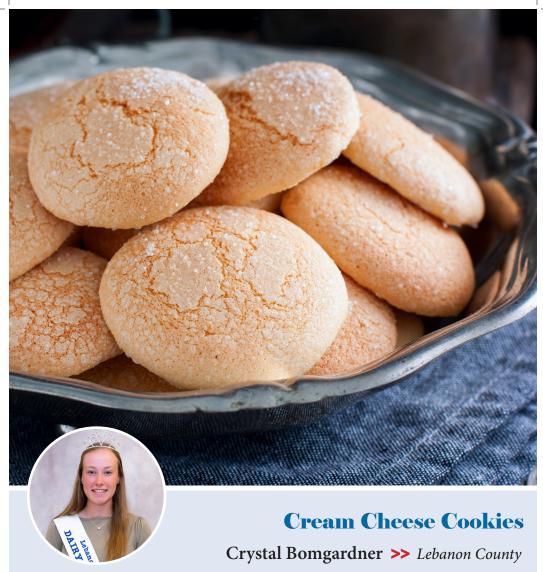
Bake cake until edges are golden brown and a tester inserted into the center comes out clean, 50-55 minutes. Let cool at least 20 minutes before unmolding. For glaze, mix powdered sugar, melted **BUTTER** and lemon juice until smooth in a measuring cup with a spout for easy pouring. Remove from pan and place on cake plate, pour glaze over top if desired.

It looks so good, you'll want to eat the whole thing!



1 boxed brownie mix (prepared as instructed)
8 oz CREAM CHEESE, softened
16 oz WHIPPED CREAM, divided
2/3 cup white sugar
3 - 3.4 oz boxes of chocolate pudding mix
4 cups WHOLE MILK
MILK CHOCOLATE to garnish

Bake brownie mix according to directions in 9x13 pan. Mix CREAM CHEESE, WHIPPED CREAM and sugar in a bowl then layer on top of cooled brownie. Whisk pudding mix with MILK and layer on top of CREAM CHEESE mixture. After pudding sets, top with second 8 oz WHIPPED CREAM to add final layer. Garnish the top with MILK CHOCOLATE chips or shavings.



My Dad's favorite!

1 box yellow cake mix ¼ tsp vanilla 1 egg 8 oz **CREAM CHEESE** ¼ cup **BUTTER** 

Cream **CREAM CHEESE** and **BUTTER**. Add egg and vanilla. Then add cake mix. Mix until well combined. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake at 350°F for 8-12 minutes or until set in the middle.



Serve with or without icing, this is a delicious cake either way!

4 eggs

2 cups sugar

2 cups flour

½ lb BUTTER

1 cup MILK

1 teaspoon (heaping) baking powder

Pinch of salt

Beat eggs and sugar together for about 2 minutes. Add baking powder, salt and flour. Beat for 2 more minutes. Heat MILK in pan till hot, then add BUTTER. Stir in MILK and BUTTER gradually and beat for about 2 ½ minutes. Bake in Bundt pan at 350°F for 45 minutes. Makes 12 to 15 servings.



Jessica Fleisher >> Perry County

2 cup sugar

3 tbsp cocoa

½ cup **BUTTER** 

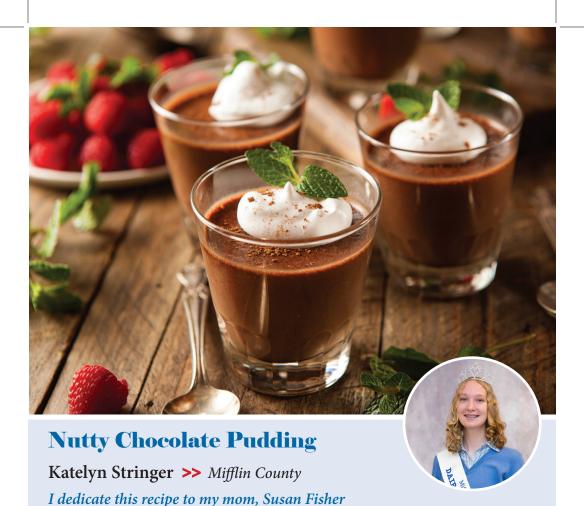
½ cup MILK

½ cup peanut butter

3 cup uncooked oatmeal

Bring sugar, cocoa, **BUTTER** and **MILK** to a boil and boil for 2 minutes. Add peanut butter and stir in the above mixture then add the oatmeal, stir.

Drop on wax paper or tin foil. Let cool. Place in an air-tight container to store.



1 cup chopped nuts

1 cup flour

4 oz **BUTTER** 

8 oz package **CREAM CHEESE** 

Mifflin County Dairy Princess 1986-1987

1 cup powdered sugar

1 cup whipped topping

2 pkgs. chocolate instant pudding

4 cups MILK

Mix together nuts, flour and **BUTTER**. Put in 9 x 13" glass baking dish. Bake at 350°F for 10 minutes. Let cool. Mix together **CREAM CHEESE**, powdered sugar and whipped topping. Spread on cooled crust. Mix together instant pudding mix with **MILK**. Pour over **CREAM CHEESE** layer.

Chill for several hours. Frost with whipped topping. Sprinkle with nuts.



This recipe is quick and easy and doesn't last very long! The combination of peaches and cream cheese makes a yummy topping.

34 cup flour
1 tsp baking powder
1 3 ½ oz pkg vanilla pudding (NOT instant)
14 tsp salt
3 tbsp **BUTTER**1 egg
1/2 cup **MILK** 

1 large can peaches
8 oz CREAM CHEESE
½ cup sugar
3 tbsp fruit juice
1 tbsp cinnamon
1 ½ tbsp sugar

Combine first 7 ingredients in a large bowl and mix at medium speed for 2 minutes. Pour into 10-inch round Pyrex pan. Drain peaches, saving fruit juice. Chop peaches into small pieces and spoon gently over batter.

Beat **CREAM CHEESE**, sugar and fruit juice together until well-blended. Spoon carefully over peaches, to within an inch of edge of pie plate. Sprinkle with cinnamon and sugar. Bake at 350°F for 30-35 minutes. Makes it's own crust.



Crust:

25 whole chocolate sandwich cookies, such as Oreos 4 tbsp **BUTTER**, melted

### Filling:

1 cup creamy peanut butter

8 oz package **CREAM CHEESE**, softened

1 1/4 cups powdered sugar

8 oz WHIPPED CREAM

*For the crust:* Preheat the oven to 350°F. Crush the cookies until they're fine crumbs. Pour the melted **BUTTER** over the top and stir with a fork to combine. Press into a pie pan and bake until set, 5-7 minutes. Remove from the oven and allow to cool completely.

For the filling: Beat the peanut butter with the CREAM CHEESE until smooth. Add the powdered sugar and beat until smooth. Add in the WHIPPED CREAM and beat until smooth, scraping the sides as needed.

Pour the filling into the crust, evening out the top with a knife or spatula. Chill for at least an hour before serving.

## Recipe for a Dairy Princess

- A sprinkle of kindness
- Three heaping teaspoons of serenity
- A tablespoon of respect
- Ounces of confidence
- A cup of flexibility
- An overflow of creativity
- A quart of interaction for all ages
- A gallon of laughter

Packaged in a wealth of dairy knowledge & love













# Recipe Notes













# Index

Appetizers & Snacks			
2-Bite Pizza Pepper Poppers			
Cheese Garlic Biscuits			
Hissy Fit Dip 6			
Salted Caramel Coffee Creamer			
Soups, Salads & Sides			
Cheesy Zucchini Casserole			
Homemade Restaurant Ranch Dressing			
Fresh Mozzarella Cheese Sticks			
Parmesan Potatoes			
Twice Baked Potatoes			
Main Dishes			
Alfredo Chicken Breasts over Noodles			
Almost Pizza			
Creamy Scalloped Fish Fillets			
Instant Pot Lasagna			
Macaroni and Cheese with Cauliflower			
Tortilla Roll-Ups			
Desserts			
Blueberry Ricotta Lemon Cake			
Brownie Delight			
Cream Cheese Cookies			
Hot Milk Sponge Cake			
No-Bake Cookies			
Nutty Chocolate Pudding			
Peaches and Cream Pie			
Peanut Butter Pie			

## **Need a Princess at Your Event?**

County	Role	Name	Phone number
Bedford	Booking Chair	Shelby Gochnour	814-414-3511
Berks	Booking Chair	Donna Werley	610-562-2070
Blair	Booking Chair	Kristy Bigelow	814-515-4775
Bradford	Princess Chair	Lu-Anne Antisdel	570-395-3305
Bucks	Booking Chair	Ruth Ann Moyer	215-345-7327
Butler	Booking Chair	Sandy Stephenson	724-285-1296
Cambria	Booking Chair	Ashley Pauley	814-574-2956
Centre	Booking Chair	Candace Wasson	814-237-2339
Chester	Princess Chair	Sharon Nolan	610-593-7465
Clarion-Venango	Booking Chair	Jessica Kaltenbach	814-758-9445
Clearfield	Chair	Shannon Henry	814-762-9313
Clinton	Chair	Sue Dotterer	570-726-6087
Crawford	Booking Chair	Krista Petruso	814-439-0369
Cumberland	Booking Chair	Jen Myers	717-713-0284
Dauphin	Booking Chair	Darla Romberger	570-648-3540
Delaware	Chair	Casandra Long	904-521-7649
Erie	Booking Chair	Cindy Szymanski	814-449-4294
Fayette	Booking Chair	Pam Wolfe	724-439-3126
Franklin	Booking Chair	Patty Hege	717-375-2811
Fulton	Chair	Katie Waite	814-644-9909
Huntingdon	Booking Chair	Carrie Anderson	814-448-3854
Indiana	Chair	Bobbie Farren	724- 465-7031
Jefferson	Booking Chair	Robin Mowery	814-633-1043
Juniata	Booking Chair	Karen Shearer	717-527-2221
Lancaster	Booking Chair	Dale Smith	717-336-0553
Lawrence	Booking Chair	Donna Slick	724-714-6605
Lebanon	Booking Chair	Tara Bomgardner	717-639-5114
Luzerne	Booking Chair	Sandy Traver	570-298-2001
Lycoming	Chair/Treasurer	Becky Steppe	570-279-6757
Mercer	Booking Chair	Carrie Prinkey	724-977-8455
Mifflin	Chair	Kristin Diehl	215-360-4468
Montgomery	Chair	Gene Zvarick	484-948-6916
Perry	Chair	Amy Fleisher	717-576-7987
Potter/McKean	Chair	Ashley Larson	814-203-0896
Schuylkill	Chair	Jodi Heffner	570-739-1153
Somerset	Booking Chair	Andrea Stoltzfus	814-267-6711
Sullivan	Booking Chair	Noreen Keeney	570-637-8203
SUN Area	Booking Chair	Susan Hauck	570-966-3760
Susquehanna	Booking Chair	Evie Goff	570-278-1212
Tioga	Booking Chair	Carolyn Moyer	570-324-2482
Warren	Chair	Carrie Ludwick	814-779-8659
Washington	Chair	Sherry McMurray	724-255-9165
Wayne	Booking Chair	Joan Schweighofer	570-224-4619
Westmoreland	Booking Chair	Samantha Ament	724-261-6800
Wyoming-Lackawanna	Booking Chair	Charlene Espenshade	717-361-2844
York	Booking Chair	Heather Gibson	717-586-3118

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Diane Beeman, Beeman's Baked Goods Carlisle, Pennsylvania

### Pennsylvania Dairy Princess & Promotion Services, Inc.



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## Questions? Email us at info@padairy.org

Find more recipes and check out our Dairy E-store at www.padairy.org.

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