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Warm days leave students craving cold drinks, treats

■ As spring weather nears, many local spots are seeing increased demand for frosty drinks and ice cream treats

By Lisa Toth
 Oregon Daily Emerald

As spring term progresses, the mercury in the thermometer will creep higher and higher. To beat the heat — aside from wearing shorts, sunscreen and shades — tall frosty drinks and ice cream help to melt the impact of scorching hot days.

There are many treats at local spots to try, from the Blizzards at Dairy Queen to the smoothies at Andrew Smash. And of course, there are creations that can be concocted in the blender at home.

Erin Kenfield, manager at The Buzz Coffeehouse in the EMU, said the smooth Caffè GranItalia, with caramel flavoring, is her favorite for those sticky, humid days.

"It's like a milkshake — but it still has caffeine," said Kenfield, a junior majoring in business.

She added that The Buzz also features everything from Italian sodas to iced lattes, mochas and coffees — and during spring term, the employees tend to make more of these colder drinks. Not as many college students and professors spend time sipping beverages indoors when the sun is out, she said.

Jeff Caspersen, an employee at Pearl Street Ice Cream Parlour, said the popular old-fashioned ice cream location becomes much busier between noon and 1 p.m. during spring term.

"Most people come in for espresso ice cream and hot fudge cake," he said.

Caspersen added that shakes,

Cold drinks to try at home:

Strawberry-Pineapple Smoothie (makes four servings)

- 1/2 cup fresh pineapple chunks
- 1 cup strawberries (halved or sliced)
- 1 banana, peeled and sliced into half-inch pieces
- 2 cups buttermilk
- 1-2 tablespoons honey
- 3-4 fresh mint leaves
- 4 ice cubes

Place all ingredients in a blender, puree until smooth and pour into four tall glasses.

Source: Gingerich Farms

Grandma's Real Old-Fashioned Natural Lemonade (makes four servings)

- Lemon juice, freshly squeezed from 8 large lemons (1-1/2 cups)
- 1/2 cup sugar, granulated (add more or less for taste)
- 5 cups cold water
- 1 large lemon, cut into small wedges or thin cartwheel slices
- Ice cubes

In a large pitcher, combine the lemon juice, sugar and two cups of cold water; stir briskly to dissolve sugar. Add the remaining ingredients and stir again. Note: To make pink lemonade, add a few drops of grenadine syrup.

Source: Yankee Harvest

blended from any flavor of ice cream, are also favorites for families and college students who visit

the business. From the parlor's candy shop to the faded, old pictures on the walls, Caspersen said its atmosphere is a quiet and cool environment to escape from sultry, sunny days.

And if customers happen to come in on their birthday, Caspersen said employees sing the birthday song and "bring out the drums."

"We try to embarrass the birthday party — and it usually works," he said.

Other local favorite ice cream establishments include everything from Baskin-Robbins and TCBY Treats to Prince Puckler's Home-made Ice Cream, known for its Velvet Hammer ice cream made of chocolate and coffee ice cream mixed with chocolate-covered coffee beans and fudge ripples.

But for a quick cold fix that's also close to campus, Ben and Jerry's is one solution.

Owner Gary Bertelsen said the store's newest flavors, such as Coffee-Heath Bar, have been a big hit. Another new crowd pleaser is One Sweet Whirled, which Bertelsen said is composed of coffee and caramel ice cream, marshmallow swirl and chocolate chunks. Milkshakes and fresh-squeezed hand-made lemonade are also great thirst quenchers.

"Anytime the sun comes out, business really gets going — especially when the weather in over 65 degrees," he said.

Bertelsen also recommended not missing out on Free Cone Day, coming up April 22. He said the store hopes to beat last year's 7,000 scoops by giving away 10,000 this year. All proceeds will be donated to the local Relief Nursery.

E-mail features reporter Lisa Toth at lisatoth@dailyemerald.com.

Seasonal

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"Personally, I wouldn't eat the stuff (that's been shipped from other countries), and I discourage my clients from eating it," she said. "Sometimes countries like Mexico use gases and chemicals on foods that are shipped in. It's getting so that it's not even food anymore."

"Sometimes countries like Mexico use gases and chemicals on foods that are shipped in. It's getting so that it's not even food anymore."

Skye Weintraub
 nutritionist

Furthermore, both Weintraub and nutritionist Stephanie Wilson agree that human bodies crave the foods that are in season and distinguish between "warming" foods and "cooling" foods.

When we're running around barefoot in the summer, our bodies crave

Where to find locally grown produce:

- Friendly Street Market
2757 Friendly St.
- New Frontier Market
1101 W. Eighth Ave.
- Wild Oats (2 locations)
2489 Willamette St.
2580 Willakenzie Rd.
- Sundance Natural Foods
748 E. 24th Ave.
- PC Market of Choice (3 locations)
2858 Willamette St.
1060 Green Acres Rd.
1960 Franklin Blvd.
- Red Barn Natural Grocery
357 Van Buren St.
- Farmer's Market
8th Avenue and Oak Street
Saturday 9 a.m. to 5 p.m.
Tuesday 10 a.m. to 3 p.m.

cooling foods, like a cucumber and tomato salad or a juicy melon, Weintraub said. But in the fall, the temperature starts to drop and our bodies start to crave warming foods, such as squashes, stews and meats, she said.

There are also taste benefits for eating locally grown produce, Wilson said.

"If you pick corn and eat it that same day, it's going to taste noticeably different than if you wait a few days," she said.

She added that traditionally, when people couldn't run to Albertson's and buy whatever fruits and vegetables they wanted, people only ate what they could grow.

In the spring, that means peas, greens and radishes, which will be

harvested in just a couple months, Bilbao said. Currently, winter crops of broccoli, cabbages, cauliflower, kale, mustards and leeks are being harvested and sold at the Farmers Market every Saturday, she said.

At Marché, Pearl-Kimmel said she buys locally for political reasons. When she buys locally, she knows she's not polluting the air and she's supporting local businesses, she said. And she forms a relationship with her growers, which she said is a priority often overlooked.

"There's a saying I once heard," she said. "Know your garden, and know where your water comes from."

Diane Huber is a freelance reporter for the Emerald.