



Did you know...

Maryland has about
310 dairy farms and
40,000 cows.

Milk goes from farm to
grocery store in about 48
hours, 365 days a year.

**MILK is Maryland's
Official State Beverage!**

It takes 10 pounds of milk to
produce 1 pound of cheese.

The first scoop of ice cream in
America was served in Annapolis
by Gov. Thomas Bladen in 1744.



About Us

The Maryland Dairy Princess Program offers a unique opportunity for youth development to those passionate about the dairy industry. Participants travel their region and the state promoting milk and dairy products and sharing information about dairy farming. They visit stores, malls, fairs, schools, festivals, and more, sharing the dairy story - nutritious, high-quality products, from happy, healthy cows, on well-cared for, environmentally sound farms.

To learn more, pledge sponsorship, or request an appearance, visit www.marylanddairyprincess.org, or email mddairyprincess@gmail.com.



Royal Recipes 2026-27

Corn Casserole

- 20 oz. bag frozen corn
- 4 eggs
- 1 ¾ cup whole milk
- ½ cup melted, salted butter
- 2 T sugar
- 1 tsp salt
- Pepper
- 2 dashes tabasco

Mix all ingredients together. Bake at 325 degrees for 1 hour. Ready when the middle is solid.

Yogurt Parfait

- 1 cup Greek yogurt
- ½ cup fresh berries (strawberries, blueberries, or raspberries)
- ¼ cup crunchy granola
- 1 T honey or maple syrup (optional, for drizzling)

Layer ½ cup yogurt, half of the berries and half of the granola. Repeat & top with a sweet drizzle.

Chocolate Peanut Butter Milkshake

- 1 cup chocolate milk
- 2 T peanut butter
- 1 scoop vanilla ice cream
- Ice (optional)

Blend all ingredients until smooth. Pour into a cup and enjoy.

Caroline Winterstein
Eastern Shore



Mikayla Derr
Carroll County



Scarlett Hefner
Upper Chesapeake



Oyster Stew

- 2 T salted butter
- 1 pint oysters
- 2 shredded carrots
- ¼ cup finely diced onions
- 4 cups whole milk
- 1 T (or to taste) Old Bay

Melt butter and sauté vegetables. Add oysters and cook for 4 minutes, stirring frequently. Add milk and Old Bay. Once it boils, turn off heat.

Cinnamon Rolls

- 2 cans refrigerated cinnamon rolls
- 1 cup heavy whipping cream
- ½ cup unsalted butter, melted
- ½ cup light brown sugar, packed
- 1 T ground cinnamon

Preheat to 350°F. Spray a 9x13-inch baking dish with cooking spray. Place the cinnamon rolls inside the dish. Pour heavy cream evenly over the top of each roll and around the bottom of the pan. In a small bowl, whisk together melted butter, brown sugar, and ground cinnamon until smooth. Spoon over the top of the cream-soaked rolls. Bake uncovered for 25 to 30 minutes.

Strawberry Bananna Smoothie

- 1 cup milk
- ½ cup vanilla yogurt
- 1 banana
- ½ cup frozen strawberries
- 1 tsp honey (optional)

Blend all ingredients until smooth. Pour into cups and serve cold.