

## Beat the Heat Treats

Topping out at 106 degrees last week, just one degree shy of the all-time record, this is turning out to be one hot Portland summer. Cool off with these frozen handmade sweets from food entrepreneurs Ruby Jewel and Sol Pops. Both use all-natural ingredients sourced from regional producers, rather than the artificial flavorings and colorings found in typical frozen treats.

Ruby Jewel ice cream sandwiches take the basic formula of two chewy cookies enclosing an inch-thick disk of ice cream to the next level. Gourmet combinations, such as honey and lavender ice cream sandwiched between two lemon sugar cookies, are like no other on the market. Though Ruby Jewel is now available in Whole Foods Markets dotting the West Coast, creator Lisa Herlinger has not lost sight of her Portland Farmers' Market beginnings.

Local ingredients flavor the ice creams, which are made with hormone-free milk from Lochmead Dairy near Junction City, Oregon. In her cinnamon chocolate cookies with espresso ice cream, the espresso flavor comes from freshly roasted beans from Portland Roasting. There are also dark chocolate cookies with fresh mint-flavored ice cream, double chocolate cookies with peanut butter ice cream, and classic chocolate chip cookies with real vanilla bean ice cream, a combination affectionately named "The Chub." And while the cookies remain soft and chewy, the ice cream's melting rate is shockingly slow, so on a warm summer day these sizeable sandwiches can be enjoyed sans the sticky drip.

Not only is "sol" the Latin word for "sun," but it's also the acronym for the words "sustainable," "organic," and "local." Sol Pops are a farmers' market sensation. On a warm August morning, after weaving in and out of the crowds, a "handmade gourmet and wellness" popsicle is a welcome respite from the heat. Sold from vintage teal freezers mounted on working tricycles, they throw down the kickstand and set up shop at several area farmers markets each week.

Inventive flavors, like cucumber and lime spiked with jalapeño, are also derived from local fruit, herbs, and produce whenever possible. The "wellness" part comes from their use of natural sweeteners like agave, cane sugar, and fruit ciders to enhance the natural sugars in the produce for a refreshing, rather than cloying, sweetness. Strawberry Lemonade, Banana Coconut, and Mango Lime are some of the flavors from the rotating selection.

To find these frozen treats, visit [rubyjewel.net](http://rubyjewel.net) and [solpops.com](http://solpops.com) for vendors and farmers market locations.