

Celebrating with Mandolyn Hume

Photography by Cami Bradley



As a child, Mandolyn spent endless hours playing on her grandparents' farm among the fruit trees and vegetable gardens in Oregon's Willamette Valley. It was this setting that provided the inspiration for Fannie's Ice Pops, which was created to provide an option for kids and adults looking for naturally-healthy summer treats. Fannie's Ice Pops are made from natural fruit, herbs and spices. That's it. No artificial flavors, colors or refined sugars. Mandolyn currently lives in Spokane, Washington with her husband and their eight-year-old twins.

I have lived in Spokane for the past 16 years. Although there is a part of my heart that misses the wet Willamette Valley in Oregon, Spokane is where we have built our life, created careers, celebrate family, and feel deeply connected. During my early years, I grew up on a farm outside of Salem, Oregon where I spent a lot of time making forts, riding motorcycles, playing in the barn loft and pretending to be Laura Ingles Wilder (really!). I attended elementary school in a one-room schoolhouse and on the weekends my dad would take us on camping or fishing expeditions. We spent a lot of time outside and being creative. I would often pretend that I was on a cooking show and talk to my 'audience' while chopping and mixing. I always admired chefs with perfectly manicured hands and beautiful knife skills...I'm still working on both of those things.

I grew up cooking in the kitchen with both my grandmothers and my mom. We all come from a long line of women who take great care and concern regarding what goes on the table. In fact, we spend way more time planning meals, buying ingredients and preparing the food itself than we do actually eating anything. Presentation and the details surrounding each meal have always played an equally important role. Whether it was making flowers out of radishes, making food from scratch, adding fresh herbs to platters or adding



fresh flavors to each dish. Dinners were served family style, because the whole purpose was to bring the family and friends together.

My mom always created, and continues to create, a beautiful home that is warm, welcoming and always outstanding food. The space makes you want to linger and the food makes you feel loved. I grew up prepping meals alongside my mom. She has an amazing talent for looking in the fridge and whipping together an amazing meal that I didn't see in there. I spent time listening to her ooh and aah over dishes from home, at friends' houses or in restaurants. I naturally soaked up what flavors went together and complimented each other. She was always daring in her cooking flavors and combinations and I grew up appreciating that in a meal. After I left home, I continued to cook and loved trying new things. I have always felt at ease and at home in the kitchen. It's a happy place for me and I feel peaceful when putting flavors together in a dish or meal. I often wake up in the morning and start thinking about what I want to make for dinner.

In 2012 I started Fannie's Ice Pops out of the need to find healthier treats to serve my twins and their friends. I loved being home and creating an intentional home full of love, traditions, and memories. But I also missed a creative outlet with not working out of the home. When we started freezing our smoothies to make cold afternoon treats, I experimented with flavor combinations and seeing what concoctions we could come up with. I set out to make a non-dairy, all-natural fruit popsicle with no artificial colors or flavors. My



Vanilla Coconut Cream Dipped in Chocolate

¾ cup simple syrup (equal parts water and organic sugar cane)

1 cup coconut milk

¾ cup filtered water

1 tsp vanilla (or more to taste)

1 bag chocolate chips

1 Tbsp coconut oil

Edible glitter (optional)

1. In a saucepan, combine simple syrup and bring to a boil. Remove from heat and let cool.

2. When it has cooled, combine simple syrup, coconut milk, water and vanilla together.

3. Pour mixture into your ice pop molds. Leave room at the top for expansion while freezing. Insert stick and freeze until solid, 5–6 hours.

4. In a saucepan, melt chocolate chips and coconut oil until smooth. Let cool to room temperature so the ice pops don't melt when dipping. The chocolate will stick better and not slide off if it has cooled.

5. Unmold and dip your ice pop into chocolate and add any edible glitter or fun embellishments (optional).

6. Place on cookie sheet with wax paper and place back in the freezer. Once the chocolate has firmed up, peel off the wax paper and serve immediately or place in bags for storage.



biggest challenge with that product is to create something that kids will actually want to eat. Sure, parents will buy them for their kids as a healthy alternative, but will kids actually want a cucumber-apple-mint-lime ice pop? Conversely, my biggest accomplishment is seeing kids enjoying the product and asking for it by name. So Fannie's was born. We bought an Icicle Tricycle to distribute ice pops and started going to farmers markets. We are going into our fifth year and we are busy with farmers markets, pop up events, local grocery store distribution and catering.

Food has always created community in my life, bringing people together around the table at family gatherings and with friends. I love having people over for dinner. I don't like food to be intimidating or pretentious...that just gets in the way of having a relaxing evening together. I enjoy thinking about how flavors go together and how each food item (appetizer, aperitif, main course, dessert, drinks, etc.) will "work together" or tell a story as the evening progresses. I would definitely say that food and entertaining are my love languages.

Food, particularly around the holidays, represents family history that is told through recipes. I love recipe cards that have been handed down from previous generations, especially those with spills and handwritten notes as they contain their own story and history. Some family recipes you just don't mess with. But others change over time, with each subsequent generation putting its twist on an old holiday favorite. Holiday cooking for me is about telling my family history through food. The holiday food traditions that were passed on to me from my mother and grandmothers years ago, were once passed on to them, where they were revised, slightly updated and made their own. I have done the same thing with ice pops. Holiday ice pops take traditional family holiday flavors, put a twist on those recipes and turn them into a new holiday treat.

Pear + Apple + Ginger

MAKES 12, 2.5 OZ POPS

7 fl oz simple syrup (equal parts water and organic sugar cane)

2 Tbsp minced fresh ginger

1-2 pears, cored and skinned

1-2 apples, cored and skinned

¼ cup filtered water

1. In a saucepan, combine simple syrup and minced ginger and bring to a boil. Remove from heat and let steep.
2. In a separate saucepan, place large diced pear and apple in a saucepan with ½ inch of water in the bottom (to prevent burning).
3. Cook on medium heat, stirring occasionally until soft.



Transfer to food processor or blender and puree. You should have two cups of puree. Add water.

4. After simple syrup has cooled, add to puree mixture. Adjust amount of ginger to taste. I usually add a little more grated fresh ginger.

5. Pour mixture into your ice pop molds. Leave room at the top for expansion while freezing. Insert stick and freeze until solid, 5-6 hours.

6. Unmold and serve immediately or place in bags for storage.

Cranberry + Orange + Star Anise

MAKES 12, 2.5 OZ POPS

1½ cups simple syrup (equal parts water and organic sugar cane, 1 cup each)

3 star anise pods

4 cups fresh or frozen cranberries

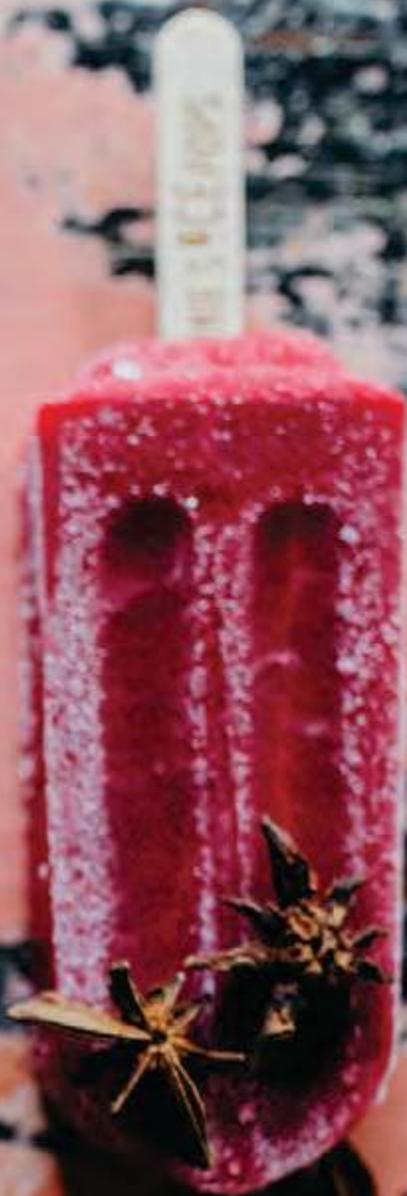
½ cup fresh squeezed orange juice

½ cup filtered water

2 Tbsp fresh squeezed lemon juice

1. In a saucepan, combine simple syrup and star anise; bring to boil. Remove from heat and let steep.
2. In different saucepan, put cranberries and ½ cup of water (to cover the bottom of the pan) to a simmer, about 10 minutes until soft.
3. Place cranberries in food processor or blender and blend well. I then strain the cranberry pulp, but if you prefer a chunkier texture, leave the skins and seeds in the puree.
4. Combine with fresh orange juice, water and fresh lemon juice. Add 1 Tbsp orange zest if you want a little extra.
5. After simple syrup has cooled, add to puree mixture. Pour mixture into your ice pop molds.
6. Leave room at the top for expansion while freezing. Insert stick and freeze until solid, 5-6 hours.
7. Unmold and serve immediately or place in bags for storage. Enjoy!

White Christmas







Mandolyn
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