



Before there could be ice cream, there had to be ice. And its history is more fascinating than you might imagine.

BY LAUREN TARSHIS



Synthesizing As you read these articles, look for how two men each did something that helped make ice cream popular.

LOOK FOR WORD NERD'S 7 WORDS IN BOLD



About 2,000 years ago, a Roman emperor named Nero sent his servants on a mission. The men **trekked** into the mountains. They braved snowstorms. They faced thieves and wolves. The men were in search of a treasure that was prized worldwide. It wasn't gold or diamonds.

It was ice.

Today, ice is so common you barely notice the clinking of the ice cubes in your glass. Thanks to the freezer in your home, your family can keep food frozen for months.

But until the middle of the 1800s, ice was rare. To get it, you had to do what Emperor Nero did. You had to find it in nature and haul it back home. Teams of men (often slaves) would be sent to find ice on a **blustery** mountain or frozen lake. They would use metal tools to chop away big blocks of ice. These blocks were placed on sleds or wagons and hauled away by horses. Nero kept his ice in special pits dug into the ground. There, it would stay frozen for months.

In Search of Cold

Left: Men harvest ice from a frozen pond. **Middle:** Cool and dark icehouses kept ice blocks cold even in summer. **Right:** Before there were refrigerators, "ice boxes" chilled by blocks of ice kept food cold.



Ice for Rich People Only

Over time, “ice **harvesting**” became more common. By the 1700s, many rich people in Europe and America had icehouses near their homes. Ice gathered in the winter was kept in these small buildings. There, it stayed cold until summer.

During hot months, this ice could be used to keep food fresh. It could also be used to make ice cream.

But in the 1700s, ice was a luxury. Only the rich could have it. Plus, you could have ice only if you lived in a place where there were freezing-cold winters or ice-topped mountains. A millionaire in steamy South Carolina could buy a pile of diamonds. But no amount of money could buy an icy drink or a bowl of ice cream on a hot day.

There was no way to make ice in hot weather. And no one had figured out how to move ice very far.

But a Boston man named Frederic Tudor changed that.

Harvesting Ice

In 1805, Tudor got an idea. He would use ships to bring ice from chilly New England to **sweltering** places in the U.S. and beyond.

Tudor used a new tool for harvesting ice. It was a sled with sharp blades. A horse would drag the sled back and forth across a frozen pond or river. The blades would create a checkerboard pattern. Men could pry the large ice cubes out with metal bars and put them on wagons. Since all of the cubes were the same size, they could be packed together very tightly. This kept the ice colder.

Tudor also figured out that a thick coating of sawdust **insulated** the ice, blocking out the heat and slowing melting. His ice could survive trips that lasted months.



Frederic Tudor, also known as the “Ice King”

The Ice King

By the 1830s, Tudor’s ships were bringing ice to Southern states, the Caribbean, and even India. Tudor became very rich. He was known as America’s “Ice King.”

Tudor’s ice changed the world. More people could keep food fresh in summer. Fewer died of food poisoning. Hospitals used ice to cool patients with high fevers, saving lives. And ice cream became one of America’s most popular foods.

By the 1940s, most American homes had electric refrigerators and freezers. People no longer needed to buy ice, because they could make it at home.

Over time, the name Frederic Tudor melted into history. But Tudor helped shape our world. The next time you eat an ice cream cone on a hot day, you might want to thank him. ■

**TURN
THE PAGE
TO FIND OUT MORE!**



And Ice Cream

How one man turned ice cream into an all-American sweet **BY LAUREN TARSHIS**



A group of New York City girls enjoy frozen treats in the 1940s.



Jacob Fussell had a problem—a sour, stinky problem.

It was the mid-1800s in Baltimore, Maryland. Fussell had a business. He delivered milk and cream to people around the city. At the end of a week, he often had gallons of unsold cream left. Within days, the cream would spoil. He would have to throw it all out.

Fussell hated to waste all that cream. He got an idea. He would open an ice cream factory.

A Treat for the Rich

Humans have been eating frozen sweets for thousands of years. Ancient Egyptians and Romans made desserts from slushy ice mixed with ground-up fruit.

In the 1600s, an Italian cook figured out how to make the treat we know as ice cream. The trick was to add milk to the mix and then stir and mix

In China
1,000 years ago, cooks made sweetened frozen treats out of milk from buffalo, goats, and yaks.

it for hours as it froze. This caused the mixture to become thick and creamy.

The recipe for “cream ice” spread across Europe. By the 1700s, Americans were enjoying ice cream. George Washington had an icehouse on his Virginia farm. That way, he could have ice cream all summer. In 1809, James Madison became president. His wife, Dolley, served ice cream at White House dinners.

But in those days, ice cream was not for everyone. Only the wealthy could afford this frozen treat. The main ingredients—ice,

for All!



Ice cream cones first became popular during the 1904 World's Fair in St. Louis.



Americans eat an average of 22 pounds of ice cream per person every year.

cream, and white sugar—cost a lot of money. They were also hard to find. Plus, making ice cream took a long time. It took hours of work to make just a small amount of the treat.

New Invention

Making ice cream got easier in 1843. That's when a

woman named Nancy Johnson invented the “**artificial** freezer.” With this machine, cooks no longer had to shake and stir. Instead, they could mix the ingredients by turning a crank.

Still, making ice cream was tiring. It took hours of cranking to make just a few scoops. Cooks wound up with aching muscles.

Ice Cream Factory

Fussell changed all this in 1851. He was the first to make ice cream in large **quantities** and sell it at a low price. He set up America's first ice cream

factory. The factory was in Pennsylvania. At first, Fussell made much of the ice cream himself, with the help of a few workers using hand-cranked machines.

Fussell put his ice cream in jars. He used horse-drawn wagons to bring the treat to customers. Business boomed. Soon, Fussell opened more factories. They were in Baltimore and New York.

Over time, making ice cream got faster. New inventions sped things up. Steam-powered ice cream machines replaced those cranked by hand. Electric freezers became common. As a result, no more ice had to be hauled off of lakes or rivers.



Vanilla is still the top-selling ice cream flavor in America, with chocolate coming in second.

Hundreds of Flavors

Meanwhile, ice cream swept across the U.S. like a sweet frozen wave. By 1920, even small towns had ice cream parlors that served sundaes and banana splits.

Fussell helped make ice cream popular. Now U.S. stores sell hundreds of kinds of frozen treats.

Who knew a story about spoiled cream could have such a sweet ending? ■

WHAT'S THE CONNECTION?

How did Frederic Tudor and Jacob Fussell each help make ice cream a favorite American treat? Answer this question using information from both articles to write a well-organized paragraph.

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