



LONGMONT DAIRY FARM INC.

VOL. 27, NO. 7
July 2019

NEWS TIPS

920 Coffman, Longmont, Colorado 80501

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

LDF Pick for Hikes

Survey Comments and Tips on Colorado Cold Brew

Here are some of the over 500 comments we received. Thought you would enjoy reading them.

“I thought it was good, but my daughter, who is a real coffee drinker, LOVED it!”

“Somewhat unclear whether it should be heated as-is or diluted...Also information about best way to reheat, please.” **Answer from Katie:** *To make Colorado Cold Brew, we soak finely ground beans for 24 hours or more and produce a coffee that is stronger than you might brew it. That allows it to be diluted to your taste with ice or creamers. Be sure to keep it refrigerated. To reheat it, we suggest using your microwave beverage option which should bring it to the right temperature while preventing it from boiling.*

“Taste is great. Doesn't bother my husband's stomach like hot coffee does. My daughter puts it in a blender with protein powder, cream and Joe for breakfast.” **Comment from Katie:** *Yes, because of the slow, cold brew process, which is centuries old, the result is a brew that is less acidic and, therefore, gentler on the tummy.*

“Not clear that chicory is sweetened.” **Answer from Katie:** *New Orleans Style (chicory) Cold Brew has cane sugar added. Please visit the products section of our website for a complete listing of ingredients for all our products.*

Tip from Katie: Chocolate milk has long been recognized as a great workout recovery drink. Burn more of those calories by adding a splash of Cold Brew for an extra caffeine boost.

Dear Friends,

July is such a great month for taking full advantage of our beautiful state. We are sharing some of our employees' favorite places to hike this month.

We also are excited to be partnering with two local companies for some great new products. We are spoiled to have Georgia Boys BBQ here in Longmont. They are starting to expand their footprint in the area, and we think their BBQ sauce is fantastic!

Additionally, in our customer survey, you asked for some meal kits, so we are testing out a pepperoni pizza kit with a local company called Prefare Meals. We think you'll enjoy these delicious items and hope they can help make your summer picnics and barbecues easy!

Take care,

Katie





LDF Pick of Hikes in Colorado

We asked our employees to tell us about some of their favorite hikes in Colorado and hope this might inspire you to take your family and friends out for a hike.

Kathy McDowell: My daughter, Elizabeth, and I have hiked these trails and enjoyed so much of the beauty of God's creation! **Chasm Lake** is a moderate-difficult trail with spectacular views, including Mt Meeker. The Peacock Pool and beautiful waterfalls below the lake are well worth the hike.



Kathy McDowell and her daughter, Elizabeth, at Chasm Lake.

Access it from Rocky Mountain National Park, Longs Peak Access, from Highway 7 toward Estes Park from Lyons. Trailhead: Longs Peak. Parking is limited, so to avoid parking along the road too far from the trailhead, an early am start is recommended. Also, due to the elevation and length of the trail, the early morning start is best.

Mills Lake/The Loch, Rocky Mountain National Park, Estes Park, Beaver Meadows Entrance Station, Trailhead: Glacier Gorge

These are moderate level trails originating from the same trailhead at Glacier Gorge, and the trail splits some distance after Alberta Falls. The **Mills Lake Trail** is a beautiful hike with views of Longs Peak and Keyboard of

Kathy and Elizabeth at Odessa Lake



the Winds. The lake itself is site of the scene on the Colorado quarter! It's a lovely setting. The total round-trip distance is about 5.5 miles. **The Loch** is a beautiful hike as well, with waterfalls and a stream along the way, offering magnificent scenery and mountain views. The round-trip is about 6 miles. You have two choices with neither a poor one!

Note: Some of my other children and some of the grandchildren have also hiked the **Alberta Falls**.

Katie Herrmann: One of my most favorite places that I've hiked is the Maroon Bells in Aspen. I was lucky enough to visit this iconic location last September and am itching to go back. The views are breathtaking!



Kevin Robinson: Seaman Reservoir-Gateway Natural Area, Poudre Canyon, is a favorite hike. This is a moderate, out-and-back 3-mile hike that takes you to the north end of the reservoir. Beautiful views with nothing but the sounds of nature. Large picnic area next to the Poudre River on the way out.

Kevin Robinson and his family.



Gary Schlagel: My favorite place in world is the Indian Peaks Wilderness Area.

My favorite place to picnic is Camp Dick, which has several trailheads leading from the upper parking lot. There are a few picnic tables near the parking lot or just pick a great spot next to the Middle St. Vrain.



If you are looking for an aggressive hike, there is Buchanan Pass Trail. It's only a six mile hike but almost straight up. It is also the source of the St. Vrain River. It will take about 4 hours to get to the top, if you're in condition, way longer if you are not. I was there twice, right out of high school. You can see a long way once you're at the top.

A more casual hike would be to Red Deer Lake which is about two miles from the trailhead. I've been there several times. There is also a four-wheel drive trail. You'd better be well prepared and a seasoned four-wheeler before taking that route. It's very challenging.

Ron Burgess: We loved the Piney River hike that starts at Piney River Ranch, north of Vail Valley. It's an easy hike with beautiful views of the mountains, meadows, creek, and lake. Pack a picnic lunch to enjoy.



Sliced Cheese on Sale

Save 50¢ in July

Order Tillamook Sliced Medium Cheddar, Sharp Cheddar, or Colby Jack Cheese and make some delicious sandwiches and burgers. Offer is good for deliveries made in July 2019.

Georgia Boys BBQ Sauce



Born in the Heart of Dixie, two Georgia Boys, Matt and Nick, moved to Colorado to pursue a Rocky Mountain lifestyle. They brought with them their love of BBQ and opened restaurants in Longmont and Frederick.

Now you can enjoy their great **Original BBQ Sauce delivered in July!** It's southern-mild, and tangy, with a touch of sweetness. Or drive on up to Longmont or Frederick for the full, delicious experience.

Original BBQ Sauce: 13.5 oz. bottle - \$6.49

Peach Season is Coming

Colorado Palisade Peaches will be ripe in late July. Watch for our e-mail announcement when they arrive!



Pepperoni Pizza Meal Kit - \$9.99

Fresh from Prefare Meals of Denver. 12" to 14" Pizza (based on how you make it.) Delicious!



- Locally sourced ingredients,
- Sauces made from scratch,
- Chopping and shredding done,
- Assemble, bake and serve in under 30 minutes.

MOOO RECIPES

Berry Trifles in a Jar

This is one of Lyric's (age 13) favorites. Show off your red, white and blue with this fun cake and berry trifle.

- 12 wide mouth ½ pint mason jars
- 1 cup cake flour
- ½ cup and an additional 1 cup granulated sugar
- 9 Egg-Lands Best Eggs
- 1 teaspoon plus a second teaspoon vanilla extract
- 1 teaspoon cream of tartar
- ¼ teaspoon salt
- 3 cups Longmont Dairy Whipping Cream
- ¼ cup powdered sugar
- 1 teaspoon vanilla extract
- 3 cups washed blueberries (drained)
- 2 cups washed strawberries cut into small cubes
- 12 additional small washed strawberries for topping garnish
- 1½ cups washed raspberries (you can substitute peaches during peach season)

To make the cake, line a 9" x 13" cake pan with parchment paper. Put the rack in the middle of your oven and pre-heat it to 350° F. Consider altitude adjustments based on your location. Sift together the flour and ½ cup of the sugar. (Don't have a sifter? Whisk the flour and sugar together to lighten the flour and mix.) Separate the egg whites into a large bowl and reserve the egg yolks in a small container. With an electric mixer, whip the egg whites, vanilla extract, cream of tartar, and salt until soft peaks form when you lift out the mixer. With a large spatula, gently fold small amounts of the flour into the egg white peaks until just mixed. Fill the cake pan with the cake batter and spread evenly. Bake for about 16 minutes or until a toothpick inserted in the cake comes out clean. Cool the cake until it reaches room temperature. (40-60 minutes.) Freeze the cake for 30 minutes.

To assemble, chill the clean mixer beaters and a large sized mixing bowl. Using the mason jar, cut 24 circles out of the cake pan. Cover with plastic wrap to prevent drying out. Whip 3 cups of whipping cream, with the chilled beaters, until stiff peaks form. (Don't over-whip because you will make butter.) Add and stir in 1 teaspoon vanilla extract and ¼ cup powdered sugar. Reserve the 12 strawberries for garnish. Fill the bottom of the jars with a layer of blueberries. Add layers of whipped cream, a cake round, whipped cream, strawberries, raspberries, whipped cream, and the second layer of cake rounds. Top with whipped cream and garnish with a small strawberry. Chill in the refrigerator until serving.



Bread of the Month:

White Chocolate Raspberry

Moos News July 2019



Kids Cooking Video

Summer is a great time for kids to learn to cook. This month, we are sharing a second recipe online. Banana Cream Pie is a classic ending to a barbecue or picnic. Watch a video showing how kids can make it at www.LongmontDairy.com/banana-cream-pie or scan the QR code.

