

MOOO RECIPES

Gary's Garden Caprese Salad

Perfect for Mother's Day. There are two versions, and you can grow the tomatoes and basil in your garden. Make your own mozzarella from Gary's recipe for a truly homemade dish!

Appetizer Size:

Place a circular slice of mozzarella, top with one large round slice of a tomato, then cover with a few basil leaves. Drizzle balsamic vinegar over the caprese salad.

Bite Size:

Place a bite size piece of mozzarella at the bottom of a toothpick, then one basil leaf, then one cherry tomato at the top. Include as many of these bite size pieces as you like. Drizzle balsamic vinegar all over the bottom of the plate for dipping.

*Recipe provided by
Longmont Dairy employee, Gary Schlagel
Moo News, May 2022*

Gary recommends making your own Mozzarella Cheese! You can find his recipe and step-by-step directions at LongmontDairy.com/mozzarella-cheese.

Farm Kitchen by Longmont Dairy

Lemonade & Tea Available in May!

Wet your whistle with the perfect combination of fresh-brewed black tea and our low-sugar lemonade.

Whether you are golfing or gardening, this will quench your thirst on a hot day.



Gary's Garden Tips

Five healthy fruits and vegetables that are ideal to grow in Colorado.

Tomatoes

Grow your own—from huge gardens to a five-gallon bucket with half inch holes in the bottom filled with potting soil on your apartment balcony, nothing tastes like a homegrown, vine-ripened tomato! Celebrity is my favorite for its versatility, taste, and disease resistance.

Leaf Lettuce

Very tender and flavorful with many varieties, they are one of the first to grow in the garden.

Cucumbers

With several varieties to choose from, they produce almost all summer long. Also much more economical to grow than to buy in the store!

Summer Squash

Pick them when they're small (less than six inches) and they will produce all summer. Green zucchini and yellow straights are my favorite.

Red Onions

Use onion sets and start eating them when they are about an inch in diameter. Cut in half lengthwise and grill with a little olive oil, salt and pepper. They are tender and do not have an overpowering onion taste.

Bread of the Month

May:

Banana Chocolate Chip



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NEWS

MOOO

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Longmont Dairy Farm, Inc.



Congratulations Poetry Contest Winners!

We loved seeing the hard work and amazing creativity put into these poems about "My Milk—From Cow to Cup."

Poems were judged by age group, and the winners, from Kindergarten through 12th grade, are included in this issue. Poems will also be posted online at our website.

There were so many wonderful poems that it was hard to select our winners! We hope that you enjoy reading them as much as we did, and that they will bring some light and laughter into your homes. Remember to read the honorable mention poems online at LongmontDairy.com/poetry-contest.

MAY

Happy Mother's Day!

Dear Friends,

With the warmer weather, we can think about incorporating fresh, homegrown produce into our meals again! At Longmont Dairy we have the privilege of working with a bit of a gardening guru. Gary Schlagel, our Community Service Director, is excellent at what he does, and has a wide range of interests.

Employed at Longmont Dairy almost 15 years, Gary has established great relationships with thousands of people in our community. As he heads up our Milk Caps for Moooola program, he works with 400+ schools to set them up and gather the caps. Prior to COVID, Gary would visit the schools, teaching kids about cows and agriculture.

Additionally, Gary has helped coordinate and represent Longmont Dairy at many Farmers' Markets through the years. He enjoys meeting our customers and introducing new people to our products.

We are grateful that Gary has been such a valuable member of our team for so many years. Enjoy some of his gardening tips and recipes on the back page.

Take care till next time,

Katie

Lemonade on Sale!

Just \$3.85 in May (Regular price \$4.29)

Longmont Dairy Farm Original and Raspberry Lemonades are made with pure lemon juice, 20% less sugar, and no corn syrup! For delivery between May 1 and May 31st.



CONGRATULATIONS, 28TH ANNUAL POETRY CONTEST WINNERS! "My Milk: From Cow to Cup"

Elementary and Middle School

K-2nd Grade

1st Prize

Piper B., 2nd Grade
Cherokee Trail Elementary, Parker

How does the milk get to my sister?
Watch out for this poem!
It's a real tongue twister!

Does it come in big bunches?
Like bananas and grapes?
Does it come in a truck, like giant
pet apes?

No! Not at all! It comes from a cow!
But I know what you're thinking.
You're wondering, "How?"

Well, first it all starts with just a female.
Then the farmer comes in to send her
an email.

"Time to get working!
Put your milk in the pail!
And be really careful not to drop in
your tail!"

Then the milk gets all bottled
And boxed and then shipped!
And then when it's bought it's all
sipped up real quick!

2nd Prize

Titus C., 1st Grade
Thunder Vista, Broomfield

Milk Sounds Good!
crunch crunch moooo
cows eat their fooood

squirt squirt squeeze
farmers say more milk please

vroom vroom beep
milk truck is filled to it's peak

clang clang clink
the milk man delivers white drink

gulp gulp burp
as I drain my cup

sip sip mmmm
thank you cows for the yummm

3rd Prize

Emma B., 1st Grade
Compositive Primary, Aurora

A Milk Story!

Milk is yum
In your tum!
But what happens before
it arrives at your door?

Well...

Today is a story
about your dairy.

It starts at the farm
where blossoms grow
and a cow goes moo!
How to gather milk,
the farmers know.

Into glass bottles
Big and small
with lots of flavors
they've got them all.

They pick up those bottles
Big and small
and say good bye to the farm
carrying them all.

Well then, my friend,
while on your street
the milk truck drives by
with cookies to eat!

Open your box
with feelings of joy
it's milk with cookies
your tummy will enjoy.

3rd-5th Grade

1st Prize

Austin T., 5th Grade
Homeschool, Erie

Cows weigh a lot of pounds
They weigh more than hounds
Some cows are black and white
And they like to sleep at night
The milk comes from the mother

Then given to another
In a bottle made of glass
With a top on last
The milkman is like a fairy
He comes at night with the dairy
Friday is like a dream
Chocolate milk that tastes like ice cream
It takes me three days to drink it all
It's impossible to buy it at the mall
So I wait day after day
Until the milkman is on his way

2nd Prize

Kaity C., 5th Grade
Homeschool,
Commerce City

The Cow Poem

I am a cow
You can spot me at Stock Shows, rodeos,
fields, and more,
And sometimes if you're lucky
Through the Chick-Fil-A door.
I'll tell you how your milk got to you now:
I am the one who makes your milk,
When it goes down your throat
it's smoother than silk

It's not complicated, it's easy to say,
A farmer comes out and milks me
every day.
He bottles it up and sends
it away,
Into a truck, but there it
won't stay.
A milkman drives house-to-house
delivering the milk,
Into a cooler goes that white
liquid silk.
This makes people happy to see,
Then they drink it all up, the milk
that comes from me.

3rd Prize

Alianna G., 3rd Grade
Homeschool/APEX, Loveland

As I drink my milk
I know I'm getting calcium
but then I wonder:
where does milk come from?

I ask my mom:
"Where should I look?"
She left the room
then came back with a book.

I opened the book
and read about how
the milk always starts with
a bucket and cow.

They process the milk then some of
it is flavored.
In my house eggnog is favored.

They bottle the milk and it's
delivered to me.
I hear the milk truck, close my book,
and run out to see.

I open the milk box, pour a glass,
take a drink.
Milk from cow to cup! It's
fascinating, I think!

6th-8th Grade

1st Prize

Kian F., 6th Grade
Homeschool, Arvada

Milking cow Millie,
Said to the Filly,
Milking time,
At 5 o'nine,
Here comes Farmer Billy.

He squirts my milk in a pail.
Hauls it over hill and dale.
Snow or sun,
Makes the run,
He will deliver without fail.

Leaves the bottle
at the door,
Bringing in the milk
is not a chore.
They drink a glass,
Before their class,
They can't wait to
have some more!

2nd Prize

Emma P., 8th Grade
Homeschool/The Summit Academy,
Westminster

Yummy milk from cow to cup.
This is how we drink it up.

Longmont Dairy milks their cows.
"Whoa, there, heifer, steady now."

My milk from cow to cup.
This is how we drink it up.

They work their magic on the milk
So it's sweet and smooth as silk.

Yummy milk from cow to cup.
This is how we drink it up.

We order milk from Longmont Dairy
There's now such a thing as a dairy fairy.

Yummy milk from cow to cup.
This is how we drink it up.
The Longmont Dairy Fairy brings the
milk to our front door.
Once it's used up we order more.

Yummy milk from cow to cup.
This is how we drink it up.

3rd Prize

Matthew N., 6th Grade
Homeschool, Arvada

My Milk: From Cow to Cup
Out of the cow comes,
So delicious and cold,
Milk,
Pure, creamy, cold,
Milk.

High School

The farmer pulls
the tail,
A white waterfall
falls into the pail,
And a creamy stream falls,
As smooth as silk,
Is the milk.

It bubbles into the bottle,
As white as snow,
Here comes the gray cap,
And the milk is ready to go!

Then, in the dead of night,
The deliverers come late,
And drop it in the box,
The milk is here at last,
On Wednesday my favorite day of days!

9th-12th Grade

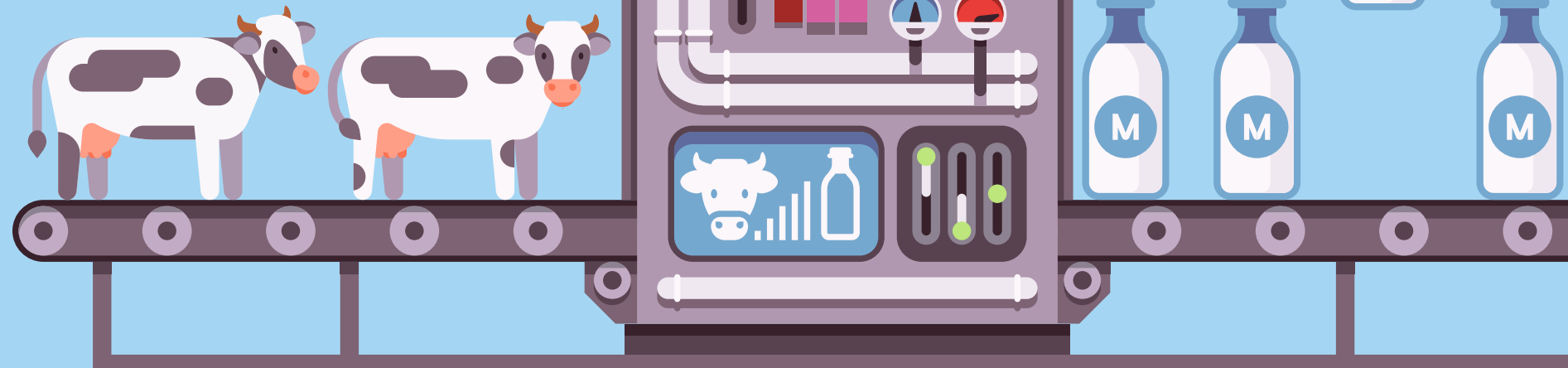
1st Prize

Liam J., 12th Grade
Centaurus High School, Lafayette

In the morning, nutrition my goal
I grab some milk for my cereal bowl.
A thought strikes me; I begin to think up
Just how the milk got from cow to cup.

When it's time,
the cows on
the prairie
Are milked by
Longmont Dairy.
Then heated
to get rid of
contamination,
A process
that's called
pasteurization.

Then, to take the
milk to your
door just right
The delivery drivers
work in the dead
of night.



These hardworking people
will brave any weather
They truly make Longmont
Dairy better.

Cereal in hand, I look up at
the sky
Reflecting on everything
that's gone by.
With my belly full and my
spirits merry,
I give one more thanks to
Longmont Dairy.

2nd Prize

Alex C., 11th Grade
Arapahoe High School, Centennial

Oh, the cows
People, think more about the cows!

They give us the milk we drink from our cups
And grass is their favorite way to chow up
The milk they produce goes on a long trip
If you knew about every step, you'd just flip!
First it comes from the cows in the meadow
Grazing in the sun, feeling all mellow
The milk then goes on a ride in a truck
To your door for YOU to pick up!
But dairy can be used in more ways than one
Use it to make sour cream, chocolate milk—just
have fun!
So next time you have milk and you take a good sip
Remember the cows—they started this trip!

3rd Prize

Sofia C., 10th Grade
Arapahoe High School, Centennial

Betsy

Betsy walks along the meadow
With winds blowing her coat
Waiting for Mr. Boyd to call them in
And for someone to milk her
She sees the driver, Mr. Nelson
Smiling as he loads crates
He waves at Betsy
Oh how she loves to see the big
truck pull away.
As the night sky twinkles
And dream of the families
Drinking a tall glass of chocolate
Or strawberry
Or vanilla mint milk
And for next week to come
And more Longmont Dairy to arrive