



MAY

Happy Mother's Day!



Dear Friends,

It's hard to believe that we have been doing the poetry contest for almost 30 years. This is one of the traditions my Mom, Susan, started when she was running the business with David and it is still carried on today. It's been fun to see how much momentum this contest has picked up through the years.

Today, I spent a couple of hours reading over a hundred entries, so that we could pick the winners for the Moo News this month. I will tell you, we have some funny and creative kids as our customers, which made it very hard to pick winners. We hope you enjoy reading the poetry. Thank you to all of our awesome and creative kids and teenagers for participating.

Happy Mother's Day!

Katie

Congratulations, Poetry Contest Winners!

We loved reading the creative poetry we received about "Things Cows Love." Thank you, poetry contest entrants, for all of your hard work!

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

There were so many great poems that it was hard to select winners! We hope that you enjoy reading them as much as we did, and that they will bring a smile to your face. Remember to read the honorable mention poems online at LongmontDairy.com/poetry-contest.

Hurray for Natural Cow's Milk Calcium

We know how important calcium is for bone development, but it is also important for skeletal muscles. Cow's milk comes packed with natural calcium.

In recent studies, supplemental calcium pills have been shown to have detrimental effects in some people. Harvard Medical School Health Publishing says that the downside of calcium supplements can be an increased risk of kidney stones. Dietary calcium (from milk and natural foods) may offer some protection against kidney stones, but high doses of calcium from supplements may promote stone formation by increasing the amount of calcium that is eliminated in urine.

Additionally, Harvard says there is an increased risk of heart attack based on a New Zealand study. This study linked calcium supplementation with the increased risk of heart attack.

In the US, 700 to 1200 mg of calcium is recommended, depending upon age. Each 8-ounce glass of Longmont Dairy Milk provides 325 mg of natural calcium. So, three glasses a day meets the average person's daily calcium needs. Natural food consumption, including leafy green vegetables, should provide the rest.

CONGRATULATIONS, 29TH ANNUAL POETRY CONTEST WINNERS!

Elementary and Middle School

K-2nd Grade

1st Prize

Titus C., 2nd Grade
Thunder Vista, Broomfield

COWabungu Fun

I'm a cow named Cowabungu
I've worked at Longmont Dairy for a longa
I have always wanted to go on vacation
because I need more relaxation

I started my vacation on a Boeing 777
my first stop is an Oreo factory it tasted
like heaven
next came an all you can eat hay buffet
it tasted moo so good I just wanted to stay

I just didn't want to miss out on karaoke
this is how I got hungry for gnocchi
then I felt like I should sleep
I peeped around and saw a hotel full of sheep

and now I think it is time to go back home
Longmont Dairy is where I like to Rome
even though my vacation felt so silky
I'd rather be at the Dairy giving milky

2nd Prize

Nolan D., 2nd Grade
Stott Elementary, Arvada

Things Cows Love

Cows love to eat grass.
Cows love to fart methane gas.
Cows love to go slow, not fast.
Cows give milk, so my school gets cash!

Cows love to go "MOO!"
Sad cows cry "BOO-HOO!"
Cows that sneeze say "ACHOO!"
Other cows respond "BLESS YOU!"

Cows love to be outside.
Cows love to play seek and hide.
Jump on cow, get a ride.
Little cow skinny, big cow wide.

Cows love peace, not a row-
fight with them; you get plowed!
Cow stepped on my foot—OW!
Cows love me, I love cows.

3rd Prize

Cosette F., 1st Grade
Teller Elementary, Denver

Things Cows Love Haiku

Baby cows love milk
Mommy cows love baby cows
Dad cows love coffee

3rd-5th Grade

1st Prize

Nathan S., 4th Grade
Superior Elementary, Superior

Soccer with Cows

Cows entered the field of play.
Boundaries were lined with hay.
Jerseys worn green,
white was Holstein.
Soccer—the game of the day.

White ran down to the goal.
Holsteins were in control.
Bessie took a shot.
Green with a block!
The ball continued to roll.

Jerseys were quick with their feet.
Offense was bringing some heat!
They can't do headers.
(Horns would be shredders).
Hooves are how they compete.

The crowd was all goats and sheep,
standing eight animals deep.
Ref was the chicken
she said "times a'ticken."
"Don't worry, there's time." said the Keep.

The clock was ticking down fast!
Green scored at last!
They turned to the crowd,
smiled, mooded, bowed.
Soccer with cows is a blast.

2nd Prize

Zander W., 5th Grade
Lafayette Elementary, Lafayette

Things Cows Love

Hello, I'm a cow and my name's Jess.
If I don't get my grass, I'm quite a mess.

Some bulls and studs say I'm sassy,
But all I want is good old grassy.

I have a calf and her names' Molly;
When she gets hay, she's very jolly.

She loves to sleep and will sleep all day;
She can smell up to 6 miles away.

Since we both have many stomachs and
eat all day,
When the day is over, we hit the hay.

When Thursday comes, it's time for milking;
I make cheese, butter, and ice cream
for licking.

Our 330 degree vision is more than cool.
Seeing almost everything makes us
cows rule!.

3rd Prize

Lilly A., 3rd Grade
Faith Christian Academy, Arvada

Well, I think cows like hay, mooing, and hey, don't
forget about the chewing!

They also like when the crows start cooing. In their
past time, the cows do a lot of pooing!

They also love when the wind starts blowing. They
enjoy listening to the farmers mowing.

Even though they delight in water, they can't do
a lot of rowing. Thanks for listening to my story,
now it is time for me to get going.

6th-8th Grade

1st Prize

Kian F., 7th Grade
Homeschool, Arvada

The Sound of Moosic

To the tune of My Favorite Things

Raindrops on clover and wide open spaces,
Bright colored daisies and grassy filled places,
Romping and mooing all through the spring,
These are a few of a cow's favorite things.

Green colored pastures and corn stalks for eating,
Carrots and apples and orange pumpkin treating,
Fun time that we have while feeling like queens,
These are a few of a cow's favorite things.

Barns in the winter with alfalfa stashes,
Haylofts are stuffed full of winter food caches,
Black and white Holsteins that can't wait for spring,
These are a few of a cow's favorite things.

2nd Prize

Aaliyah S., 6th Grade
Fox Ridge Middle School, Aurora

Cows love fields of green and
blue, Where they graze and
moo and chew. They love
the sun that warms their
back, And the shade of
trees to rest and nap.

Cows love fresh water
from the stream,
And rolling hills to
roam and dream.

They love
the breeze
that blows
their hair,
And the scent of
flowers in the
air.

Cows love the sound of their own herd, And the
sight of calves, small and blurred. They love
the bond that they all share, And the love that
they all declare.

Cows love the farmer who tends their land, And
the gentle touch of his hand. They love the
barn where they are fed, And the soft straw
that forms their bed.

Cows love simple things in life, Free from worry
and from strife. They love the joy that nature
brings, And the peace that comes from simple
things.

3rd Prize

Kaity C., 6th Grade
Stuart Middle School, Commerce City

Things Cows Love to Do

I am a cow, moooo!
These are the things that I love to dooo:

I love to lay in the sun.
I love to play and have fun.

I love to graze on dandelions and grass.
Some people blame climate change on my gas.

You can find me standing or walking for 2-3
hours per day,
But laying down is truly my forte.

The best part about being a cow is my milk.
It tastes like a dream, more precious than silk.

It's so delicious and creamy, it's true
And when I'm milked I love to share it with yooo!

"Things Cows Love"

High School

9th-12th Grade

1st Prize

Scarlette V., 12th Grade
Ralston Valley High School, Arvada

What Cows Love

Wild spring flowers spring up in spring green
fields,
Hay dried and baled tight in the yard over,
Apples whole, maybe in a bowl, not peeled,
The fences painted a shade of dover.

Calves amongst the hardy herd heard the hum
Of the farmer and wife who own the land.
While mixing up the buckets of cow chum,
Someone calls the herd; ready milking pans.

Little clumps of clover, hordes of hay
Overcome the floor of the milking barn.
Vibrant white milk fills pans as the cows sway.
Every moo munching mash; milk freshly warm.

'Tis the joyful life of cows on a farm.

2nd Prize

Amelia P., 10th Grade
Monarch High School, Louisville

At night,
It's the glow of the moon that a cow loves most.
Silver shimmer glinting off the edges of the barn.

During daytime,
A cow delights in the presence of posies and
poppies.
Unfurling petals fill the air with a peaceful calm.

But mostly,
At any time of day,
It's the cows that the cows love
above all.
Their brothers chewing cud right
next to them,
Their mothers protecting them
from strangers.
Their friends strolling through
the fields with them,
Their children growing and
learning together.

Though their spots may be
different, the cows are
a family.
Together,
They admire the beauty of
the moon.
Together,
They stop and smell the flowers.
Because together is what they
love most.

3rd Prize

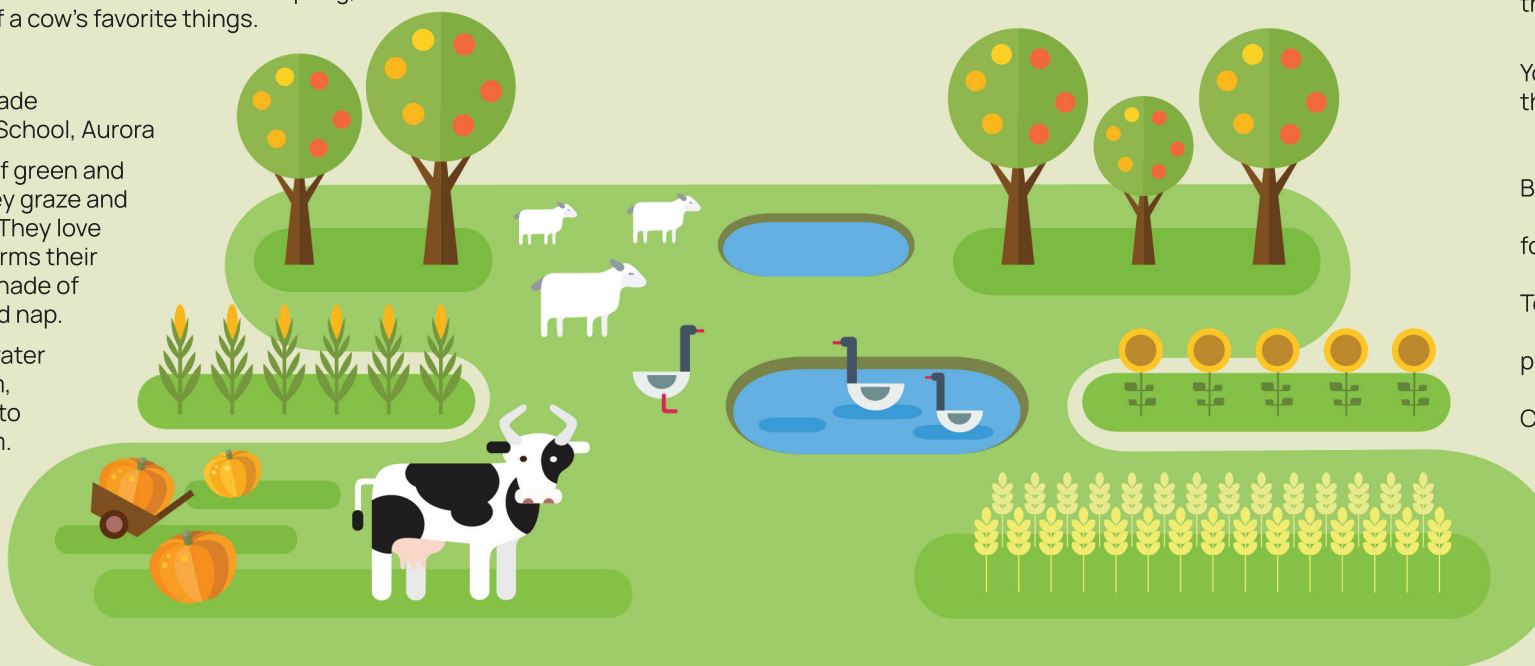
Evelyn H., 9th Grade
Centaurus High School,
Lafayette

Moo May Say

You may say that grass and hay
would get old, after so many
days.
But you'd be mistaken, for I am
a cow,
that has come to enjoy chewing
alfalfa and grain.

You may think it's crazy,
that we never grow tired of
grazing and lazing in the
sunshine all day.
But maybe next Friday, you
should stop by,
for a glass of milk and a big bowl
of rye.
To watch Bessie, the electric
guitar playing cow,
perform the grooviest cover of
old McDonald.
Certainly the best Moosic
in town.

After a long night of
dancing to Bessie's
electric tunes
Unwinding in the sun,
chewing our cud
Is quite relaxing.





MOOO RECIPES



Capirotada is a traditional Mexican bread pudding made with cinnamon, piloncillo, raisins, bolillos, and cheese. Thanks to Vincent, part of our marketing team, for sharing this recipe.

Lemonade on Sale!

50¢ off in May

Longmont Dairy Farm Kitchen Original and Raspberry Lemonades are made with pure lemon juice, 20% less sugar, and no corn syrup! For deliveries from May 1 to May 31.

Capirotada Mexican Bread Pudding



- 1 cup chopped piloncillo
- 2 cinnamon sticks
- 2 First Light White Eggs
- 4 bolillos
- 1 stick Country Cream Butter

- 1/2 cup raisins
- 3/4 cup Tillamook Medium Cheddar Cheese (shredded)
- 1/2 cup chopped almonds

Heat oven to 350° F. Bring sugar, cinnamon, and 1 1/2 cups water to a boil over high heat; reduce heat to medium-low and simmer until the piloncillo is dissolved and syrup has thickened slightly, about 25 minutes. Remove cinnamon, and set aside to cool. Once cool, whisk in eggs.

Layer bread, cheese, raisins, and almonds in a baking dish, pour syrup over allowing bread to soak, and dot with butter. Cover dish with foil and bake until pudding is bubbling and cheese is melted, about 15 minutes.

Lemonade & Tea Available in May!

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.



Clip and file in your recipe collection! Use this QR code to find the recipe online.



MAY—PRODUCTS OF THE MONTH



Specialty Bread

Banana
Chocolate Chip

Prefare Meal

Ranch Chicken Meatballs
with Classic Mac & Cheese

Rome's Sausage

Meatballs