

# 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](http://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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# MOOO NEWS

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## 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](http://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, 28<sup>TH</sup> 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

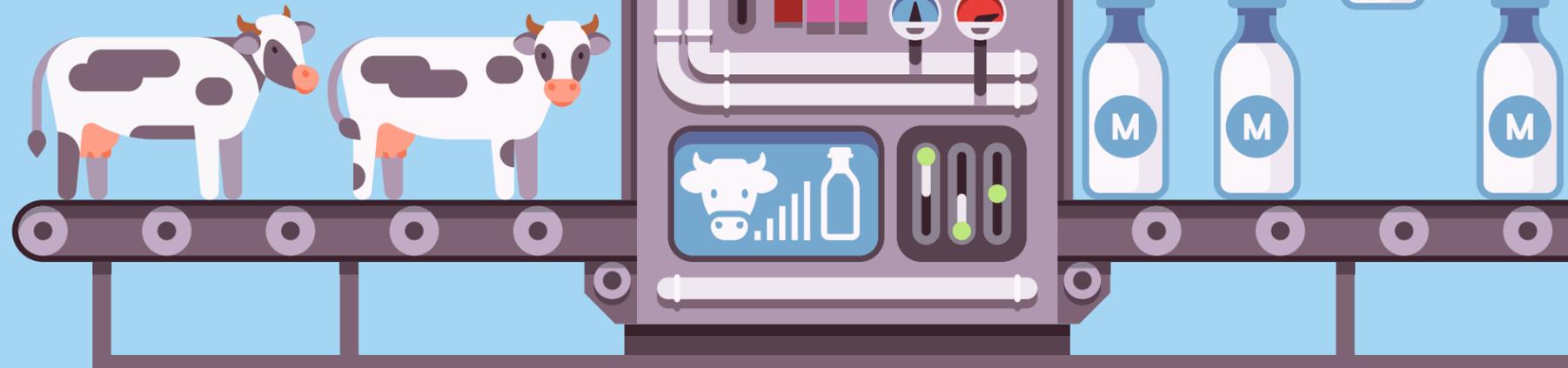
#### 1st Prize

**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