



DAIRY FARM INC.

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MOON NEWS

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Longmont Dairy Farm, Inc.

OCTOBER

Get Ready for Fall!

Sustainable Farming

Sustainable farming is an important part of maintaining the quality of life in our local communities. Put simply, it means that when you buy locally, you are helping to support a viable economy, a healthy environment and a secure food supply. There are many benefits to support sustainable farming. For example, buying directly from local farms reduces the amount of energy required to import food and products from other places. Colorado Proud gives 8 reasons to buy locally produced food on www.colorado.gov. Here is a shortened version of their list:

1. Enjoy seasonal diversity and regional favorites.
2. Local products remain fresh and full of nutritional value.
3. Local produce can be fully ripened, allowing you to enjoy the fullest flavor.
4. Buying local helps the local economy, maintains jobs and sustains family farms.
5. Local farmers and ranchers are available to answer your questions about their products.
6. Supporting local farms and ranches sustains Colorado's western heritage.
7. Buying local preserves the character of communities for generations to come.
8. Supporting local farms helps maintain Colorado's open space and wildlife habitat.

Dear Friends,

A little over a year ago, one of my best friends, Kristin, was diagnosed with breast cancer. This was very sad news to learn. However, I've been truly amazed at the medical advances that allow many women with breast cancer to detect it early and survive this disease. Between medical advances, Kristin's amazing attitude and the grace of God, I'm happy to report that she is cancer free!!!

In an effort to help raise awareness about breast cancer and also contribute to cancer research, we are offering a special for the month of October. For every bottle of Strawberry Milk and Eggland's Best White Eggs purchased, LDF will donate 25 cents to Susan G. Komen.

We are also excited to announce some great new products that we're now carrying. Check out our new product spotlight in this edition of the Moon News for the details. Enjoy your fall and tell us what you think of our new product offerings.

Take Care,

Katie



MOOO RECIPES



Milk Braised Pork

- 2½ lbs. boneless pork loin
- 4-5 cups whole milk
- 2 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 4 tsp. sage
- 1½ tsp. rosemary
- 1 tsp. salt
- ½ tsp. pepper

Combine minced garlic, sage, rosemary, salt and pepper and rub onto pork loin 1 hour before cooking. Tie the pork with string to form an even roll. Using a medium sized Dutch Oven or 3½-quart dish, heat olive oil and butter over medium-high heat. When mixture begins to foam, add pork loin and brown, rotating until golden brown on all sides. Add milk until the loin is covered halfway. Partially cover with lid to keep milk from boiling over and bring to a slow rolling boil. Rotate pork every 20 minutes, adding milk if needed to maintain depth, until internal temperature reaches 145°. The milk will coagulate while you cook to help form the base of the pan sauce. Remove cooked pork from milk, wrap with foil and set aside. Increase flame to medium-high and reduce to form a sauce like country gravy. (Add milk if needed to thin.) Pour pan sauce over sliced pork loin and serve.

*Recipe developed by Jason Bridgeman and his mom
Moo News, October 2014*

Our new Pro-to-Go protein milks make getting enough protein in your diet easy. Here are two recipes that will make you fall in love with Pro-to-Go.

Berry Vanilla Protein Smoothie

- 1 cup Longmont Dairy Vanilla Pro-to-Go
- ¼ cup raspberries
- ¼ cup blueberries
- ½ cup strawberries
- ½ tsp vanilla extract (optional)
- 1 cup ice

Mix all ingredients in a blender until smooth and enjoy! For extra creaminess, add 2 Tbsp. flavored yogurt.

*Recipe by Katie Herrmann & Susan Boyd
Longmont Dairy Farm
Moo News, October 2014*

Chocolate Almond Protein Smoothie

- 1 cup Longmont Dairy Chocolate Pro-to-Go
- 1 Tbsp. almond butter
- ¼ tsp almond extract (optional)
- 1 cup ice

Mix all ingredients in a blender until smooth and enjoy! For more chocolate flavor, add chocolate syrup or chocolate chips.

*Recipe by Katie Herrmann & Susan Boyd
Longmont Dairy Farm
Moo News, October 2014*

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Support the Fight Against Breast Cancer

During the entire month of October, 25¢ will be donated to Susan G. Komen for every order of Eggland's Best White Eggs or Longmont Dairy Strawberry Milk.



Samantha Lyons is the 2014 Egg Nog Bottle Design Contest Winner!

This year's eggnog design winner is 19-year-old Samantha Lyons of Superior, Colorado. Samantha has been an artist for as long as she can remember and a Longmont Dairy customer for most of her life. She enjoys spending her free time drawing and painting animals, so when she saw the design contest entry form on her July copy of the Moo News, with this year's design theme "Stockings," she naturally began doodling her design. "I almost forgot I had drawn the cow," said Samantha, who was very surprised when her mother told her she had won the contest. Samantha said that winning the contest has inspired her to showcase her artwork more, and she plans to enter more art contests in the future.



Prices effective September 1, 2014

Whole Milk ½ Gallon - \$2.94 1 Quart - \$2.28	Daisy Cottage Cheese 24 oz. - \$5.69
Reduced Fat Milk - 2% ½ Gallon - \$2.94 1 Quart - \$2.28	Daisy Sour Cream* 16 oz. - \$3.69
Low Fat Milk - 1% ½ Gallon - \$2.94 1 Quart - \$2.28	Tillamook Block Cheese 16 oz. - \$7.29
Fat Free Milk - Skim ½ Gallon - \$2.94 1 Quart - \$2.28	Tillamook Shredded Cheese* 8 oz. - \$4.29
Half and Half 1 Quart - \$3.44 1 Pint - \$2.39	Tillamook Sliced Cheese* 8 oz. - \$4.29
Whipping Cream 1 Quart - \$5.79 1 Pint - \$3.54	Tillamook Tilla-Moos Pack-it-Pals* 10 - ¾ oz. servings. - \$4.99
Chocolate Milk (2%) 1 Quart - \$2.59 4-Pack - \$7.99	Egg-Land's Best Eggs <i>Locally Grown</i> AA Large Brown Cage Free 1 Dozen - \$4.20 AA Large White 1 Dozen - \$3.05
Strawberry Milk (2%) 1 Quart - \$2.28	Noosa Yoghurt* <i>Plain, Blueberry, Peach, Lemon, Strawberry Rhubarb, Mango, Raspberry, Honey, Tart Cherry, Passion Fruit, NEW Coconut, NEW Pineapple</i>
Cinnamon Eggnog 1 Quart - \$3.49	Purchase Individually: 8 oz. - \$2.89
Orange Juice ½ Gallon - \$3.90 1 Quart - \$2.54	SAVE! Order 6 or more: 8 oz. - \$2.49 each
Talbott's Apple Juice ½ Gallon - \$4.21	Cookie Dough <i>Sugar Cut-Out, Chocolate Chip, NEW Snickerdoodle, NEW Pumpkin Chocolate Chip</i>
Talbott's Apple Cider ½ Gallon - \$4.21	NEW Pumpkin Chocolate Chip 3-pound tub - \$9.95 NEW Gluten Free Chocolate Chip 3-pound tub - \$11.95
Pro-to-Go Protein Milk <i>Vanilla or Chocolate</i> 1 Quart - \$3.79	Fresh Produce Boxes* Sm Conventional - \$20.99 Lrg Conventional - \$37.99 Small Organic - \$25.99 Large Organic - \$42.99
Bhakti Chai Tea 1 Quart - \$12.99	Metal Porch Boxes \$57.50 - optional
Country Cream Butter 1 lb. - \$5.29	
Grassland Spreadable Butter* 8 oz. - \$2.95	

* These products must be preordered.

Quantity Discounts apply to purchases of 20 or more ½ gallon bottles of milk per month (if there is no previous balance on your account).

Weekly Minimum Delivery: 3 items.

Delivery Charge - \$1.00 (per delivery)

Milk Caps for MOOOLA



Vanderhoof Elementary School students Andrew (left) and Austin (right) demonstrate how "Moolinda" collects "MILK CAPS for MOOOLA" a fundraising program offered by Longmont Dairy to help local schools earn money. Read the full story online at <http://www.longmontdairy.com/moolinda>



NEW PRODUCT SPOTLIGHT

Longmont Dairy Farm is excited to introduce several new products to our customers!

Produce Delivered to your Doorstep

We now offer a variety of fresh produce delivered to your doorstep by 6:30 a.m. Our themed produce boxes come in different sizes and are available in organic and conventional types. For box content details, log onto the order page. Like all other products you get from Longmont Dairy, our fruits and veggies are fresh, healthy and delicious. Watch for new Moo Recipes for suggestions for meals with produce from Longmont Dairy.



Pro-to-Go Protein Fortified Milk

Just because you are always on the mooove doesn't mean you have to skip the protein! Our new Pro-to-Go milk is made with 1% Longmont Dairy Milk, whey protein and contains 14 grams of protein per 8 ounces plus additional calcium. Try both vanilla and chocolate for a delicious way to get more protein in your diet. Pro-to-Go is delicious alone, but if you want to get creative, we have included two new Pro-to-Go recipes in this issue. Price is \$3.79 per quart.



Bhakti Chai Tea

Our new Bhakti Chai Tea is made from a blend of full flavored herbs and aromatic spices. Simply heat up a glass of fresh Longmont Dairy Milk and mix with equal parts Bhakti Chai concentrate to warm you up even on the coolest autumn day. Available October through December. A one quart bottle is \$12.99.



Pumpkin Cookie Decorating

Decorate colorful Pumpkin cookies from Mary's Mountain Sugar Cut-out cookie dough. They make a special treat at Halloween parties or all month long.

