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NEWS

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Longmont Dairy Farm, Inc.

JUNE Summer Adventures



Summer Adventurers Need Delicious Drinks

As you plan your summer adventures, remember to include drinks. Ensure your children are staying hydrated, especially on hot days.

- Children need proportionally more fluids than adults do.
- Kids need about 6-8 glasses of liquid a day, but more when it's hot and dry.
- Water, fruit juices, milk and yogurt are healthy, nutritious ways to get your kids to drink more liquids.
- Water can sometimes satisfy a child's thirst before they are fully hydrated. Juices are absorbed more slowly, so children drink more and are likely to be better hydrated.
- When kids are busy playing, they don't want to think about taking a drink. That's when they are most at risk of dehydration. Inviting them to rest with a cool drink, such as root beer milk or lemonade, gives them the opportunity to rehydrate.
- We will all voluntarily drink more when drinks are easily available, and if we enjoy the taste of what we are drinking. Adding in wholesome nutrition at the same time is a bonus.

Dear Friends,

June is National Dairy Month (since 1937). It's a great reminder to start your summer with the natural, nutrient rich powerhouse of milk and other dairy rich foods. Milk has 9 essential nutrients that help with weight management and reduce the risk of high blood pressure, osteoporosis and cancer.

It's easy-breezy to make sure you get 3 servings per day. Here are some ideas: milk on your cereal for breakfast, cottage cheese with fruit, grilled cheese sandwich for lunch, root beer milk for a snack, or an ice cold glass of milk with dinner.

Be sure to get out and have some fun this summer.

Take care till next time,

Susan

Just In Time for Summer!

New! Root Beer Milk is a nutritious treat on a hot summer evening. Try it now!



FRESH
GREAT TASTE
CONVENIENCE
LongmontDairy.com

Farm Fresh Fun

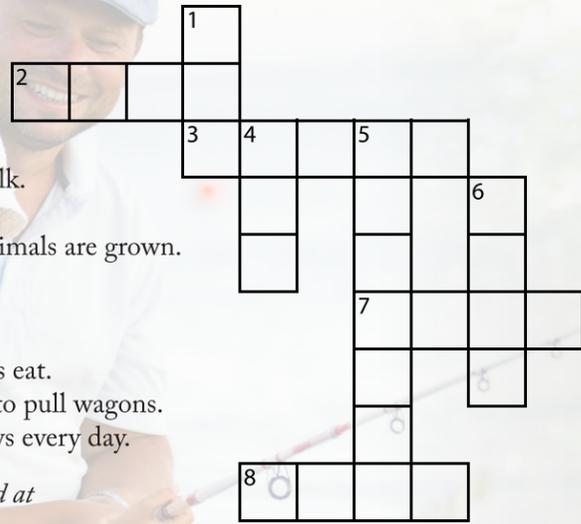
Complete the crossword.

ACROSS

2. Tall tower that holds grain.
3. The color of plain milk.
7. A baby cow.
8. Where plants and animals are grown.

DOWN

1. The mom of a calf.
4. Dried grass that cows eat.
5. A farmer drives this to pull wagons.
6. We get this from cows every day.



Puzzle solution can be found at Longmontdairy.com/kids.

Dairy Discovery

Can you find all of these hidden words?

ALFALFA	CALCIUM	CALF
COW	CUD	CURD
FARM	FIBER	FRESH
HARVEST	HAY	HEIFER
HOMOGENIZED	HYDRATE	IRON
LOCAL	MILK	NUTRIENTS
PASTEURIZE	POTASSIUM	PROTEIN
REFRESHING	SILO	STRAW
VITAMINS	WHEY	YOGURT

Find the puzzle solution in our Kids' Corner at www.longmontdairy.com/kids.

L O C A L G P T A L F A L F A
 B P P P H E I F E R V H X H H
 Q Q I A R P S C D S H O R Q R
 X P W H S O R U T M A M E C N
 E O C Y S T T D H I R O F C U
 C V A D T A E E K L V G R W T
 F I L R R S C U I K E E E H R
 I T F A A S A X R N S N S E I
 B A B T W I L F N I T I H Y E
 E M E E K U C J F Y Z Z I J N
 R I R O N M I P A R U E N T T
 J N C U R D U H R U E D G O S
 V S V C C E M H M H Y S I L O
 I W F Y O G U R T C S I H E V

Our 10 Favorite Family Activities in the Summer

1. Walk around Sprague Lake and have a picnic at Rocky Mountain National Park.
2. Go to "Film on The Rocks" for one of the summer movies at Red Rocks.
3. Attend one of the car races at The Colorado National Speedway in Dacono.
4. Enjoy a day in the sun at The Bay Aquatic Park in Broomfield.
5. Camp at Red Feather Lakes near Fort Collins, or at Vedauwoo in Wyoming.
6. Attend one of the Fireworks Rockies games around the 4th of July at Coors Field.
7. Catch one of the "Movie in the Park" nights, with food trucks, in Firestone or in your hometown.
8. Enjoy the Colorado Dragon Boat Festival at Sloan's Lake in Denver (July 29-30).
9. Go fishing, horseback riding and Go-Carts driving in Estes Park. (Check out www.coloradofishing.net for a fishing hole near you.)
10. Take a bike ride on the Boulder Creek Trail.

HOT SUMMER - COOL DRINKS

Pack refreshment and nutrition into your summer adventures.



100% pure Orange Juice from Florida oranges.

Refreshing Lemonade, with less sugar, no corn syrup, and great taste.

Kids love Raspberry Lemonade – a great way to hydrate.

Chocolate Milk – the superior sports recovery drink.

Kids are happy to drink delicious, nutritious Strawberry Milk.

Pro-to-Go is seriously delicious protein milk with no chalky texture. Available in chocolate and vanilla.

New! Root Beer Milk is a scrumptious way to cool off in the summer.



MOOO RECIPES

Cream Puffs

Easy and fun.

1 cup water 1 teaspoon sugar 1 cup all-purpose flour
1/3 cup butter 1 pinch of salt 4 large eggs

1. Preheat the oven to 425 degrees.
2. Bring water to a boil in a heavy-bottom sauce pan. Add the butter, salt and sugar and boil slowly until the butter has melted. Measure the flour.
3. Remove from stove and pour in flour. Beat with a wooden spoon for several seconds. Return to stove and beat the paste over medium heat for about 2 minutes, until it forms a mass and leaves the sides of the pan.
4. Remove pan from stove. Make a well in the middle of the batter and quickly break an egg into the well. Beat the egg into the batter until it is absorbed. Add each of the remaining eggs, one at a time, beating them each as before. Be sure all are blended and the batter is smooth.
5. Fill a pastry bag, or plastic storage bag with a corner snipped off, with batter. Pipe a tablespoon-sized dollop of batter onto the cookie sheet. Or, drop the batter with a tablespoon. Place puffs about 2 inches apart.
6. Bake for 20 to 30 minutes on top 1/3 rack of the oven, until they are a light brown. Remove and cool completely on a rack.

Make small slits in puffs and fill, using a pastry bag, with Cream Filling. Or, cut through the top of each puff, leaving it connected, and fill with a spoon.

Cream Filling:

1 cup LDF 3 tablespoons regular 1 teaspoon vanilla
Whipping Cream or powdered sugar

Chill a medium glass or stainless steel bowl (do not use plastic) and beaters in the freezer. Beat cream, on high, until it begins to thicken.

Slowly add the sugar, about a teaspoon at a time, blending after each addition, so that all the sugar is evenly incorporated into the cream. Add the vanilla. Beat until cream holds peaks.



Moos News, June 2017

Meet Lyric

She's a ten-year-old self-motivated baker who learned, from her other passion for competitive soccer, that if you want to get good at something, you have to work at it. Her success in the kitchen didn't happen immediately. Even though her family dog wouldn't eat her desserts at first, she pressed on. Now, her family and friends are putting in orders for her creations.

As we see children's attention being drawn more and more to "screen time," we thought we could provide some of Lyric's recipes to see if any of the kids, who enjoy Longmont Dairy products, might also share her passion for combining them into delicious desserts.

PRODUCTS & PRICES

Prices effective July 1, 2017



DAIRY

Milk [1/2 Gallon - \$3.11] [Quart - \$2.39]

Whole Milk | Reduced Fat (2%) Milk | Low Fat (1%) Milk | Fat Free (Skim) Milk

Pro-to-Go Protein (1%) Milk [Quart - \$3.86]

Vanilla | Chocolate

[Order 4 or more on one delivery - Quart - \$3.35 ea]

Chocolate (2%) Milk [Quart - \$2.67] [Quart 4-Pack - \$8.12]

Root Beer (2%) Milk [Quart - \$2.69]

Strawberry Flavored (2%) Milk [Quart - \$2.39]

Half and Half [Quart - \$3.69] [Pint - \$2.57]

Whipping Cream [Quart - \$6.59] [Pint - \$3.99]

Country Cream Butter [1 lb. - \$6.29]

Grassland Spreadable Butter [8 oz. - \$2.99]

Daisy Cottage Cheese [24 oz. - \$5.89]

Daisy Sour Cream [16 oz. - \$3.89]

JUICE & COFFEE

Orange Juice [1/2 Gallon - \$4.29] [Quart - \$2.75]

Talbot's Apple Juice [1/2 Gallon - \$4.34]

Lemonade & Raspberry Lemonade [1/2 Gallon - \$3.35]

Silver Canyon Coffee [12 oz. - \$13.99] See details online.

EGGS

Egg-land's Best Eggs [1 Dozen - \$4.79]

Cage Free Brown - Grade AA

Egg-land's Best Eggs [1 Dozen - \$4.05]

White - Grade AA

YOGHURT

See flavors online.

Noosa Yoghurt [8 oz. - \$3.09]

[SAVE! Order 6 or more on one delivery - 8 oz. - \$2.69 ea]

Noosa Yoghurt 4-Pack [4, 4 oz. - \$6.79]

Noosa Vanilla Yoghurt [24 oz. - \$7.99]

CHEESE

See flavors online.

Tillamook Block Cheese [16 oz. - \$7.35]

Tillamook Shredded Cheese [8 oz. - \$4.29]

Tillamook Sliced Cheese [8 oz. - \$4.29]

Tillamook Pack-It-Pals [10, 3/4 ounce - \$4.99]

Tillamook Cheese Sticks [10, 3/4 ounce - \$4.99]

OTHER ITEMS

Enjoy Biscotti Granola 4-Pack [4, 2 oz. - \$5.99]

Enjoy Biscotti Oatmeal Variety 4-Pack [4, 2 oz. - \$5.99]

Orange Cranberry Toasted Pecan | Toasted Almond | Gingered Pecan | Chia Cherry Berry

Mary's Mountain Cookie Dough [3-pound tub - \$11.49]

See flavors online.

ORDER DETAILS

Your cooler is free to use while you are a customer.

Weekly delivery service. Minimum order is three items per delivery.

Delivery fee is just \$1.50.

Prices subject to change.