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NEWSLETTERS

920 Coffman, Longmont, Colorado 80501

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

FEBRUARY

Go for the Gold!



Athletes Go for the Gold

and Chocolate Milk is Named the Official Refuel Beverage of the US Women's Ski Jumping Team

Women ski jumpers will make history at the Sochi, Russia Winter Olympic Games, by competing on the first Olympic Women's ski jumping team. After ten years of petitions, they finally won their spot. They will be recovering from workouts and competition with chocolate milk.* You can cheer them on by toasting with your own glass of chocolate milk.

Recovery Nutrients* that Go for "The Gold"

- High-quality protein to build lean muscle
- Perfect carb-to-protein ratio to refuel exhausted muscles
- Electrolytes to help replenish what's lost in sweat including: calcium, potassium, sodium and magnesium
- B vitamins for energy
- Fluids to rehydrate
- Calcium, vitamin D, phosphorus, protein and potassium to build and maintain strong bones and reduce the risk for stress fractures
- Vitamin A to support a healthy immune system and good vision.

*For more information on the science of performance and recovery, visit <http://gotchocolatemilk.com/science>.

Dear Friends,

Recently we reviewed the results of our online survey done last fall. You gave us tons of great information about your likes and dislikes. My favorite part of the survey was reading your personal notes. I love reading stories about your families – the kids that have grown up drinking LDF Milk and now are in college, or even have families of their own. There were many comments about how your kids won't drink "store milk," only Longmont Dairy milk. All your comments have been a great encouragement to us.

We appreciate that fresh, locally grown food production is important to you. Thank you for telling us the things you want to know more about and for lots of great ideas for upcoming newsletters.

Take care 'til next time,

Susan

Go for the Gold with Milk Caps for MOOOLA

Help your school win by
redeeming chocolate milk Gold Caps.

Each Gold Cap will earn your school 25¢.

(Offer good until April 15, 2014.)

Supplies of Chocolate milk Gold Caps are limited.)



MOOO RECIPES

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Katrina's Chicken Pot Pie

3 medium potatoes peeled and cut into 1" cubes
1 tsp. chicken bouillon granules
1 ½ cups Longmont Dairy whipping cream
¼ tsp. of each Turmeric, garlic powder, onion powder, poultry seasoning, black pepper
A pinch salt
1 ½ - 2 cups roasted, shredded chicken
1 ½ cups vegetables chopped to 1 inch (green beans, corn and carrots are great)
½ cup shredded Sharp Tillamook cheese
Pie dough for shell and lining of 9" pie pan prepared (see directions below)



Partially cook potatoes and vegetables, with 2 Tbs. water, in microwave. Mix potatoes and vegetables, bouillon, spices and cream together. Pour ¾ of cream mixture into pie shell. Layer on all the shredded chicken. Add the remaining cream mixture. Sprinkle with the shredded cheese. Top with the 2nd pie crust. Flute the edges and cut and vent holes in the top. Brush with egg whites if desired.

Bake at 375° F. for 25-30 minutes. Serve immediately.

Mooo News, January 2014

Pie Crust Recipe

2 ½ cups all-purpose flour
A pinch of salt
1 tsp. sugar
2 sticks Country Cream salted butter
(If using unsalted butter, increase salt to ¼ tsp.)

Cut the chilled sticks of butter into pieces and set aside. Mix 2 ½ cups all-purpose flour, salt and sugar in bowl. Using your food processor on a pulse to mix setting, mix the butter and flour combination. Do not over mix, as this should be a crumbly consistency. Add 4 Tbs. of water to the mix and work the dough together with your hands. If necessary, add a little more water, but do not over mix. Divide and flatten the dough into 2 disks. Wrap separately and refrigerate for an hour. On a floured surface, roll the dough into a 14-inch round shape. Wrap the dough around a rolling pin and unroll over a 9-inch pie plate. Gently form the dough to the side of the pie plate. Trim the dough to hang 1 inch over the sides. Set the other rolled out piece of dough aside for the top of the chicken pot pie.

*Katie Herrmann (Longmont Dairy Farm)
Mooo News, January 2014*

February Valentine's Special

Strawberry Milk—Special Price

\$1.74 per quart

Ends February 28, 2014.

