

MOOO NEWS



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Longmont Dairy Farm, Inc.



JUNE Welcome Summer!

June is National Dairy Month!



In our active Colorado culture, and as you Mooove into summer, remember that milk (both white and chocolate) is an effective exercise recovery drink.

The Colorado Rapids Women, our professional soccer team, loves Longmont Dairy Chocolate Milk as a recovery drink. We will be supplying chocolate milk following every home game this summer. Watch for more information about the Rapids at www.facebook.com/LongmontDairy.

Milk is a complete nutrient package with carbohydrates to help refuel the body; protein to help reduce muscle breakdown and stimulate growth; and fluid and electrolytes to aid in rehydration. Recent studies show that drinking milk after an endurance workout may help reduce muscle damage and improve muscle recovery.

Annual Coloring Contest

Boys and girls, it's time for the annual summer coloring contest! It is easy to enter, just go to LongmontDairy.com/kids.htm and click on the "Coloring Contest 2013" link. Or use a blank sheet of paper and draw a picture of how you like to "Mooove" (your favorite sports, hiking, swimming, running, etc.).

Put your name and age on the back of your picture, and leave it in your porch cooler by June 24th. Your milkman will leave you a surprise for giving him a picture you worked hard to create. We will post some of the best and funniest online. Be sure to have fun!

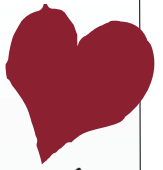
Dear Friends,

Last week I signed 14 checks going out to schools for the "Milk Caps For Moooola" program. Up to this point, I would send out 1 or 2 checks a week. I can't believe how this program has taken off since we started it in January this year. We already have over 75 schools participating and more signing up! THANK YOU! THANK YOU! THANK YOU, for helping out your schools while you drink milk! (Just in case you were wondering what we do with the caps that are returned, they go into a special dumpster, here at our office, from Waste Management, for recycling.)

We are very excited to be a sponsor for the Sunrise Stampede here in Longmont on June 8th. We have been a part of this race since 2005. Hope we will see many of you there sampling our delicious chocolate milk (the new Sports Drink) after running the race.

Have a great start to summer!

Take care till next time,



Susan Boyd



P.S. Check out the newest member of the Longmont Dairy family, Ellie Claire next to a 1/2 gallon of milk! Won't be long before she's big enough to pour her own glass of milk!

MOOO RECIPES



Summertime Means Grilling Time

Treat your guests (or just your family) to these crowd-pleasing cheeseburgers, made with delicious Tillamook Sliced Cheddar.

Cheeseburgers *(serves 4)*

- 1 lb. lean ground beef
- 2 medium cloves garlic, chopped finely or pressed
- 1 Tbls. finely chopped, fresh basil leaves
- 2 Tbls. extra virgin olive oil
- 1½ tsp. sea salt
- Ground pepper
- Tillamook Sliced Medium Cheddar Cheese
- Hamburger buns and condiments

Preheat your outdoor grill to high heat. Mix together the ground beef, garlic, basil, olive oil, salt and pepper. Divide into four parts, make balls and flatten into patties.

Cook the patties for about 5 minutes. Flip patties and add cheddar cheese slices. Cook to desired doneness for 4-5 minutes. (Internal temperature should be 160 degrees F. or more.) Remove

from grill and place onto hamburger buns. Top with home grown tomato slices, lettuce, avocado slices and desired condiments.



*Adapted from Allrecipes.com
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LDF Value

Tillamook
Sliced Cheese
at \$3.49

(That's 50¢ off for the month of June.)



Prices effective April 1, 2013

Whole Milk ½ Gallon - \$2.89 1 Quart - \$2.24	Daisy Cottage Cheese 24 oz. - \$5.69
Reduced Fat Milk - 2% ½ Gallon - \$2.89 1 Quart - \$2.24	Daisy Sour Cream 16 oz. - \$3.69
Low Fat Milk - 1% ½ Gallon - \$2.89 1 Quart - \$2.24	Tillamook Block Cheese Medium Cheddar Cheese Sharp Cheddar Cheese Colby Jack Cheese 16 oz. - \$6.99
Fat Free Milk - Skim ½ Gallon - \$2.89 1 Quart - \$2.24	Tillamook Shredded Cheese* Sharp Cheddar Cheese Colby Jack Cheese Mozzarella Cheese 8 oz. - \$3.99
Half and Half 1 Quart - \$3.39 1 Pint - \$2.39	Tillamook Sliced Cheese* Medium Cheddar Cheese Colby Jack Cheese 8 oz. - \$3.49 in June
Whipping Cream 1 Quart - \$5.69 1 Pint - \$3.49	Tillamook Tilla-Moos Pack-it-Pals* Medium Cheddar Cheese 10 - ¾ oz. servings. - \$4.79
Chocolate Milk (2%) 1 Quart - \$2.39 4-Pack - \$7.39	Egg-Land's Best Eggs Cage Free Brown - AA Large 1 Dozen - \$4.14 White - Grade AA Large 1 Dozen - \$2.99
Strawberry Milk (2%) 1 Quart - \$2.24	Noosa Yoghurt* Mango, Blueberry, Peach, Strawberry Rhubarb, Raspberry, Honey Purchase Individually: 8 oz. - \$2.89 SAVE! Order 6 or more: 8 oz. - \$2.49 each
Meadow Gold Buttermilk 1 Quart - \$3.99	Metal Porch Boxes \$45.00 - optional
Orange Juice ½ Gallon - \$3.80 1 Quart - \$2.49	
Talbott's Apple Juice ½ Gallon - \$4.21	
Lemonade and Raspberry Lemonade ½ Gallon - \$2.99	
Country Cream Butter 1 lb. - \$4.99	
Grassland Spreadable Butter 8 oz. - \$2.89	

* 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 bottles, any size.

Delivery Charge (per delivery) - \$1.00

