



DAIRY FARM INC.

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MOON NEWS

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Longmont Dairy Farm, Inc.

August



The Breakfast Project... because every good day starts with milk.*

Before your kids jump onto the school bus or you scurry out of the door, ask yourself one question, "Are we prepared for a great day?" Before school starts this year, or when you wake up tomorrow, resolve to start your day with the most important meal of all.

When you include milk in your breakfast, you'll be ready for the challenges of the day.

Even if the rush is so great that nobody has time for breakfast, consider the value of a tall glass of milk.

Recommit yourself to breakfast. Plan ahead to make it fun, delicious and energy packed for a good day.



On-the-Run Tip

Fill your sports drink bottle with your favorite regular or flavored milk. Add a scoop of protein powder or blend some fresh or frozen fruit to make a delicious smoothie—a perfect way to get your mid-morning energy lift.

* www.milkmustache.com

Dear Friends,

Thank you all so much for your great summertime drawings! We had a blast looking at them and thinking about all the fun activities you are enjoying. We hung some of them in the office and put some on the website (where you can see them). According to your pictures, it appears that swimming is one of your favorite things to do during the summer.

Have you gone to any of the farmers' markets this summer? I hope you have a great one close to your home. Last week, I even found heirloom tomatoes. What a treasure! According to the Farm Fresh directory, August is the month when the most Colorado grown fruits and veggies are available.

Have you tried making popsicles from our new Raspberry Lemonade? Great on a hot day. And remember, Gouda Artisan Cheese runs through August.

We have included some delicious breakfast-on-the-go recipes to try out in preparation for a healthy start to a good day.

Enjoy the last few lazy days of summer before school starts, and take care 'til next time.

Susan Boyd



MOOO RECIPES

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Breakfast Cantaloupe & Raspberry Smoothie

Prep this one the night before for a fast and delicious breakfast start. Also makes a gourmet dessert.

- 4 cups cantaloupe or honeydew melon (peeled, seeded, diced)
- 3 cups raspberries
- 1 cup Noosa Honey Yoghurt
- 1 cup Longmont Dairy milk

Puree berries in a food processor and then pass them through a fine-mesh sieve to remove seeds (optional). Place the puree in a large bowl and stir in the milk, yogurt, and melon pieces; refrigerate overnight. When ready to serve (in the morning), put 2 cups of the mixture into a blender and liquify. Pour into a pitcher. Repeat. Stir the smoothie before serving. Serves 4.

Do you have other delicious smoothie recipes? We would love for you to share them with us on our Facebook page. Not a friend yet? You can find us at www.facebook.com/LongmontDairy.

*Recipe adapted from
mr.breakfast.com*

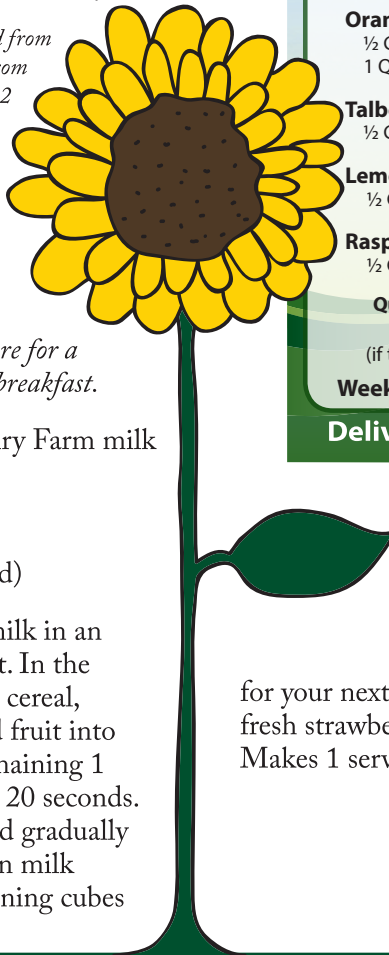
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Breakfast Fruit Bran Milkshake

Start this the night before for a grab and go nutritious breakfast.

- 3 cups Longmont Dairy Farm milk
- ¼ cup All Bran cereal
- ¼ tsp. cinnamon
- ½ tsp. vanilla
- 1 medium apple (sliced)

Freeze 2 cups of the milk in an ice cube tray overnight. In the morning, put the bran cereal, cinnamon, vanilla, and fruit into a blender. Add the remaining 1 cup of milk. Blend for 20 seconds. Continue blending and gradually add 1 cup of the frozen milk cubes. (Save the remaining cubes



Prices effective July 1, 2012

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|---|---|
| Whole Milk ½ Gallon - \$2.84 1 Quart - \$2.19 | Country Cream Butter 1 lb. - \$4.99 |
| Reduced Fat Milk - 2% ½ Gallon - \$2.84 1 Quart - \$2.19 | Tillamook Block Cheese Medium Cheddar Cheese Sharp Cheddar Cheese Colby Jack Cheese 16 oz. - \$6.99 |
| Low Fat Milk - 1% ½ Gallon - \$2.84 1 Quart - \$2.19 | Tillamook Shredded Cheese Sharp Cheddar Cheese Colby Jack Cheese Mozzarella Cheese 8 oz. - \$3.99 |
| Fat Free Milk - Skim ½ Gallon - \$2.84 1 Quart - \$2.19 | LDF Select Artisan Cheese Asiago Jalapeno Jack Monthly Selection 8 oz. - \$5.99 |
| Half and Half 1 Quart - \$3.32 1 Pint - \$2.32 | Egg-Land's Best Eggs Cage Free Brown 1 Dozen - \$3.94 White - Grade AA Large 1 Dozen - \$2.89 |
| Whipping Cream 1 Quart - \$5.52 1 Pint - \$3.32 | VIVA Lowfat Cottage Cheese 24 oz. - \$5.29 |
| Chocolate Milk (2%) 1 Quart - \$2.34 4-Pack - \$7.24 | Noosa Yoghurt Blueberry, Raspberry, Honey, Mango, Peach, Strawberry-Rhubarb 8 oz. singles - \$2.79 6 or more - \$2.49 ea. |
| Strawberry Milk (2%) 1 Quart - \$2.19 | Metal Porch Boxes \$45.00 - optional |
| Orange Juice ½ Gallon - \$4.79 1 Quart - \$2.89 | |
| Talbot's Apple Juice ½ Gallon - \$4.21 | |
| Lemonade ½ Gallon - \$2.99 | |
| Raspberry Lemonade ½ Gallon - \$2.99 | |

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



for your next shake.) Variations: substitute 1 cup fresh strawberries, 1 banana or 1 peach for the apple. Makes 1 serving.

*Recipe adapted from mr.breakfast.com
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