



DAIRY FARM INC.

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NEWS

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Longmont Dairy Farm, Inc.

SEPTEMBER

Happy Labor Day!

Dear Friends,

When we were planning our recipes for this month, we were also talking about our kitchens. It was fun to think about what makes a kitchen special to us and how it reflects our personality in a unique way—neat and modern, cottage and eclectic, too small and chaotic. My dream kitchen always has an east window above the sink with a wide sill for a couple of plants, a soft summer breeze, and a view of my garden (some herbs and veggies, and mostly flowers). Back to reality. The very best thing about my present kitchen is a great big table to share with our family, where we talk and laugh, make messes and make way too much noise sometimes. That perfect snapshot always includes a nice fresh bottle of milk with whatever we are eating (especially cookies)!

We wish you all a very happy Labor Day holiday and hope you will enjoy time around your own kitchen table.

Take care till next time,

Susan

Big Benefits of Protein at Breakfast

Did you know that the types of breakfast foods you choose are just as important as not skipping your morning meal? Whether you are a busy mom, an athlete or a senior citizen, knowing what foods to start your day with can make a big difference in how well your body and brain function throughout your day.

Choosing protein at breakfast over carbohydrates aids in weight loss.

A recent study found that dieters who chose two eggs for breakfast lost 65% more weight than dieters who ate a bagel containing the same amount of calories.

A high-protein breakfast may protect against the onset of diabetes. A recent study showed that women who consumed more protein in the morning had better glucose and insulin levels throughout the day compared to consumers of high levels of carbohydrates. Drinking an 8-ounce serving of your favorite Longmont Dairy Milk provides 8 grams of protein.

Consuming enough high-quality protein such as milk is essential to a healthy body. The USDA's report of the dietary guidelines for Americans states that the quality of protein varies greatly depending on amino acid composition and digestibility. The report names milk as one of the highest quality proteins available.

For more information on the benefits of eating a breakfast high in protein, read the full article at longmontdairy.com/healthy-breakfast.

References

Egg breakfast enhances weight loss. *The FASEB Journal* 2007.538.1

Acute Effects of Higher Protein, Sausage and Egg-based Convenience Breakfast Meals on Postprandial Glucose Homeostasis in Healthy, Premenopausal Women. *Research Study by the Department of Nutrition and Exercise Physiology, University of Missouri* 2014.

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010, 7th Edition*, Washington, DC: U.S. Government Printing Office, December 2010.



Labor Day Picnic Potato Salad

Tart and refreshing. Carries well to picnics without eggs and celery, and is fast to make. Serves 4, but easy to double.

5 red potatoes—medium to large size
2 slices bacon, cooked crisp and chopped to small bits
1/3 cup sour cream or plain Noosa yoghurt
1/3 cup mayonnaise
1/4 cup green onions—chopped
1 Tbsp. chopped chives
Salt and pepper to taste.
Optional: top with shredded cheese

Scrub potatoes, cut in half and sliced to 1/4" medallions. Cover with water in a medium sauce pan and bring to a boil. Boil gently for about 15 minutes, until a fork just pierces the slice. Drain and rinse with cold water.

Mix the sour cream with mayonnaise. Layer one third of the potatoes in a bowl. Sprinkle with one third of the bacon, chives and green onions. Salt and pepper lightly. Top with one third of the dressing. Mix gently. Repeat layering until all ingredients are gently mixed. Chill and serve.



Cheesy Veggie Breakfast Strata

This simple casserole is a delicious and healthy way to start your day. Prepare the night before and put in the oven in the morning for a complete breakfast that is also quick for busy families. Makes 6 servings.

1 1/2 cups Longmont Dairy Farm milk
1/2 cup Parmesan cheese, grated
1/2 cup Tillamook shredded cheddar cheese
4 large eggs
1 1/2 tablespoons butter
1/2 small yellow onion, chopped
1 small zucchini, chopped
5 medium button mushrooms, chopped
1/2 loaf (5 cups) French Begette, cubed

Prepare all ingredients according to specifications above. Using a large skillet, sauté chopped onions in butter over medium heat until translucent, about 3 minutes. Add chopped mushrooms and zucchini stirring occasionally, about 10 minutes. Remove from heat.

Mix cooked vegetables with Parmesan cheese, Tillamook shredded cheddar cheese and bread cubes.

Pour mixture into a medium casserole baking dish and set aside. Using a large mixing bowl, whisk eggs with milk until fluffy. Pour evenly over ingredients in casserole dish and cover with foil. Place in refrigerator and chill overnight.

When ready to bake, remove from refrigerator and keep dish covered. Preheat oven to 350 degrees F and bake for 45 minutes. Remove foil cover and bake an additional 15 minutes or until top is golden brown. Allow strata to cool for 15 minutes before serving.

Creamy Breakfast Fruit Salad

This unique breakfast recipe adds a twist to a traditional fruit salad using your favorite LDF milk. Makes 4 servings. For best results, start the night before so that the fruit thoroughly sweetens the milk.

2 cups Longmont Dairy Milk 1 apricot 1 orange, peeled Optional sugar 1 or 2 tablespoons
1 tbsp. lime juice 1 red apple 1 pear (taste test after adding milk)

Wash and cut fruits into one inch cubes, removing all seeds and cores (skins may be left on all fruits other than orange). Place into glass bowl and add lime juice and sugar. Cover with milk and mix thoroughly. Chill in refrigerator at least 5 hours. Serve cold.



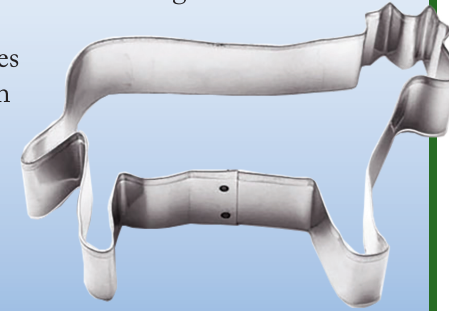
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Cookie Dough is Back! Receive a Cow Cookie Cutter Free!

Order Mary's Mountain cookie dough and receive a cookie cutter as our thank you, made for us by Ann Clark Ltd., The American Cookie Cutter Co.

The cookie cutter, in the shape of a cow, comes with a recipe card that has instructions for frosting cookies.



Free Cow Cookie Cutter comes with every tub of cookie dough ordered in September. Supplies are limited, so order early. Offer ends September 30, 2014.

MARY'S MOUNTAIN COOKIE DOUGH FLAVORS

- Sugar Cut-Out Cookie Dough
- Chocolate Chip Cookie Dough
- NEW Snickerdoodle Cookie Dough
- NEW Pumpkin Chocolate Chip Cookie Dough
- NEW Gluten Free Chocolate Chip Cookie Dough

Cinnamon Eggnog!

One of the first signs of fall is the return of Cinnamon Eggnog. Pour a cup of thick and spicy eggnog. It's perfect for a chilly evening by the fire. Order Cinnamon Eggnog from September 1st through December 31st.



Apple Cider is back! Crisp and Tangy!

Save on Talbott's Mountain Gold Premium Apple Cider

\$1.00 off when ordered in September. Offer good on Apple Cider only. Ends September 30th.



Prices effective September 1, 2014

Whole Milk 1/2 Gallon - \$2.94 1 Quart - \$2.28	Daisy Cottage Cheese 24 oz. - \$5.69
Reduced Fat Milk - 2% 1/2 Gallon - \$2.94 1 Quart - \$2.28	Daisy Sour Cream* 16 oz. - \$3.69
Low Fat Milk - 1% 1/2 Gallon - \$2.94 1 Quart - \$2.28	Tillamook Block Cheese 16 oz. - \$7.29
Fat Free Milk - Skim 1/2 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 - 3/4 oz. servings. - \$4.99
Chocolate Milk (2%) 1 Quart - \$2.59 4-Pack - \$7.99	Egg-Land's Best Eggs Locally Grown AA Large Brown Cage Free 1 Dozen - \$4.20 AA Large White 1 Dozen - \$3.05
Strawberry Milk (2%) 1 Quart - \$2.88	Noosa Yoghurt* Plain, Blueberry, Peach, Lemon, Strawberry Rhubarb, Mango, Raspberry, Honey, Tart Cherry, Passion Fruit, NEW Coconut, NEW Pineapple
Cinnamon Eggnog 1 Quart - \$3.49	Purchase Individually: 8 oz. - \$2.89
Orange Juice 1/2 Gallon - \$3.90 1 Quart - \$2.54	SAVE! Order 6 or more: 8 oz. - \$2.49 each
Talbott's Apple Juice 1/2 Gallon - \$4.21	Cookie Dough Sugar Cut-Out, Chocolate Chip, NEW Snickerdoodle, NEW Pumpkin Chocolate Chip 3-pound tub - \$9.95 NEW Gluten Free Chocolate Chip 3-pound tub - \$11.95
Talbott's Apple Cider 1/2 Gallon - \$4.21 \$1.00 off in September	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 1/2 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)



SHOW US HOW YOU MOOOOVE COLORADO!

"Fuel Up to Play 60" Fights Childhood Obesity

In the battle against childhood obesity, which is at an all-time high, "Fuel Up to Play 60" offers school programs that demonstrate how to eat a healthy breakfast and keep students mooving with at least 60 minutes of physical activity each day. The Denver Broncos and the Western Dairy Association are encouraging local schools, throughout the front range, to teach children how to live healthy, long lives with good nutrition and exercise. The program encourages children and youth to consume nutrient-rich meals including dairy foods, fruits, vegetables, and whole grains.

Visit FuelUpToPlay60.com to find out more information and to enroll your school in this program.



Aubrey, who is part of the Longmont Dairy Customer Service team, and her husband, Jason, and children, Henry and Eli, pose with Bronco David Bruton at a "Fuel Up to Play 60" Event in Greeley, Colorado.

(Photo credits to Western Dairy Association.)

