



LONGMONT DAIRY FARM INC.

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NEWS

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Longmont Dairy Farm, Inc.

JUNE Happy Father's Day!



Breakfast Together

The National Health Service says, "Eating breakfast has long term health benefits. It can reduce obesity, high blood pressure, heart disease and diabetes."

A little pre-planning the night before can help you bring your family together at the kitchen table, for a delicious, nutritious, fun and fast breakfast together.

Why Eat at Home with the Family?

According to Health.com, eating with the family at least 5 times a week:

- Provides healthier options with more fruits and vegetables;
- Expands children's tastes and curiosity with different foods offered;
- Can teach family members better portion control;
- Helps build vocabulary and social skills through family conversations at the breakfast table; and
- Saves money through planning meals and the economy of buying groceries!

For more information on the studies, visit longmontdairy.com/why-eat-together.

Dear Friends,

On a sunny Friday morning in June some 30 years ago, David and I started our day in a pretty ordinary way. He was at the farm taking care of some of his Dad's cattle. I was at the Robbins Flower Shop preparing for a busy June wedding weekend. However, about noon that day, everything changed and our big adventure began. David went to the bank and signed some papers transferring Longmont Dairy to us, the second generation. Later that afternoon, we went to the Justice of the Peace to sign more papers and get married. And, as they say, the rest is history!! David promised me that day that our lives would never be boring, and was that ever an understatement!

So much has happened in 30 years. Our four children have grown up, married and have families of their own. We have 9 grandkids that are just the best!! (I could write many whole newsletters about them!)

The dairy has grown in ways we could never have imagined back when we had 20 employees, 3000 customers, and 240 cows! Wow how things have changed.

We are so proud of the third generation now running the show and having their own big adventure. Thank you, Katie and Dan!

And, all along the way, we have had the privilege of serving the best customers in the world! Thanks to you for making our big adventure so rewarding! I wonder what big adventures and incredible things will happen in the next 30 years? Hope you are still with us to see how the story goes!

Take care till next time,

Susan and David

MOOO RECIPES

Egg-in-a-Hole

Start with a glass of OJ to boost your energy.

Per 1 serving:

1 slice Whole Wheat Honey, or Country White bread

1 Egg-land's Best Egg

1 Tablespoon or more of Country Cream Butter

Salt, pepper and optional grated cheese.

Cut a hole out of the center of each slice of bread, using a biscuit cutter or glass. Reserve the removed piece.

Heat skillet to medium low and melt the butter. Toast the bread and hole on one side until brown. Add a little butter. Flip both the toast and the hole. Crack the egg into the hole in the bread.

Cook the egg for about a minute, or until the egg sets. Flip the egg and toast over and move to soak up the butter. Flip the bread hole. When bread is toasted and egg yolk has set to your preference, serve with the toasted hole. Salt and pepper. Optional: sprinkle with grated cheese.



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Refuel with Chocolate Milk!

After a hard workout, long hike or great game, drink Chocolate Milk!

Research is proving the value of Chocolate Milk for muscle recovery and rebuilding.

To read more information, visit www.longmontdairy.com/product/chocolate-milk.



Easy Muesli

Plan-ahead breakfast idea. No cooking – but start the night before. Makes breakfast taste like dessert. Serves about 4.

2 cups rolled oats

2 cups Longmont Dairy Milk or Talbott's Apple Juice

1 cup dried raisins or dried cranberries, chopped

½ cup sliced almonds

Noosa Yoghurt (flavor of your choice)

Optional fresh fruit like cut apples, peaches or grapes

Soak the rolled oats, in the milk or apple juice over-night, in the refrigerator. Add the remaining ingredients in the morning, top with yogurt and sliced fresh fruit, and serve.

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Make-up your own Stone Muesli

Just like "Stone Soup" where each of your little helpers brings their choice to the mixture, visit Mooorecipes.com for "Stone Muesli."

Speed Breakfast

For more talk-time.

Granola on top of Noosa! Sit down and talk with the kids!