



LONGMONT DAIRY
DELIVERY

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MOOO NEWS

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OCTOBER

It's Pumpkin Season!



Dear Friends,

I'm sure all of us have been impacted by Breast Cancer in some way in our lives, whether personally or with loved ones. It's a difficult thing to watch anyone go through the journey of dealing with Breast Cancer. I have a very close friend who is currently celebrating 10 years since her diagnosis this month and is still cancer-free. I have also watched my sister-in-law sit by her twin sister's side after she was diagnosed and has recently gone through her journey of recovery and healing.

These real-life situations make you realize the importance of good doctors, care, and resources. That is one of the reasons that we have partnered with **Roberta's Legacy** to share proceeds from Strawberry Milk for the month of October. I had the opportunity to go to a fundraising event for this organization in August and was touched by the amount of community support they receive. All of their proceeds help families in need as a loved one is going through their Breast Cancer journey. What a great cause!

Take care,

Katie

The Beloved Pumpkin

The pumpkin has become an American icon, but many other countries around the world also have unique ways of enjoying this seasonal sensation.

- **Armenia:** Ghapama, sliced and presented like a flower
- **Brazil:** Camarão na Moranga, a shrimp stew
- **China:** Steamed Pumpkin Kueh, a savory snack cake
- **Egypt:** Kar Assaly, a dessert like pumpkin pie
- **Guyana:** Fry Pumpkin with Shrimp, best with local ingredients
- **Korea:** Hobakjuk, a porridge sometimes served with sticky rice-cake balls
- **Mexico:** Calabaza en Tacha, a sweet treat
- **Russia:** Olad'i iz Tykvy, tiny, thick griddle cakes fluffed to perfection
- **South Africa:** Pampoenkoekies, little fritters
- **Thailand:** Sankaya, filled with custard and cut open for a wonderful reveal

The recipe for Pampoenkoekies, the pumpkin fritters from South Africa, is on the back page. Try it and go global with the beloved pumpkin this Fall!



Partner with Us!

Help us support **Roberta's Legacy** and their work in the community again this year. **During the month of October, we will donate 50¢ to Roberta's Legacy for each bottle of Strawberry Milk delivered.** Add one to your order this month! Use this QR code to donate directly or find other ways to get involved.



MOOO RECIPES

Pampoenkoekies

(South African Pumpkin Fritters)



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|-------------------------------|------------------------------------|
| Vegetable oil for deep-frying | ½ tsp. nutmeg |
| 1 c. mashed pumpkin or puree | ¼ tsp. all spice |
| 1 c. flour | ¼ tsp. salt |
| 2 tsp. baking powder | 3 Tbsp. water |
| 2 Tbsp. sugar | 1 c. sugar |
| ¼ c. Longmont Dairy milk | 1 Tbsp. light corn syrup |
| 1 large Egglard's Best egg | ¾ c. Longmont Dairy whipping cream |
| ½ tsp. cinnamon | 1 Tbsp. Country Cream butter |

Pour vegetable oil into a saucepan until it is at least 3 inches high (too little will result in flatter balls), and place on medium heat until oil is 350°.

In a large bowl stir mashed pumpkin, flour, baking powder, sugar, milk, egg, cinnamon, nutmeg, all spice, and salt until fully combined.

The dough is going to be sticky and light. In batches, use a spoon (or your hands) to drop small amounts of the batter into the oil. Do not overcrowd the pan. Fry for about 2-3 minutes, until golden brown. Use a slotted spoon to remove fritters from the oil and place them on paper towels. Continue with batches until all dough has been used.

If desired, roll in cinnamon sugar or use the caramel glaze below.

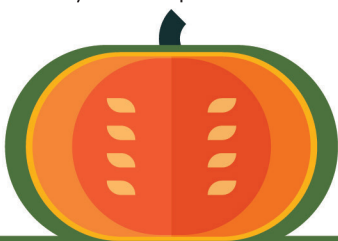
Caramel Glaze: Stir together water, sugar and corn syrup in a medium sauce pan. Heat over medium high heat for about 5-10 minutes, without stirring, until brown. (Swirl the pan if the sides are getting browned too quickly as the sugar is caramelizing; stirring will cause crystallization.) Make sure you get a brown color—it makes a difference in taste.

Lower heat, and gently add the cream and butter (being careful of splatters). Stir the mixture into a smooth consistency. Remove from heat and cool.

Drizzle fritters with caramel glaze and enjoy!



Clip and file in your recipe collection! Use this QR code to find the recipe online.



A light, fluffy pumpkin treat from South Africa.

Seasonal Eggnog!

Don't miss Longmont Dairy's seasonal **Pumpkin** and **Classic Eggnog**. Rich and creamy, it's great as a splash of flavor in your coffee, and a delicious treat sure to please all of your Halloween party guests. Available through October while supplies last.

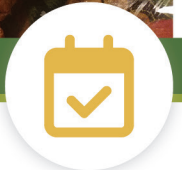


Pumpkin Chocolate Chip Cookie Dough

Seasonal cookie dough flavors are back! Make some fresh Halloween treats and fill your kitchen with the aroma of fall without all the work. Bake fresh, yummy cookies with **Pumpkin Chocolate Chip Cookie Dough**. Sold in 3 lb. tubs.



OCTOBER—PRODUCTS OF THE MONTH



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|------------------------|--------------------|-----------------|
| Bread | Prefare Meal | Rome's Sausage |
| Cinnamon Caramel Apple | Rigatoni Bolognese | Italian Sausage |