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# MOON NEWS

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Longmont Dairy Farm, Inc.

# AUGUST

## Get Healthy with Milk!

### The Whole Milk Debate

Most parents switch their toddlers from whole milk to reduced fat and skim milks in fear of the growing rate of obesity. But are those “excess fats” really excess? Growing research supports that milks higher in fat are better for younger children’s development and do not affect weight gain as much as other caloric sources can.

Deborah Goldman, M.D., assistant professor in the University of Minnesota’s Department of Pediatric Gastroenterology, Hepatology, and Nutrition says, “Whole milk supports neuron formation and other major brain growth and development. Compromising on good fats in a toddler’s diet can have long term impacts on their development.” For parents concerned about weight gain, Goldman recommends that parents reconsider giving children snack foods with “empty calories” while keeping good fats, like those found in whole milk, available.

<http://www.health.umn.edu/healthtalk/2012/08/08/u-of-m-expert-toddlers-can-go-all-in-with-whole-milk/>

Dear Friends,

At a company retreat many years ago, it was decided that I should be the one who keeps the history of Longmont Dairy alive by telling stories. So, here is a story from August, 1998.

One of my life long and best memories has been watching the Boulder County Fair Parade. (Just ask my co-workers from the flower shop days long ago!) Longmont Dairy has entered all kinds of floats and themes over the years. My all time favorite was the year we drove our old fashioned horse drawn milk wagon. The horse’s name was Lori and she was so proud to pull our little wagon! Her owner, Eleanor, had her trained to perfection, and Lori was cleaned up and shiny as could be for the occasion. So much has changed over the last 15 years, but not my excitement about the parade! Hope we will see you there on August 3.

Take care ’til next time, and please enjoy this BEST MONTH of the local farmers’ markets.

*Susan Boyd*



# MOOO RECIPES

## Strawberry Cheesecake Milkshake

- 3 cups vanilla ice cream
- 6 ounces cream cheese
- 1 cup milk
- 1 teaspoon pure vanilla extract
- 1 teaspoon grated lemon zest
- 1 pound frozen strawberries (not in syrup)

In two batches if necessary, blend together ice cream, cream cheese, milk, vanilla, lemon zest, and strawberries in a blender until smooth, 1 to 2 minutes.

*From www.epicurious.com  
Moo News, August 2013*

## Back to the Sports Field with Chocolate Milk

Intense competition requires serious recovery. Whether you're playing football, soccer, field hockey, golf, running cross country, or on the cheer team, include chocolate milk as part of your recovery routine. A growing body of research supports the benefits. It has the "right mix" of carbs and protein to refuel (about a 3:1 ratio). It provides nine essential nutrients athletes need: Vitamins A, B and D, and electrolytes, including calcium, potassium, sodium, and magnesium to help replenish what is lost in sweat. It's simple, real food, not designed in a lab.

<http://www.mayoclinic.com/health/sports-drinks/MY01209>



Prices effective July 1, 2013

<b>Whole Milk</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Country Cream Butter</b> 1 lb. - \$4.99
<b>Reduced Fat Milk - 2%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Grassland Spreadable Butter</b> 8 oz. - \$2.89
<b>Low Fat Milk - 1%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Cottage Cheese</b> 24 oz. - \$5.69
<b>Fat Free Milk - Skim</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Sour Cream</b> 16 oz. - \$3.69
<b>Half and Half</b> 1 Quart - \$3.39 1 Pint - \$2.39	<b>Tillamook Block Cheese</b> 16 oz. - \$6.99
<b>Whipping Cream</b> 1 Quart - \$5.69 1 Pint - \$3.49	<b>Tillamook Shredded Cheese*</b> 8 oz. - \$3.99
<b>Chocolate Milk (2%)</b> 1 Quart - \$2.39 4-Pack - \$7.39	<b>Tillamook Sliced Cheese*</b> 8 oz. - \$3.99
<b>Strawberry Milk (2%)</b> 1 Quart - \$2.24	<b>Tillamook Tilla-Moos Pack-it-Pals*</b> 10 - ¾ oz. servings. - \$4.79
<b>Meadow Gold Buttermilk</b> 1 Quart - \$3.99	<b>Egg-Land's Best Eggs</b> Cage Free Brown - AA Large 1 Dozen - \$4.14 White - Grade AA Large 1 Dozen - \$2.99
<b>Orange Juice</b> ½ Gallon - \$3.80 1 Quart - \$2.49	<b>Noosa Yoghurt*</b> Mango, Blueberry, Peach, Strawberry Rhubarb, Raspberry, Honey, Lemon <b>Purchase Individually:</b> 8 oz. - \$2.89 <b>SAVE! Order 6 or more:</b> 8 oz. - \$2.49 each
<b>Talbott's Apple Juice</b> ½ Gallon - \$4.21	<b>Metal Porch Boxes</b> \$57.50 - optional
<b>Lemonade and Raspberry Lemonade</b> ½ Gallon - \$2.99	

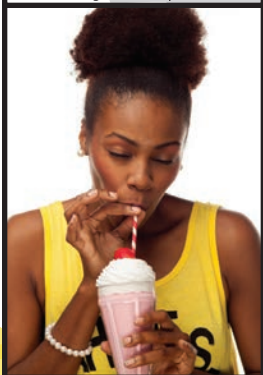
\* These products must be preordered.

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

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## Milk Caps for MOOOLA



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If your school isn't signed up, visit our website, click on "At Home" and "Milk Caps for Mooola," and learn how your students can earn money for their schools.