

MAY

The Power of Milk!



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MOON NEWS

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Longmont Dairy Farm, Inc.

Cream with your Coffee?

Many think cream goes with coffee the way spots go on cows. This month we are introducing locally roasted coffee, from Silver Canyon in Boulder, so we thought we'd discuss the ways coffee and milk create one of the world's great drink combinations.

At least 39 variations exist, but dairy products with coffee usually divide into several groups: lattes, cappuccinos, and

Continued on back page.

New! Premium Silver Canyon Coffee

Fresh roasted weekly for Longmont Dairy. Locally produced in Boulder, try medium or dark roast.

12 ounces, ground, for \$13.99



Dear Friends,

There are so many things to LOVE about the month of May: flowers, gardens, Cinco de Mayo, proms, graduations, Mother's Day, Memorial Day. All good and busy activities for families.

Lemonade is a HAPPY product that we bring back each May - a great reminder that summer time is close!! One of my favorite "recipes" is to make Raspberry Lemonade ice cubes to put in club soda. Yummy and refreshing.

One of the reasons our product line keeps growing is to help bring good nutrition AND convenience to your family. Most recently, we have started offering Silver Canyon Coffee. It is roasted locally in Boulder, and that is one of many reasons we like this product so much! And, even though the mornings are warmer, enjoying a cup of coffee on the deck is such a pleasure! Perhaps a good time for you to enjoy a delicious cup of coffee is while reading the Poetry Contest winners in this month's MoonNews!

Thanks to all who support us and take care till next time,

Susan

CONGRATULATIONS, 22ND ANNUAL POETRY CONTEST WINNERS! "The Power of Milk"

Elementary School

K-2nd Grade

1st Prize

Candence F., 1st Grade
Jefferson Academy Elementary,
Westminster

The Power of Milk

I can jump high
I can jump low
with the power of milk
to make me go.

When I drink milk
everyday
I can run
in the fields of hay.

I find energy
to ride around
with milk to help
me pound the ground.

I can jump
I can swing
with all of milk's
good healthy things.

2nd Prize

Gavin G., 2nd Grade
Arapahoe Ridge Elementary,
Westminster

Super Gavin

I like baseball
I have a good arm
Cause I drink milk
From Longmont Dairy Farm!

I play hockey
You can't see it when I shoot
that puck
Cause I drink milk
From the Longmont
Dairy Truck!

I like to ski
Down the mountain
you can't even
see me
Cause I drink milk
From Longmont
Dairy!

3rd Prize

Isabel W., Kindergarten
Bear Creek Elementary, Boulder

Milk gives me the power to:
Climb **M**ountains
Build **L** gloos
Play with **L** ego
Fly **K**ites

3rd-5th Grade

1st Prize

Rachel K., 5th Grade
Eagle Meadow Academy
Homeschool, Dacono

What does MILK give me the power to do?

When I drink milk I soar up high
I pass over roof tops
Hello, goodbye

I fly through the air
The wind snapping my hair!
Without a single care

I run like a jaguar
I sing like a whale
Listen as I spin this fantastic tale

Did you know? Can't you see?
I'm as super as I can be
These are the ways milk powers me!

2nd Prize

Ryder M., 3rd Grade
Lois Lenski Elementary, Centennial

Milk is the Most Awesomest Thing in the World
Milk makes me strong
in so many ways.
That's why I drink milk
all of my days.

I drink it in the morning
before I go to school.
It helps me to learn.
I'm not a fool.

I drink milk at lunch
before I go to play.
It helps me run fast,
so I can get away.

I drink milk at dinner.
I fill up my cup.
It helps my bones grow
for when I wake up!

My mom says it's healthy,
filled with protein and such.
But I just drink it
because I like it so much!

3rd Prize

Liliana F., 3rd Grade
Stargate School, Thornton

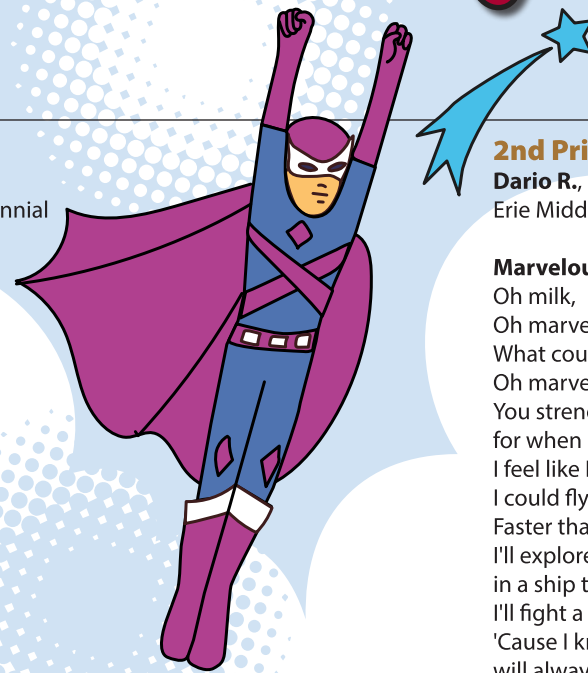
Milk is Power Acrostic Poem

Milk gives me the power for...

M - MOUNTAIN CLIMBING
I - ICE SKATING
L - LACROSSE
K - KARATE

I - IMAGINING
S - SOCCER

P - PLAYING PING PONG
O - OLYMPICS
W - WRITING
E - EXPLORING
R - RACING



2nd Prize

Dario R., 6th Grade
Erie Middle School, Erie

Marvelous milk!

Oh milk,
Oh marvelous milk.
What could I ever do without you,
Oh marvelous milk?
You strengthen my bones
for when I fall.
I feel like I could climb a tree so tall.
I could fly to the moon,
Faster than you blink.
I'll explore the ocean
in a ship that won't sink.
I'll fight a dragon for all I care,
'Cause I know that my milk
will always be there.
From the cheese in my sandwich,
To the ice cream for desert,
Milk makes me feel strong,
Like I could lift the whole Earth.
And at the end of the day,
when I'm tired and beat,
A warm glass of milk
will help me to sleep.

6th-8th Grade

1st Prize

Danielle F., 7th Grade
Stargate School, Thornton

Super Milk!

I'm sure you've heard of many heroes
From Wonder Woman to Superman.
But all those heroes are at level zero.
Since without milk
they would not have a single fan!

Milk can make you strong and tough.
Milk has lots of nutrition.
Milk gives you protein
to make you buff.
Milk helps you get through
math and addition.

Milk keeps you on your toes
Ready to compete in any sport.
It keeps you from an afternoon doze.
Milk helps you grow
so you're not so short!

So when our heroes need power,
Milk is what they drink
Especially if you're being saved
from a tower
Milk really helps those heroes think!

Milk makes your bones feel just right
Milk is everyone's favorite drink.
It keeps heroes strong
and ready to fight.
That's important for heroes,
don't you think?



High School

9th-12th Grade

1st Prize

Anthony K., 12th Grade
Home schooled, Lakewood

Milk Power

When I drink milk, I start to see,
My power grow and grow,
Pretty soon I'm going to be,
The greatest superhero.

Milk gives me the power of flight,
I fly around the world,
I bet it is a lovely sight,
To see my cape unfurled.

Milk gives me the strength of a bear,
I'm not even going to lie,
I can carry and throw things
here and there,
And lift stuff very high.

Jumping high is another thing,
That drinking milk gives me,
Jumping through a sky-high ring,
Is something you should see!

The powers of milk
are beyond a doubt,
The greatest that can be,
They will take you
on a brand new route,
And make you laugh with glee.

3rd Prize

Tristan B., 7th Grade
Prospect Ridge Academy, Broomfield

The Power of Milk

Your milk gives me power:

It gives me power to have fun
and do well in school
In the summer too, when I'm
playing in the pool

Each day I drink many cups
And because of that,
I'm able to do 100 push ups!

I also drink it in winter
when it starts to snow
And when I do, I also start to grow

Milk gives me the power
to do amazing at basketball
And in running cross country,
it helps me not to fall

Finally, I live in Colorado –
such a beautiful state
Many thanks to Longmont Dairy,
for milk is just truly great!

Adult

1st Prize

Lisa Caranta, Aurora

Three Glasses A Day

Whatever ails you,
milk might just be the answer.
Drinking milk may even
protect you from cancer!
It can decrease your risk
for multiple sclerosis,
Tooth decay, hypertension,
heart attack, osteoporosis.
Calcium transmits nerve impulses
and regulates hormones.
It helps blood vessels function
and strengthens your bones.
Vitamin D can increase fertility
and immune system support.
It helps improve your mood
and is calcium's cohort.
Milk promotes gains in muscle
protein making you stronger.
And compared to water or sports
drinks, it stays with you longer.
So post workout,
milk is a great way to hydrate.
Plus, people who drink milk
tend to keep a healthy weight.
Milk's riboflavin will give you
healthy, glowing skin.
So you see, drinking milk
helps you from within.
Got milk? There are so many reasons
why you should.
Pour yourself a glass of milk.
It'll do your body good.

2nd Prize

Alisa Wolf, Broomfield

Milk's Helping Power

Milk starts my day off right
as a wife and mother of four;
Milk strengthens me every day
as I work my legs, arms, and core.
Milk feeds my body and brain
as I work on our financial book;
Milk stabilizes my blood sugar
as I plan, shop, and cook.
Milk gives me perseverance
as I organize and clean;
Milk nourishes and satisfies
as I keep myself lean.

3rd Prize

Mandi Wood, Boulder

The power of milk helps me to RUN:
Mountains
Intervals
Long Runs
Keep Training

Pace
Orthotics
Warm Up
Endurance
Races



MOORE RECIPES

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Café au Lait

The ratio of coffee to milk is 1 to 1. There is no foam.

Brew strong, Silver Canyon medium or dark coffee. Scald milk by pouring a minimum of a half cup of milk into a heavy-bottomed sauce pan and heat on low until bubbles start to form on the edges of the milk. Do not boil. Pour the milk to fill half the coffee cup and top with an equal part of the fresh brewed coffee. Stir and enjoy.

Fast and Easy Mocha

Silver Canyon coffee and Longmont Dairy Chocolate Milk.

Microwave ¼ cup of chocolate milk (or chocolate Pro-to-Go), in a coffee cup for about 25-30 seconds until you see small bubbles around the edge. (You have both the chocolate and milk in one convenient place!) Fill remainder of cup with hot Silver Canyon coffee.

Add a dollop of whipped cream for a special treat. Sprinkle with cinnamon.

Katie's Quick Coffee Favorites

Brew Silver Canyon coffee. Mix with vanilla Pro-to-Go and forget the froth. You've just added some protein to your coffee, and you are out the door! Or when it's Eggnog season, add a splash of Cinnamon Eggnog to your coffee. Yummy and rich.

For more coffee drinks, visit Moorecipes.com.

30¢ off Noosa Yoghurt!

Welcome spring with fresh, creamy Noosa.

Add granola to Noosa to make a hearty breakfast.

30¢ off individual 8 oz. tubs of Noosa when ordered for delivery between May 1 and May 31, 2016.



Continued from front page.

mochas. Differences are based on using coffee or espresso, the ratio of the coffee to cream or milk, and the volume of milk foam and texture.

Silver Canyon Coffee will be roasting weekly for Longmont Dairy. That's one of the keys to great tasting coffee. The company has been recognized for its quality by culinary professionals and is served in many of the area's top restaurants, historic hotels and specialty retailers.

We will be delivering two roasts, created by Silver Canyon exclusively for Longmont Dairy.

- Premium Medium Roast - A smooth, rich European style blend of Central and South American coffees. The sweet aroma and silky body make this blend a genuine classic.
- Premium Dark Roast - This blend is dark, complex and spicy yet very smooth with a hint of sweetness.



Lemonade is Back!

Delicious Raspberry and Original Lemonade

Only \$2.99 through May!

Regular price is \$3.29. Introductory price of \$2.99 when ordered for delivery between May 1 and May 31, 2016.