



LONGMONT DAIRY FARM INC.

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# NEWS MOOOO

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Longmont Dairy Farm, Inc.

# FEBRUARY Moove in the New Year!

## Local Family Farm Supplies your Eggs

For the last several years, we have been fortunate to develop a strong relationship with our local Egglard's Best farm. EB representatives Jerry Wilkins and Terri Heine came to our office last fall to make delicious omelets for our employees and also to share some great information about their eggs. See the picture below of Jerry and Terri making omelets.

The Egglard's Best farm that we get our eggs from is in Platteville, only 18 miles from our office. This farm is 1 of 15 owner/operator farms of Egglard's Best in the US. Derek Yancey is the owner, and his family farm is called Morning Fresh Farms. They have been raising hens and producing eggs for nearly 50 years and became an EB farm in 1992 when Egglard's Best was first launched.

Derek always wanted to work in agriculture, specifically poultry. He graduated from Colorado State University with a degree in Animal Science and began working as a Production Manager for a turkey grower in Northern Colorado. According to Derek, "We are honored to say that Morning Fresh Farms remains family owned and operated after 48 years of doing business in Colorado." Derek is dedicated to providing high quality, local, farm-fresh eggs to Colorado consumers. But to him, it's more than just producing eggs; it's about being a good steward of the land, natural resources, hens, employees, and community.

*Continued on back.*

Dear Friends,

Today I was watching a video of a man waking up and expressing gratitude for each thing he encountered: grateful for switching the lights on, water from the faucet, his shoes, breakfast, and so on. It was an exaggeration, of course, but the point was that we have so much to be thankful for, and it is our own choice to express that each day.

So, what am I grateful for today? Well, the daylight hours are increasing, the air occasionally hints of springtime coming, and the route delivery drivers know that warmer nights are on the horizon.

I also appreciate partnering with Egglard's Best. They are such a generous contributor to non-profits such as The Ronald McDonald House and Susan G. Komen.

Finally, I appreciate that Longmont Dairy has wonderful customers that are so loyal to us each week. Thank you for your generous support!!

Take care till next time,

*Susan*





## Eggland's Best Eggs Really Are Best!

- Locally produced on a family farm
- 100% vegetarian fed hens
- White and cage-free brown eggs
- Low in cholesterol, high in nutrition

Try them and taste the difference!

# MOOO RECIPES

## Spinach & Bacon Squares

Serves 12

- 1 lb bacon
- 1 onion - chopped
- 2 10-ounce bags spinach
- 1 dozen large Eggland's Best eggs
- 8 ounces white cheddar cheese, shredded

Preheat oven to 350° F. and coat 13 x 9" baking dish with butter or cooking spray.

Cook bacon until crispy, in large skillet. Reserve 1 TBS drippings and drain the remainder. Crumble bacon when cool. Brown onions in same skillet with reserved drippings. Remove and set aside. Cook spinach for 2 minutes in same skillet until wilted.

Mix eggs in large bowl. Add cheese, spinach, onions, and bacon and stir to mix. Pour into baking dish and bake for 30-40 minutes, until eggs are set.

Cool for 5 minutes and serve.

Or, you can prepare a day before serving, but do not bake. Cover tightly and refrigerate. Remove 30 minutes before baking to bring to room temperature. Bake as directed.

*Recipe from Egglandsbest.com  
Moo News, February 2017*

### Eggland's Best Facts (Continued from front.)

- This farm is one of the most environmentally conscientious farms in the US.
- The hens are 100% vegetarian fed which means there is 25% less saturated fat than an ordinary egg.
- EB eggs are higher in Omega 3's, Vitamin E, and have 10 less calories per egg.
- Their Kosher Certification means there are no fertilized eggs on the farm.
- The USDA has published a study saying EB eggs are the freshest eggs. When we receive our eggs, they are 3 days fresh, which means we're delivering you the freshest eggs available.
- Eggland's Best offers both white eggs and cage-free brown eggs.
- Since 1992 Morning Fresh Farms has won more quality awards than any other Eggland's Best producer in the country.

We are happy to provide our customers with local, fresh, and delicious eggs from a family farm that we can trust.

## Sweet Valentine's Treat

**25¢ Off in February!**

Say, "I love you!" by starting your days with delicious Strawberry Milk.

Offer good for deliveries between February 1 and February 28, 2017.

