



LONGMONT DAIRY FARM INC.

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Longmont Dairy Farm, Inc.

AUGUST

Back to School Sports!



Eggnog Bottle Design Contest is Here!

Deadline—August 14, 2017

Hey Kids! Before school starts, enter the Eggnog Holiday Bottle Design Contest for a chance to see your design on our 2017 holiday bottles.

Draw a “Festive” or a “Silly” Snowman for this year’s theme.

To draw it, use the form on the back, or a blank sheet with a 4 ½” x 1 ½” rectangle.

Draw with a black pen or crayon to make dark lines. Use one additional color.

Write your name, age, address, parent’s name, phone number, school, grade, and milk delivery customer number on the bottom of each page. You may enter as often as you like.

Email your entry to amyw@longmontdairy.com before midnight on August 14, 2017. Find complete contest rules at: LongmontDairy.com/design.

Name: _____ Age: _____

Address: _____ Grade: _____

Phone: _____ School: _____

Dear Friends,

The month of August is when Colorado is at its BEST!! There is more to taste, smell, hear, feel, and enjoy than any other time of year! I love the smell of freshly cut hay, watching the corn in the fields grow inches every day, the smell of the summer night, the color of wheat and barley turning golden.

There is great excitement with kids getting back to school, participating in sports, attending games, or putting the final touches on their 4-H projects.

And, the amazing tastes of fresh Colorado produce are at their peak. Wow! Sliced peaches (in a bowl with yummy LDF Cream), corn on the cob (with homemade butter), tomatoes (fried green with delicious bacon gravy), raspberries baked in a crisp (with a cold glass of milk). The list could go on for days!

Don’t miss a minute of the tastes, sports, activities and fun stuff of August!!

Have a great month,

Susan



MOOO RECIPES

Peaches and Cream Pie

Easy and yummy. 8 servings. Pre-heat oven to 375° F.

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|---|-----------------------------|
| 3 cups fresh peaches, peeled and sliced | 1 9-inch pie shell, unbaked |
| 1 cup sugar | 2 large eggs |
| ¼ cup flour | ¼ teaspoon salt |
| 1 cup LDF Whipping Cream | 1 teaspoon vanilla extract |

Scald the peaches for about 20 seconds, in boiling water to make them easy to peel. Slice peaches about ¼" thick and place in pie shell. Beat the eggs in a medium bowl and add the sugar, flour and salt. Add the cream and vanilla and stir well. Pour evenly over the peaches.

Bake at 375° F. for 40-50 minutes. Check that center shakes slightly when moved. Serve warm, or chill for a firmer pie.

Mooo News, August 2017

Why Whole Milk?

Many of our friends and customers are switching to whole milk. It's a trend we have been watching with interest because it follows new research on the benefits of whole milk.

For years, we have been told to drink low fat milks. But did you know that whole milk contains only about 3.5 percent fat? Numerous studies published in the British Medical Journal indicate that the fat in milk may actually boost your metabolism, helping your body to use fat more efficiently, and satisfying hunger feelings so you are less likely to consume unhealthy snacks.

An article on NPR.com reported on two studies done in Europe that shows that evidence does not support the hypotheses that a higher consumption of dairy fat (found in whole milk, butter and cream) contributes to obesity. The Academy of Pediatrics states that healthy fats, like those found in whole milk, are critical for brain development.

Be sure to follow your doctors' dietary recommendations. For a longer report on the benefits of whole milk, visit LongmontDairy.com/whole.

Peach Season is Here!

Enjoy sweet, juicy, Colorado Palisade peaches delivered to your door. They are the best!



Palisade Peach season doesn't last long, so order now. Call Customer Service at (303) 776-8466 to pre-order peaches.

8 lb. boxes, contain from 18 to 25 peaches, depending on the size of the peaches. Just \$19.99/box.

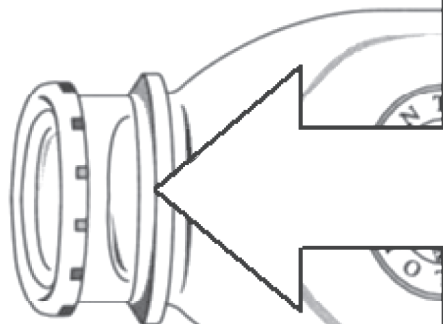
New! Strawberry Milk Without the Color!

Our creamy and delicious Strawberry Milk is now color free. Why? We heard your requests and decided to eliminate the red coloring from our recipe. There is no natural red dye that blends well with milk, and because we are committed to bringing you natural products, eliminating the red coloring was the solution.

Think, 'strawberries and cream' as you try our new, natural, Strawberry Milk.



Design your Eggnog Bottle here, or within a 4 ½" x 1 ½" rectangle.



You can use the above rectangle as a guide. Be sure to include your name and address on the reverse side of your entry.