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MOON NEWS

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Longmont Dairy Farm, Inc.

Hey Kids,

Happy Independence Day! I hope you have big plans for the long holiday weekend. I love the fireworks, don't you?

Have you ever thought of taking a Longmont Dairy Sports Bottle, filled with chocolate milk, to drink as an energy drink after strenuous exercise? You can keep it cold by wrapping a cold pack around it, before placing it into your backpack. I don't think there is anything better than a nice cold glass of chocolate milk on a hot summer day!

I want you to be safe and healthy during the summer while you are outdoors and playing extra hard. In addition to drinking milk three times a day, here are some other ideas:

- Drink Chocolate milk when you need a quick recovery following strenuous activities.
- Get plenty of sleep so you can keep up with your friends.
- Brush your teeth twice a day so you don't have to waste time (or money) getting cavities filled.
- Stay away from mosquitoes.
- Don't fall out of trees, watch out for cars, and. . .
- Wear your helmet while riding bikes, skateboards and horses.
- Most importantly, HAVE A FUN SUMMER!

Take care 'til next time,

Susan Boyd

July



energy =
4-Pack of LDF
Chocolate Milk
only \$7.24

MOOO RECIPES

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Delicious Potato Salad

- 3 pounds potatoes (½ red and ½ white rose)
- Salt and freshly ground black pepper (amounts to taste, as listed below)
- 1 cup mayonnaise
- ¼ cup buttermilk*
- 2 tablespoons Dijon mustard
- 2 tablespoons whole-grain mustard
- ½ cup chopped fresh dill
- 1 tablespoon celery seed
- ½ cup chopped celery
- ½ cup chopped red onion
- 4-6 hard-boiled eggs chopped (according to your personal taste)
- 1 lb. Tillamook cheddar cheese, chopped into small cubes.

Place the potatoes and 1 tablespoon of salt (or 2 tablespoons of Kosher salt) in a large pot of water. Bring the water to a boil, then lower the heat and simmer for 10 to 15 minutes, or until the potatoes are tender, but not soft. It is best to remove potatoes from the water while they remain slightly firm, as they will continue cooking, even after being removed from the water. (Perfectly cooked potatoes should still be slightly firm and should hold their shape without being mushy.) Allow potatoes to rest, covered with a clean towel, while you prepare the other ingredients. Do not rinse under water to cool.

In a small bowl, whisk buttermilk, mustards, mayonnaise, dill, and 1 teaspoon of pepper. When the potatoes are cool, cut into approximately 2-inch cubes or segments. Put the cut and cooled (but not cold) potatoes into a large bowl and pour enough dressing over them to moisten them. Since potatoes absorb moisture, more dressing may be added as desired.

Add the celery and red onion, hard-boiled eggs and cheese, adding salt and pepper to taste. Toss ingredients together well. Refrigerate for a few hours before serving. This salad is best if the flavors are allowed to blend together before serving.

**It is simple to make your own buttermilk from Longmont Dairy Milk. Add 1 tbsp. white vinegar or lemon juice to 1 cup of milk. Let the mixture stand for 5 minutes. Then, add the amount indicated by your recipe.*

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Order at
303-776-8466

or online at
www.LongmontDairy.com



Better for you. Better for Colorado.

* Whole Milk.....	1/2 Gallon	\$2.79
	1 Quart	\$2.15
* Reduced Fat (2%) Milk.....	1/2 Gallon	\$2.79
	1 Quart	\$2.15
* Low Fat (1%) Milk.....	1/2 Gallon	\$2.79
	1 Quart	\$2.15
* Fat Free (Skim) Milk.....	1/2 Gallon	\$2.79
	1 Quart	\$2.15
Chocolate Milk (2%).....	1 Quart	\$2.30
Chocolate Milk (2%).....	4 Pack	\$7.24
Strawberry Milk (2%).....	1 Quart	\$2.15
Half and Half.....	1 Quart	\$3.32
	1 Pint	\$2.32
Whipping Cream.....	1 Quart	\$5.52
	1 Pint	\$3.32
Orange Juice.....	1/2 Gallon	\$3.80
	1 Quart	\$2.49
Apple Juice.....	1/2 Gallon	\$4.21
Lemonade.....	1/2 Gallon	\$3.42
Medium Cheddar Cheese.....	16 oz.	\$6.89
Sharp Cheddar Cheese.....	16 oz.	\$6.89
Colby Jack Cheese.....	16 oz.	\$6.89
Shredded Cheeses.....	8 oz.	\$3.79
Egg•Land's Best Eggs.....	1 Dozen	\$3.79
Country Cream Butter.....	1 lb	\$4.99
Meadow Gold VIVA Low-fat Cottage Cheese	24 oz.	\$4.94
Metal Porch Boxes (optional).....		\$45.00
Sports Drink Bottle (special introductory offer).....		\$13.95
Delivery Charge (per delivery).....		\$1.00
*Quantity Discounts		
1/2 gallons milk only: Five cents per half gallon on the purchase of twenty or more 1/2 gallons per month (if there is no previous balance on your account). Weekly minimum delivery - 3 bottles, any size		
Prices effective May 1, 2011		

LONIP25-0411

International Joke Day is July 1st!

*Why did the farmer feed money to his cows?
He wanted rich milk!*

*Why is the barn always so noisy?
All the cows have horns!*

*Teacher: Name 5 things that contain milk.
Student: Butter, cheese, ice cream, and...
2 cows!*