



LONGMONT DAIRY FARM INC.

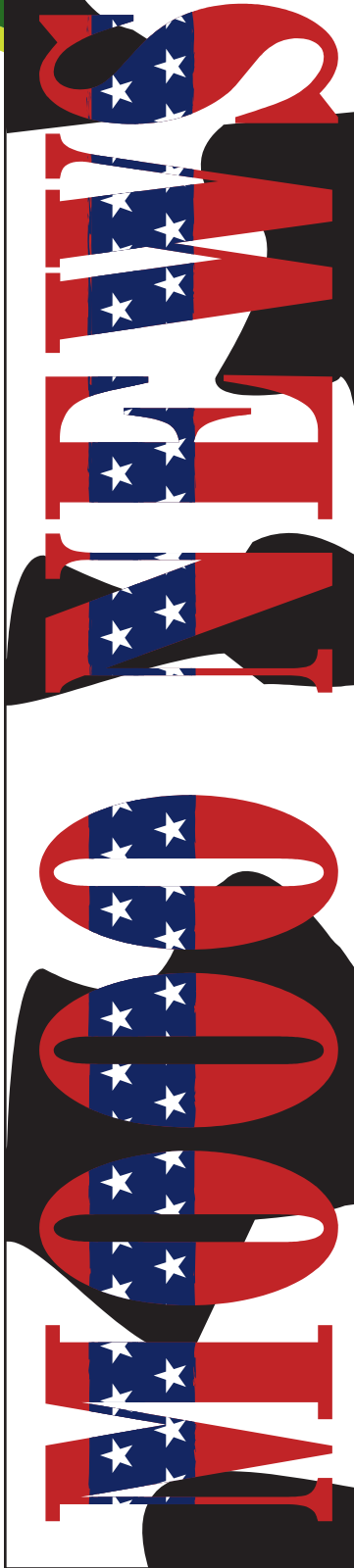
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Longmont Dairy Farm, Inc.



Celebrate the Birth of our Nation with Family Fun

July is a great time for family activities. As we celebrate the Fourth of July, we thought it would be fun to focus on life in 18th century America and how Colonial kids passed their days.

The Start of the American Revolutionary War

The battles of Lexington and Concord, April 19, 1775, marked the start of the American War of Independence. The British Army, stationed in Boston, was given orders to capture and destroy rebel military supplies that they believed were stored in Concord. About 700 British soldiers marched to Lexington where, as the sun rose, the first shots of the war were fired. At the North Bridge in Concord, the British were forced to retreat by a large group of patriot militiamen.

Read more about this exciting battle. If you visit Boston, be sure to spend time at the Minute Man National Historical Park which runs between Lexington and Concord.

Continued on inside.

Order Whipping Cream to make Ice Cream

Celebrate the Fourth of July with Homemade Ice Cream.

You will find many recipes for making ice cream at Moorecipes.com.



JULY

Happy Birthday USA!

Dear Friends,

Are you in the full swing of summer? Seems like it took a long time for summer to arrive this year-but happily it is here now!!

What are some of your favorite ways to stay cool in the summer? I love putting my feet in the little pool while the kids are playing, sewing in the basement, sitting in the shade, drinking root beer floats!! Now we're talking!

Homemade ice cream is amazing no matter how, where or with whom you enjoy it! Even George Washington enjoyed it!

This month we have included a favorite ice cream recipe from my Mother-in-law, Olna Boyd's recipe box.

Hope you enjoy!

Until next time, stay cool and take care,

Susan

Celebrate the Birth of our Nation with Family Fun

Continued from front page.

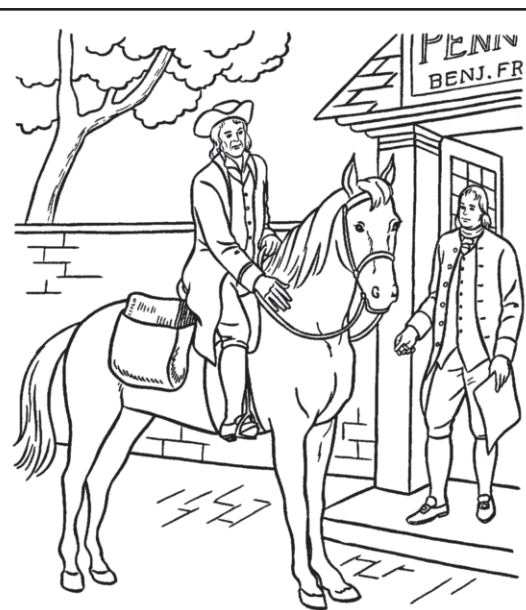
Recreate the "March from Boston to Concord"

Experience the British march by taking your family or friends on a 7-mile hike. The Boulder Creek Path is 7.1 miles and ranked "easy." Start on the eastern side at Gerald Stazio Softball Fields, off 63rd and Stazio Drive. The western end of the path is up Boulder Canyon Drive.

Remember that the British marched all the way to Concord and then quickly retreated back to Boston under constant fire from the rebel patriots who were hiding behind trees and buildings. If you have the energy, run back to the eastern start of the trail.

Colonial Toys

In 1776 many children and their parents made toys from scraps or leftover things. Dolls were made out of corn husks and scraps of cloth. Boys created imaginary horses with sticks. Families were usually large, so children often had someone to play with. Just like kids of today, Colonial kids would jump rope, play scotch-hopper (hopscotch), swing, or play on a see-saw. They would play tag, leapfrog, hide-and-seek and have relay races.



Riders carried mail and newspapers from town to town.

Make a Whirligig

Draw a 4-inch circle on a piece of cardboard. Cut it out. Make two holes, about $\frac{3}{8}$ inches from the center. Thread a 2 $\frac{1}{2}$ -foot string in and back through the two holes and tie the end. Hold the string so the disk is in the middle. Twirl the disk until the string is wound up. Then pull both ends away from the disk to make it spin. Continue to pull and relax to keep the Whirligig whirling. You can also substitute a large button for the disk.

Make an Apple-Head Doll

Apple dolls originated in early, rural America. Make a couple of apple head faces. They will all look different.

Select a large firm apple and peel. Mix together a solution of 50% salt and 50% lemon juice and coat your apple heads. Carve out the basic features of a face on one side of the apple. Keep features large and simple. Coat with lemon juice mixture. Place the heads in a dry location and turn them every 2 days. It will take about two weeks for the faces to shrivel up or dry them on low heat in the oven. When dried and shriveled up, make a body for the head with a small bottle, a toilet paper roll or a paper towel roll as the base.

Colonial Kids Cooked

Kids in 1776 spent a lot of time helping with chores around the house or at a farm. They would carry wood for the fire and water from the wells. They also helped in the kitchen.

Make Butter

Try making your own delicious butter from cream.

You need a glass jar with a tight lid, and heavy cream.

- Fill your jar half way with whipping cream.
- Put the lid on the jar and close it tightly.
- Shake it and shake it some more. After about 15 to 20 minutes it will begin to form a soft lump. Keep shaking until the jar has a solid lump of butter and it has separated from the liquid buttermilk
- Pour the contents of the jar into a strainer to strain out the buttermilk. (You can save the buttermilk to make pancakes with.)
- Wrap the butter in plastic wrap and refrigerate.
- Slather it onto an English muffin or toast. Mmmm.

Nothing is better than butter made with Longmont Dairy Cream!

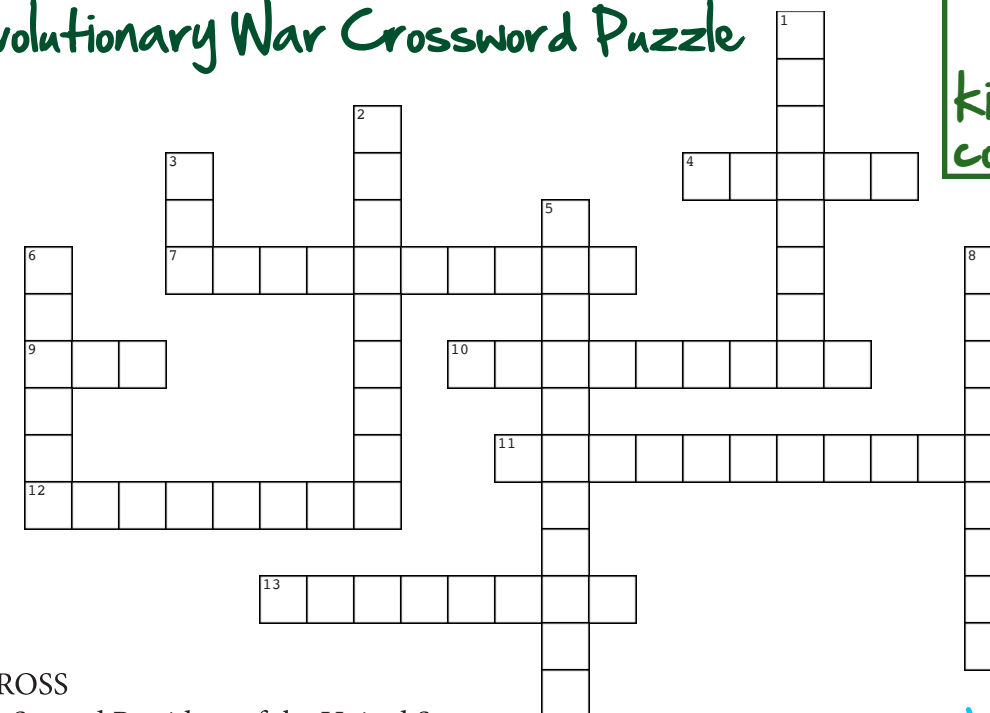
For more Colonial coloring pages, visit: www.Longmontdairy.com/kids.



Over The Mountain Journal (www.otmj.com)



Revolutionary War Crossword Puzzle



ACROSS

4. Second President of the United States
7. A general and our nation's capital
9. The color of the British soldiers coats
10. A citizen soldier who responded to the British Army when they marched on Concord and Lexington
11. Horrible winter camp of Washington's Continental soldiers
12. General Washington forced the British to surrender here with the help of the French
13. The Patriot on the ten dollar bill

DOWN

1. First major American win of a battle in upstate New York
2. Paul Revere's Ride was to?
3. Most colonial farmers had one for fresh milk
5. Largest Signature on the Declaration of Independence; today means to sign your name

Puzzle solution can be found at Longmontdairy.com/kids.

Things to Look For

Annual Eggnog Bottle Design Contest

Get ready to submit designs. Information will be in the August Moo News and online July 22nd.

Peaches are Coming in August!



AMERICAN



George Washington Enjoyed Ice Cream, Too!

Ice cream and raspberries were recorded as being one of the favorite desserts in Colonial Virginia. Try Olna Boyd's custard style vanilla ice cream which is delicious as is. As an option, you can add the raspberry ice cream mixture before freezing.

Olna Boyd's Vanilla Ice Cream

- 4 Eggland's Best eggs
- 3 2/3 cups sugar
- 1 tbsp. vanilla (Watkins Double Strength)
- Dash salt
- 3 cups Longmont Dairy whipping cream
- 2 quarts Longmont Dairy whole milk

Beat eggs lightly. Add sugar, milk and put in a kettle (a double boiler works best). Let simmer over low heat, stirring constantly with a wooden spoon to keep it just below boiling point. When it has congealed to a consistency of thin custard, remove mixture from heat. Let cool. Add whipping cream, vanilla and stir well.

Pour into canister of your ice cream machine to within about 3 inches of the top. Freeze according to manufacturer's instructions.

Raspberry Ice Cream

- 3 1/2 cups fresh or frozen raspberries
- 1 cup sugar (add more sugar to your taste)
- vanilla ice cream (see recipe above), chilled

Press the thawed or fresh raspberries through a sieve to remove the seeds. Add sugar and stir until sugar is dissolved. Stir into the chilled ice cream.

Chill, covered, in the refrigerator for at least two hours. Freeze in ice-cream machine according to the manufacturer's instructions.

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Tips & Reminders



Hot Weather Milk Tips

Place your milk cooler where the driver can see it but where it will be shaded from the early morning sunlight. Refrigerate the milk as soon as possible. Visit longmontdairy.com/customer-service/ for more milk tips.

Ginger Bread

This recipe is attributed to George Washington's mother, Mary Ball Washington.

Preheat oven to 350° F. Butter a 9" square cake pan.

- 1/2 cup Country Cream Butter – softened
- 1/2 cup plus 2 tbsp. dark brown sugar - packed
- 1 cup molasses
- 2 3/4 cups sifted flour
- 1 tbsp. ground ginger
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/4 tsp. ground allspice
- 2 large Eggland's Best eggs, plus 2 large egg whites, lightly beaten
- 1/4 cup Longmont Dairy orange juice
- 1 tbsp. grated orange zest

In a large bowl, beat together the butter and the brown sugar until fluffy. Add the molasses and beat until well combined. Sift the flour and all spices together. Alternately add the eggs and egg whites, and the flour to the butter mixture, beating well after each addition. Add the orange juice and zest and beat until the batter is smooth and light. Pour into the prepared pan and bake for 35 to 45 minutes or until a toothpick comes out clean. Cool completely before slicing.

*Virginia Historical Society in Richmond
www.mountvernon.org
Mooo News July 2016*

BBQ Checklist

- ✓ Remember Tillamook Sliced Cheese to top your hamburgers.
- ✓ Hope Hummus comes in three great flavors. Just add pita chips for a healthy, tasty dip!
- ✓ Longmont Dairy Lemonade - More taste, less sugar and no corn syrup. It's refreshing!