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# NEWS TIPS MOO

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# AUGUST Back to School



Dear Friends,

As a mother of two, writing this in June, I wonder what “Back to School” will look like this year due to COVID. I’m a planner, and it’s hard to not be able to plan what tomorrow may bring. This has certainly been a very strange time for us all.

COVID has taught us how to be flexible and adaptable during difficult times. I know that here at LDF, our employees have had to adapt to many new practices and we are grateful for their flexibility. And we also thank you for adapting to some of the changes that we’ve had to make.

I hope you have found some silver linings through the COVID experience. For me, I’ve learned not to take so many little things for granted. We hope you and your family are well.

Take care,

*Katie*

## Timing Protein Intake

Researchers are finding that high-quality proteins, such as milk proteins, promote satiety, weight maintenance, blood glucose control, and muscle synthesis, in addition to helping prevent certain chronic diseases.

While most Americans get plenty of protein, research indicates that the body uses only a certain amount of protein at a time. It can’t save it for later use. We need to eat protein in meals and snacks throughout the day to maximize the potential for muscle growth, repair, and to provide other benefits. Your best opportunity to increase protein is by enriching your breakfast with milk, yogurt and eggs. Visit [LongmontDairy.com/more-protein](http://LongmontDairy.com/more-protein) for more information.

## Save on Pro-to-Go Protein Milk

Great for a workout or meal replacement, Pro-to-Go boosts your protein. 14 grams of protein per 8 oz. serving. Only \$3.48 per quart when you order 4 or more. (Regular individual price is \$4.09)



## Hey Kids! Enter the Egnog Bottle Contest

Wondering why we hold the Egnog Bottle Design Contest in the middle of the summer?

- Kids are looking for things to do in the summer.
- We have to order the glass bottles about three months in advance.

This year, our contest theme is “**Santa’s Helpers.**” Draw your ideas and enter for a chance to see your design on our 2020 Holiday Egnog bottles. Include the year “2020” in your design. To draw your entry, use the form on the back side, or a blank sheet with a 4 ½” x 1 ½” rectangle. Draw with a black pen or marker to make dark lines. Use only one additional color.

**You can enter more than one time.** Write your name, parent’s name, age, address, phone number, school, grade, and milk delivery customer number on the bottom of each page you enter. The contest is open to students who are in grades Kindergarten through 12th grade and whose families are current customers of Longmont Dairy. For more details, visit [LongmontDairy.com/contest-rules](http://LongmontDairy.com/contest-rules). Email your entry to [customerservice@longmontdairy.com](mailto:customerservice@longmontdairy.com) before midnight on August 16, 2020.

Name: \_\_\_\_\_ Parent’s Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Customer Number: \_\_\_\_\_

Phone: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



# MOOO RECIPES

## Beef and Cheese Empanadas

Makes about 12.

### FOR THE DOUGH

3 cups all-purpose flour  
1 teaspoon kosher salt  
1 teaspoon baking powder  
½ cup cold Country Cream Butter, cut into cubes  
¾ cup water  
1 Egg-Lands Best egg (large)



### THE FILLING

1 tablespoon extra-virgin olive oil  
2 tablespoons onion, chopped  
1 jalapeño, cleaned and chopped  
2 cloves garlic, minced  
1 pound ground beef (shredded chicken can be substituted)  
1 tablespoon tomato paste  
1 teaspoon oregano  
1 teaspoon cumin

Kosher salt  
Freshly ground black pepper  
½ cup diced tomatoes  
1 cup Tillamook Sharp Cheddar Shredded Cheese  
1 cup Tillamook Colby Jack Shredded Cheese  
Egg wash (egg beaten with water), for brushing

### MAKE DOUGH

In a large bowl, whisk together flour, salt, and baking powder. Cut butter into flour using your hands or a pastry cutter. Add water and egg and mix until dough forms. Turn dough out on a floured surface and knead until smooth (about 5 minutes).

Wrap in plastic wrap and refrigerate for 1 hour.

### FOR BAKING

Preheat oven to 400° and line two large baking sheets with foil.

Heat oil in a large skillet over medium heat. Add onion and cook until soft (about 5 minutes) then add garlic and cook until fragrant (1 minute). Add ground beef and cook until no longer pink (about 5 minutes). Drain fat.

Return pan to medium heat, and stir tomato paste into beef. Add oregano, cumin, and season with salt and pepper. Add tomatoes and jalapeños and cook until warmed through (about 5 minutes). Remove from heat and let cool.

Place dough on a lightly floured surface and divide in half. Roll one half to ¼" thick. Using a 5" round cookie cutter, cut out rounds.

Moisten outer edge of a dough round with water and place about 2 tablespoons of filling in center and top with cheddar and Colby Jack. Fold dough in half over filling. Use a fork to crimp edges together. Repeat with remaining filling and dough.

Place empanadas on prepared baking sheets and brush with egg wash. Bake until golden brown and filling is warmed through, about 25 minutes.



## 50¢ Off Fresh Brewed Black Tea

Just \$2.55 in August. Sourced from the Iyerpadi Estate in India and imported by Silver Canyon Coffee, enjoy brisk, refreshing, iced tea from LDF. Delivered in half gallon bottles.

## Silver Canyon Coffee Blend of the Month

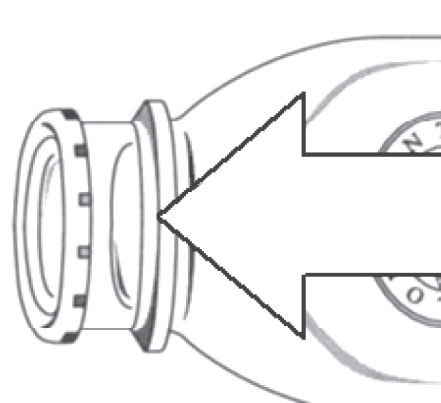
Special, limited quantities of these fresh roasted beans by Silver Canyon Coffee in Boulder. Check our website for details.



### Bread of the Month:

## Cinnamon Peach Cobbler

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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.