

LONGMONT DAIRY  
DELIVERY

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September 2022

# SEPTEMBER

Savor the Season!



*A recent photo of one of our calves.*

Dear Friends,

It has been a busy and exciting summer for me. I got married in June to a wonderful man named Clint. We enjoyed a very small wedding in Beaver Creek at which we were able to blend our families. Many of you may have known me as Katie Herrmann through the years, but I wanted to share my news and let you know that my name has now been changed to Katie Copeland, so you will be aware for future communications.

In other news, we are excited to start rolling out all of our fall products again. I can't tell you how many friends and customers tell me that they cannot wait for the Eggnog to come back... I think people are just a little hooked!

Enjoy the coming Fall season!

Take care,

*Katie*



## You Asked

### Health and Care of our Cows

We maintain a closed herd which limits the possibility of diseases being introduced to the farm and cows.

We feed our cows a highly nutritious and balanced diet grown on local farms. Our pens are large and open, allowing our cows to move around, eat, drink water, and enjoy the Colorado sunshine (or rest in a shelter when needed).

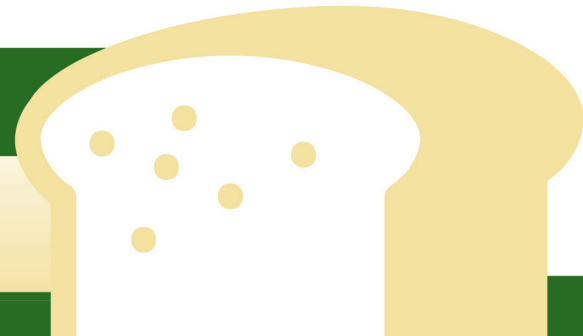
We have never used artificial growth hormones because we know it's hard on the cows. This means they produce a little less milk but are healthier overall.

A veterinarian visits the farm weekly and when a cow is sick and needs medication, she is isolated from the rest of the herd until she is well. To assure that our milk is antibiotic free, all of the milk is tested for antibiotic residues daily, before processing.

Cows are amazing, valuable animals, and our farm managers watch them carefully around the clock.

## Bread of the Month

September: **Zucchini**



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Longmont Dairy Farm, Inc.

# MOOO RECIPES

## Apple Cider Muffins

These muffins are great energy bites and can be frozen for a quick snack on-the-go. Makes 8 muffins.

¼ c. Country Cream butter, at room temperature	1 ½ c. flour
¼ c. butter-flavored shortening	2 tsp. baking powder
⅔ c. white sugar	1 tsp. cinnamon
2 Egg-Land's Best eggs	½ tsp. salt
	⅛ tsp. ground nutmeg

1 c. Talbott's apple cider  
2 apples - peeled, cored, and diced small

Preheat oven to 350° F. Grease 8 muffin cups, or line with paper liners.

Cream butter, shortening, and sugar with an electric mixer at medium-high speed. Add eggs, one at a time, mixing well after each addition and scraping the sides of the bowl as necessary.

Whisk flour, baking powder, cinnamon, salt, and nutmeg together in a separate bowl. Turning the mixer to low, alternate adding the flour mixture and cider, starting with flour and ending with cider. Mix well, then stir in apples.

Spoon batter into prepared muffin cups, using about 2 generous tablespoons for each.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 minutes. Let cool before serving.

*Mooo News, September 2022*



Benefiting  
Children's Hospital Colorado

## Go Gold® for Childhood Cancer in September

Join us in supporting those affected by childhood cancer! For each bottle of gold-capped Longmont Dairy Regular Lemonade delivered during the week of September 26-30, we will donate \$1 to Children's Hospital Colorado's Center for Cancer and Blood Disorders.



## Fall Flavor Delivered!

*A simple way to savor some seasonal goodness.  
Available for a limited time.*

**Talbott's Apple Cider**

**Classic or Pumpkin Spice Eggnog**

**Orange Cream Milk**

**Silver Canyon Pumpkin Harvest Blend Coffee**

**Pumpkin Noosa Yoghurt**

**Mary's Mountain Pumpkin Chocolate  
Chip Cookie Dough**