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# MOOO NEWS

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# JUNE

## Happy Father's Day!



Dear Friends,

At long last, summer is just around the corner! Father's Day is really the first holiday that falls in the summer. Nearly the longest day of the year is the perfect time to start your summertime fun!

As I remember Father's Day in our family, it was often a low-key kind of day. We'd have a great after-church lunch of fried chicken, garden veggies, iced tea and lemon meringue pie. Baseball on the TV and napping in various spots in the living room followed. David's Dad, Jim, would sometimes churn homemade ice cream. David would toss a ball or watch grandkids splash in the backyard sprinkler.

How ever you start off your summer days, we hope you enjoy them. Make some good memories during a lazy afternoon. Happy Father's Day to all of our dads here at the dairy and all of you dads who make Longmont Dairy a part of your week.

Take care until next time,

*Susan*

### National Dairy Month

National Dairy Month is a great way to start the summer with nutrient-rich dairy foods.

According to the International Dairy Foods Association, from calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight, reduce your risk for high blood pressure, osteoporosis and certain cancers.

Whether it's protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse.

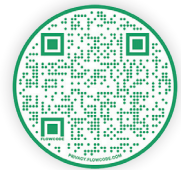
Those are just a few of the reasons that you should celebrate dairy not just in June, but all year long.

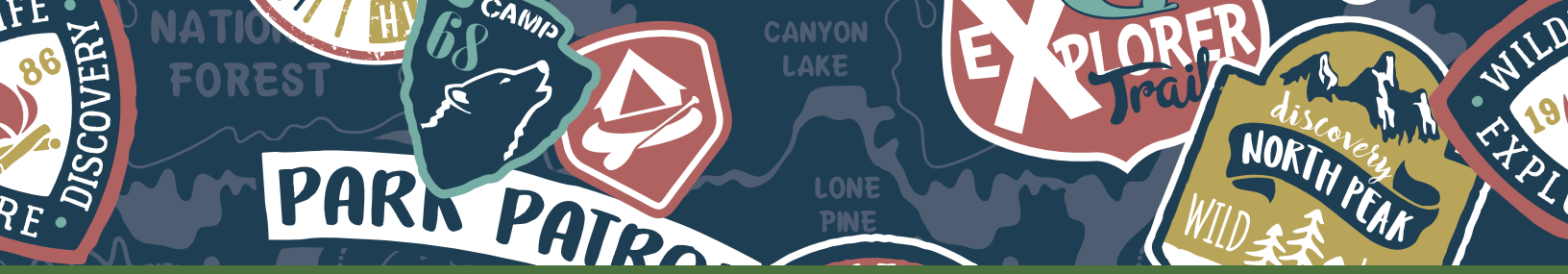
### Farmers Market Schedule

Support local farmers and visit with us at these locations this summer:

- **Berthoud Farmers Market** 4pm - 7pm every Thursday beginning June 8
- **Cherry Creek Fresh Market** (Denver) 9am - 2pm every Saturday beginning May 6
- **Erie Farmer's Market** 5pm - 8pm every Thursday beginning May 11
- **Green Valley Ranch Farmers Market** (Denver) 5pm - 8pm every Wednesday beginning June 7
- **Louisville Farmer's Market** 9am - 1pm every other Saturday beginning May 13
- **Orchards** (Westminster) 9am - 2pm every Sunday beginning June 4
- **Westminster Farmer's Market** 9am - 1:30pm every other Saturday beginning June 3

Use this QR code to find a more comprehensive list of the times and locations for some of the local farmers markets we will be attending, or visit [LongmontDairy.com/farmers-market](http://LongmontDairy.com/farmers-market).





# MOOO RECIPES



*As a special treat for Dad, make this classic Swiss breakfast food with some of his favorite fruits. Full of natural ingredients, it's great for a relaxing morning at home or to take on an outdoor adventure.*

## Swiss Muesli

- |                              |                                  |
|------------------------------|----------------------------------|
| 2 cups rolled oats           | ¼ cup honey                      |
| ½ cup raisins                | 1 cup Noosa vanilla yoghurt      |
| 1½ cups Longmont Dairy milk  | ½ cup sliced or slivered almonds |
| 4 medium, firm apples, cored | 2 cups berries of your choice    |
| ¼ cup lemon juice            |                                  |

Combine oats, raisins and milk. Soak at least 30 minutes, up to overnight. Coarsely grate apples. Add lemon juice, honey, and yogurt to the apples. Toast the almonds in a small frying pan over medium heat for 2-3 minutes, stirring constantly, until golden. Allow to cool. Combine the oat mixture with the apple mixture. Stir in the berries. Top with toasted almonds and serve.



Clip and file in your recipe collection!  
Use this QR code to find the recipe online.



Bread

Lemon

Prefare Meal

Tex Mex Chicken Burrito Bowl

Rome's Sausage

Italian Sausage Links



## Root Beer Milk

Enjoy the creamy, smooth taste of Root Beer Milk. Made with Longmont Dairy 2% milk and natural ingredients, it is a delicious, summer-time dessert or snack. It has less added sugar than soda, no corn syrup, and is caffeine-free!

## Georgia Boys BBQ Sauce

Born in the Heart of Dixie, two Georgia Boys, Matt and Nick, moved to Colorado and brought with them their love of BBQ. We love supporting this local vendor and you will love their Original, Sweet Heat, and Carolina Vinegar BBQ Sauces.



## Bagels & Cream Cheese

Start your day off with a delicious, NY-style bagel, paired with your favorite sweet or savory cream cheese, spread for a quick and easy breakfast on the go!



# JUNE—PRODUCTS OF THE MONTH