



LONGMONT DAIRY FARM INC.

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Longmont Dairy Farm, Inc.

# JANUARY

## Welcome 2014!

# MOOO NEWS

### Moove and Party!

Did you know that half of the annual weight gain in the U.S. occurs during the holiday period? (You can link to this study, published in the New England Journal of Medicine, November 2012, from MooNews.com.)

### January means it's time to MOOOVE COLORADO!

But, January is also a time to gather with friends and watch football playoffs and bowl games, so we have included a few healthier party recipes to help you eat well.

### Get Out and Moove at the Quaker Oatmeal Festival

The 18th annual Quaker Oatmeal Festival & 5K Walk/Run will be Saturday, January 11th from 7:30 a.m. – 12 p.m., at Pioneer Elementary School, 101 East Baseline Road, Lafayette.



We will be providing Longmont Dairy milk, cream and orange juice again. Plus, you will get to taste our wonderful chocolate milk.

This unique event focuses on healthy lifestyles for families with the oatmeal breakfast, a 5K walk/run and a Health Fair.

For more information about the event, visit "Events" at [www.LafayetteColorado.com](http://www.LafayetteColorado.com).

Dear Friends,

A few days ago my 3 year old grandson asked me when we could go to the Stock Show again???? Sometimes the business of the holidays overrides the fact that there is so much fun to have after January 1st!!!! Well, the National Western Stock Show is just a few days away now, and I too am excited to go and see what's new!

In the meantime, we are so happy to be participating in Lafayette at the Oatmeal Festival on January 11. We consider it a privilege to serve our milk products to thousands of hungry folks after the race. It's a great way to start the new year—active and eating healthy!!

Take care 'til next time,

*Susan*

### New Noosa Flavors for the New Year

Starting on January 1st we will add Tart Cherry, Passion Fruit and Plain Noosa Yoghurt to our selection of flavors. All Noosa flavors are available in 8 oz. containers and are discounted when you order 6 or more.



# MOOO RECIPES

## Spinach Artichoke Yogurt Dip

- 14 oz. can artichokes, drained, chopped
- 10 oz. frozen, chopped spinach, drained
- 1 cup plain Noosa Yoghurt
- 1 cup shredded mozzarella
- ¼ cup chopped green onions
- 1 clove garlic, minced
- 2 Tbs. chopped red peppers

Mix together everything except the red peppers. Pour into 1-quart casserole. Bake at 350° for 20-25 minutes. Sprinkle top with red peppers. Serve on toasted bread or crackers.

*Adapted from allrecipes.com  
Mooo News, January 2014*

## Onion Yogurt Dip

- 1 medium sweet onion, chopped
- 1 medium red onion, chopped
- ½ Tbs. salted butter
- 1 Tbs. olive oil
- 2 cups plain Noosa Yoghurt
- 1 tsp. salt
- 2 tsp. brown sugar
- 1 tsp. black pepper
- ¼ tsp. garlic powder

In a large heavy skillet, melt butter and olive oil. Add chopped onions and ¼ teaspoon salt. Stir. Cover pan, simmer 40-45 minutes. Stir frequently. Add 1 teaspoon brown sugar, stir. Simmer 5 minutes. When caramelized, turn off heat. Stir in 1 teaspoon brown sugar. When cool mix with yoghurt in a bowl. Add salt, pepper and garlic powder. Chill 2 hours. Serve with veggie sticks or potato chips.

*Mooo News, January 2014*



Prices effective September 1, 2013

<b>Whole Milk</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Cottage Cheese</b> 24 oz. - \$5.69
<b>Reduced Fat Milk - 2%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Daisy Sour Cream*</b> 16 oz. - \$3.69
<b>Low Fat Milk - 1%</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Tillamook Block Cheese</b> 16 oz. - \$6.99
<b>Fat Free Milk - Skim</b> ½ Gallon - \$2.89 1 Quart - \$2.24	<b>Tillamook Shredded Cheese*</b> 8 oz. - \$3.99
<b>Half and Half</b> 1 Quart - \$3.39 1 Pint - \$2.39	<b>Tillamook Sliced Cheese*</b> 8 oz. - \$3.99
<b>Whipping Cream</b> 1 Quart - \$5.69 1 Pint - \$3.49	<b>Tillamook Tilla-Moos Pack-it-Pals*</b> 10 - ¾ oz. servings. - \$4.79
<b>Chocolate Milk (2%)</b> 1 Quart - \$2.39 4-Pack - \$7.39	<b>Egg-Land's Best Eggs</b> Cage Free Brown - AA Large 1 Dozen - \$4.14 White - Grade AA Large 1 Dozen - \$2.99
<b>Strawberry Milk (2%)</b> 1 Quart - \$2.24	<b>Noosa Yoghurt*</b> Plain, Blueberry, Peach, Strawberry Rhubarb, Mango, Raspberry, Honey, Lemon, Tart Cherry, Passion Fruit <b>Purchase Individually:</b> 8 oz. - \$2.89 <b>SAVE! Order 6 or more:</b> 8 oz. - \$2.49 each
<b>Meadow Gold Buttermilk*</b> 1 Quart - \$3.99	<b>Mary's Mountain Cookie Dough*</b> Chocolate Chip 3 pound tub - \$9.95
<b>Orange Juice</b> ½ Gallon - \$3.80 1 Quart - \$2.49	<b>Metal Porch Boxes</b> \$57.50 - optional
<b>Talbot's Apple Juice</b> ½ Gallon - \$4.21	
<b>Country Cream Butter</b> 1 lb. - \$4.99	
<b>Grassland Spreadable Butter*</b> 8 oz. - \$2.89	

\* These products must be preordered.

Quantity Discounts apply to purchases of 20 or more ½ gallon bottles of milk per month (if there is no previous balance on your account).

Weekly Minimum Delivery: 3 items.

Delivery Charge - \$1.00 (per delivery)

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## A Milk Caps for MOOOLA Thank You

Thank you to the many students who have been bringing their Longmont Dairy milk caps in to help raise money for their school. We have over 130 schools participating. For more information on Milk Caps for MOOOLA, visit [LongmontDairy.com](http://LongmontDairy.com)

