



DAIRY FARM INC.

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MOOOO NEWS

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Longmont Dairy Farm, Inc.



Cinco de Mayo!

Dear Friends,

When I was growing up, we always had an ample supply of heavy cream from our milk cow. In the springtime, Mom would have to go out on the road side and pick asparagus. It tasted delicious, but was especially good served with cream. Throughout the summer, we put cream on lots of our garden produce and fruit. My Grandma even served cobblers and pies with cream poured over them.

When I discovered "Tres Leches Cake," it fit right into my food memories from so many years ago. The history of Tres Leches Cake is rather unexotic. It seems to have originated as a promotional recipe by a canned-milk company to help increase sales. No matter what the history is, it is a wonderful treat! And Cinco de Mayo may be just the reason to give it a try! I hope you will have fun baking and eating it. Seems like it might be the perfect thing to serve under fresh strawberries.

Take care 'til next time,

Susan Boyd

School Kids!

If your school is participating in our Milk Caps for Moooola fund raiser, remember to save your caps over summer vacation and turn them in when you return. We have about 70 schools that are participating. Check the Milk Caps page on our website for more information and to find out if your school is participating.

Farmers' Markets

will be starting in late May. Check our website for the schedule.

So You Know...

We value the safety and security of your family, home and neighborhood. That's why all our milk delivery drivers and sales people participate in criminal background checks before they are hired. You can identify the sales people by the Longmont Dairy uniforms they wear when working. The drivers don't wear uniforms.



Lemonade Arrives May 1st

Raspberry and Regular Flavors

Longmont Dairy lemonade has less sugar and more taste. We use 20% less sugar and no corn syrup! Delicious and refreshing.

**\$1 off regular price of \$2.99,
for the month of May**



HOW YOU MOOOOVE...

Congratulations, poetry contest winners!



Elementary School K-2nd Grade

1st Prize

Hosannah A., 2nd Grade
Twin Peaks Charter Academy,
Longmont

I dance a jig,
and turn around.
Rub my tummy,
And touch the ground.
I drink LDF milk
it tastes so good,
I get that feeling
that I should
turn a cartwheel
or stand on my hands.
Finally I'm full
there's nothing in my bowl
Hurry and spread the news
This is really
the milk you should choose!
Hurray for LDF milk!

2nd Prize

Colby F., 2nd Grade
Niwot Elementary,
Longmont

How milk makes me move

Milk makes me go,
just like a tow truck should tow.
It makes me move like a car,
and it tastes like a chocolate bar.
It makes me move like a truck,
and it might give me good luck.
Milk makes me be so strong,
and it gives me energy all day long!

3rd Prize

Anna H., 1st Grade
Home School, Centennial

Swimming

Swimming I like to do.
I have fun at the pool.
After swimming all day,
I need energy to play.
Chocolate milk is my fuel!

3rd-5th Grade

1st Prize

Ryan J., 5th Grade
Meiklejohn Elementary,
Arvada

My Moooves

Cartwheel, handstand,
stumble, and spin,
drinking Longmont Dairy chocolate milk
always makes me win!

Deep powder, chutes, moguls, trees.
Your orange juice makes skiing a breeze.

Punches, kicks, ridgehand, grapple.
Nothing beats the Talbott's apple!

Longmont Dairy makes me MOOOVE,
And always keeps me in the groove.

2nd Prize

Dennis M., 4th Grade
Brighton

I think Longmont milk is sweet.
It's really quite a treat
It makes me mooove
and have fun in the sun.
It makes me mooove
and groove to tunes.
It makes me mooove and play all day
until I lay down to sleep the night away.
(Of course, after I drink
warm Longmont milk.)

3rd Prize

Chris D., 5th Grade
West Woods Elementary,
Arvada

I like playing golf a lot;
It gets me out of a boring lot.
But Golf would never be the same,
Without some milk, it's lame.
I drink it once.
I drink it twice.
Fresh and tasty, cold as ice.
Milk gets me in the groove,
and everything is just sooooo smooth!
So let me just remind you twice,
don't you think that it would be nice?
Golf isn't golf, without some LDF MILK!

6th-8th Grade

1st Prize

Sadie F., 6th Grade
Falcon Bluffs Middle School,
Littleton

Horseback Riding

My hair blows back
And I have no fear
As I ride among
My valiant peers

The body feels warm
From underneath me
While I ride my horse
Courageous and free

Like a whisper in autumn
A breath in the air
We ride together
Competition—beware!

But before each ride
I must strengthen up
With Longmont Dairy's milk
I'll only need a cup

It's creamy and refreshing
Smooth and milky
Extremely healthy
And particularly silky

It toughens me up
It's full of glory
I love it with all my heart
Now back to the story

One is for all
And all is for one
'Cause this isn't competitive—
We do it for fun!

It's when you love what you do
When you're in the zone
That you truly feel
Like this is your home

Like a delicate white snowflake
A breathtaking dream
We glide together as one
Still yet to be seen

2nd Prize

Mason C., 6th Grade
Prairie View Middle School,
Thornton

How I MOOOOVE

I move when I hear the crack of my bat
I head for 1st, 2nd, and dashing to 3rd,
hanging on to my hat
I feel like I'm winning a race
An emotion of loss, strewn across
the catcher's face
Celebrating the big win, I sip on my
LDF milk, the kind that's low in fat

I move when I see the puck slap the ice
The puck flies across the rink,
with a quick slice
The game's a tie, us with 2 goals in a row
I come to the net,
the goalie crouches real low
I make a great goal, refresh on my
LDF milk, delivered by people so nice

I move when I hear "GO!"
I feel like I am going to win, I just know
I run like I'm Flash
I'm so fast, my friends can't keep up
with my dash
My LDF milk, I love every kind
and so does my dad's wallet because
it doesn't lose too much dough

3rd Prize

Laurel R., 7th Grade
Drake Middle School,
Arvada

Twirl! Jump! Spin! Leap!
These thoughts race through my head
as I wake from my sleep.
I have a long day ahead,
but nothing to dread;
I've got my LDF milk to lead the way,
to a wonderful dance-filled day!
It will help me go far
and make me a shining star!
I'll be able to slice through the air
like a saw without a single flaw!
Now I must drink my milk to help me
to be the best me I can be!

High School 9th-12th Grade

1st Prize

Abby D., 10th Grade
D'Evelyn Jr. Sr. High School,
Morrison

There once was a girl named Abby
She started to look a bit Flabby
So she made up her mind
To look and then find
A way to become less Crabby.

She decided to Dance
So she could get new pants
Then she drank some milk
That tasted like silk
And discovered a new romance

Along with Dave, her Friend, a boy
And her sudden source of joy
She found foxtrot,
Waltz, swing and sock-hop
And decided she could no longer be coy

2nd Prize

Hannah R., 9th Grade
Home School, Westminster

Running or walking
Jumping or jogging
Moving is great
To not be bait
For a life
Full of struggle and strife
A life full of movement sounds nicer
Instead of being an old miser
So get out and walk
Don't sit around and talk
Get up and get moving
And grooving!

3rd Prize

Kesia S., 10th Grade
Littleton

You ask me how I like to mooove?
The answer's simple,
I like to groove.
Tables, dance floors, dairy farms, too.
Give them a beat,
The cows will dance moo...ahem, too.
But before all the dancing can transpire,
My chocolate milk and I must conspire.

Adult

1st Prize

Kristin Sayer, Littleton

Move It, Colorado Style

Another beautiful day's begun
Under the bright Colorado sun.
Whether winter, spring, summer, fall,
We can get outside and have a ball.

Longmont Dairy milk's the way
To energize and start my day.
After a good nutritious start,
I am ready to depart.

In the spring, what I like best,
Is how well the flowers are dressed.
Either walking or running is fine with me.
So much beauty there is to see!

When it's summer, how 'bout a hike?
Or I find a trail to ride my bike.
Playing baseball or catching fish,
Swimming in a pool, or lake, if you wish.

Then comes the fall, with cooler days,
I enjoy the outdoors in so many ways.
There's tennis, golf, soccer in the breeze,
Fun times moving out with the leaves.

Finally, when winter arrives with a flurry,
To the mountains I go in quite a hurry.
Ski those slopes or sled the hills,
Snowball fights and ice skating thrills.

Any month of the year,
any day of the week,
Could hold the moment that I seek.
Yes, that time to get out of the chair,
Watch out world, you had better beware!

Your milk gets me ready
With energy to be steady,
For all those days I'm out to prove,
That it's the perfect time
to get out and move.

2nd Prize

Karie Watt, Aurora

Rapid Eye "Mooovement"

Rapid eye "MOOOvement"
ends at dawn,
I hop out of bed
with a stretch and a yawn.

The day begins
with the thought of chilled white,
Left on our porch
as we slept overnight.

A staple at breakfast
once everyone wakes,
Dribbled in coffee
or poured over flakes.

Fuel for each meeting,
errand and test,
Filling us up
so we all do our best.

A dose before class
so kids don't become bored,
Strong bones and nice smiles—
a welcome reward.

An energy boost
during yoga and weights,
Each meal,
a glass next to all of our plates.

A swig at the track
to boost sprints and each hurdle,
But keep it on ice
so it won't start to curdle!

We love Longmont Dairy
through and through,
We drink so much milk,
I'm shocked we don't moo!

3rd Prize

Marueen Whitfield, Golden

Whether skies are gray or blue,
I get out to hike or bike
whichever suits my mood,
A drink with the cool milk
of Longmont Dairy starts me out,
For twenty years it has delivered
the boost I need, without a doubt!

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Tres Leches Cake

- 5 large eggs
- 1¼ cups of sugar
- 1 teaspoon vanilla
- 1 cup all purpose flour
- 1½ teaspoons baking powder
- ⅓ cup milk
- 12 fluid oz. can of evaporated milk
- 14 oz. can of sweetened condensed milk
- 1 pint of heavy whipping cream
- butter for greasing pan



Preheat oven to 350 degrees. Separate egg yolks and egg whites into separate bowls.

Beat the egg whites in a small bowl using an electric mixer. Gradually add ¼ cup of the sugar until the mixture begins to firm up. Set to the side.

Beat the egg yolk in an electric mixer with the remaining 1 cup of sugar until the mix is light and fluffy. Stir into the egg yolk mixture the vanilla extract, flour, baking powder, and ⅓ cup milk.

Carefully fold the egg white mixture into the egg yolk mixture. Fold it in until it is well mixed but be careful not to overdo it.

Flour/Butter the bottom of a 9 inch round pan. Spring form pans are the best.

Pour the mixture into the pan. Bake the cake for about 25 - 30 minutes. Since ovens vary, check the cake with a cake tester and make sure it comes out clean.

Take the cake out and cool for at least 15 minutes. Run a knife around the edge of the cake to fully loosen it from the pan. Turn the cake onto a deep serving plate. If using a spring form pan you can simply loosen the top and place the cake with the bottom of the pan directly onto your serving dish. Let cool.

In a medium bowl mix the evaporated milk, the sweetened condensed milk, and ¼ cup of the heavy whipping cream.

Using a fork poke holes all over the top of the cake. Very slowly pour the milk mixture over the cake. If it is not absorbing the liquid well, poke more holes into the cake. There will always be liquid left at the bottom so make sure you have a deep serving plate.

Beat the remainder of the heavy whipping cream with an electric mixer until it reaches your desired consistency for spreading onto the cake. Frost the cake. Add slices of fresh fruit topping if desired.

It is acceptable to serve the cake immediately, however, this cake is the most delicious when it is cold and when it has been refrigerated overnight.

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