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Longmont Dairy Farm, Inc.

FEBRUARY

Go for the Gold!

Athletes Go for the Gold and Milk

As we cheer on our U.S. Olympians in Korea this month, remember that you and your family can strive for more exercise and good nutrition.

For athletes at any level, milk provides a number of advantages:

- Drinking milk before exercise is a convenient way to boost energy.
- It hydrates the body while providing essential vitamins, electrolytes, and minerals.
- Because milk is high in protein and has a low glycemic index, it can help you feel full, while sustaining your energy levels for longer in the day.
- Finally, chocolate milk is a great recovery drink after a day on the slopes or after a hard workout.

Watch for Olympians from Colorado competing in Freestyle Skiing, Ski Jumping, Cross Country Skiing, Alpine Skiing, Snowboarding, and Figure Skating.

Dear Friends,

The Winter Olympics have always been my favorite..."The Thrill of Victory, The Agony of Defeat"!!! (Yes, I know that was from Wide World of Sports.) To watch that skier fly off that huge ski jump was the biggest thrill! It must be the speed of some of those winter sports that is so much fun to watch. Down a huge hill or mountain on ice! Wow! Not that I was ever into any of that myself. I just enjoyed watching on TV, with hot chocolate in hand!

Hopefully, you have had a good start to 2018. The Home and Garden Shows are starting this month and that is one thing I really enjoy visiting. That smell of plants and damp soil always is a great reminder of springtime coming. I also enjoy looking at all the new home decorating ideas as well.

Whatever your passion is, whether outdoors in the snow and cold, or indoors making your home more cozy, we hope you have a great February!

Till next time, take care,

Susan

New! Noosa Mates

Rich and creamy, Noosa yogurt is made with pure wildflower honey, fresh fruit, and fresh milk from a local dairy. Noosa Mates toppings are perfectly matched to each yogurt flavor.

Try Banana Chocolate Peanut, Coconut Almond Chocolate, Honey Cranberry Almond, Honey Pretzel Peanut, or Maple Ginger.

They're over the top delicious! 5.5 oz. tubs with topping - \$3.09.



MOOO RECIPES

Crème Brûlée for Valentine's Day

Serve plain or top with strawberries, Grand Marnier® and whipped cream. Can be made up to two days before serving. 4 - 6 oz. servings.

- 6 Egg-Land's Best egg yolks
- 2 cups LDF Whipping Cream
- 1/3 cup granulated sugar
- 4 - 6 ounce ceramic ramekins (not glass)
- 1 teaspoon vanilla
- 8 teaspoons brown sugar
- Boiling water

Preheat oven to 350°F. Place ceramic ramekins in a 13" x 9" baking pan.

Separate egg yolks from whites, reserving whites for another use. Beat yolks, in a small bowl, with wire whisk. In large bowl, mix whipping cream, 1/3 cup sugar, and vanilla. Mix in egg yolks and beat until completely blended. Pour into ramekins.

Place pan (with ramekins) in oven and pour boiling water to two-thirds of the height of the ramekins. Bake 30 to 40 minutes until tops are golden brown and sides are not jiggly. Remove ramekins from the oven with tongs. Cool on a rack. When room temperature, cover with plastic wrap. Refrigerate from 4 to 48 hours.

Before serving, uncover. Using a paper towel, blot water off. Sprinkle 2 teaspoons brown sugar on each custard. Place on cookie sheet. Caramelize sugar under a broiler for about 2 minutes, watching continuously to prevent burning. Serve immediately or add toppings suggested above.



Molten Chocolate Cakes

Easy-to-make, individual Valentine's Day chocolate cakes will win the hearts of your family and friends.

See the recipe at <http://moorecipes.com/molten-chocolate-cakes/>

Recipe by Linda Larson, from About.com
Mooo News, February 2018

Recipe adapted from www.bettycrocker.com
Mooo News, February 2018

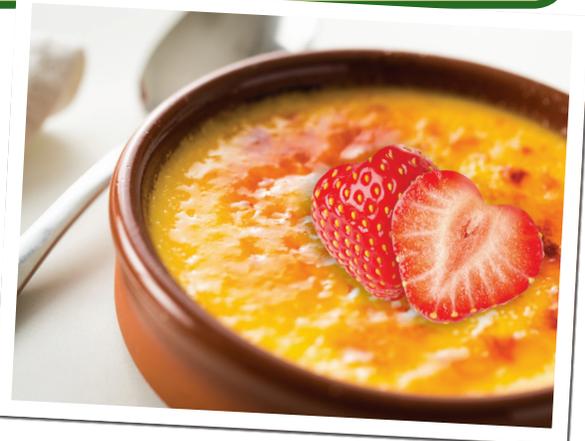
Tips & Reminders



Cold Weather Warning!

When it's really cold out, place a blanket next to or in your milk box so we can wrap up your box to prevent the products from freezing.

If your milk does freeze, place the bottle in your sink, remove the cap and allow the milk to thaw, moving it to the refrigerator as soon as possible. It's still good to drink.



25¢ Off Strawberry Milk in February

Celebrate Valentine's Day with the refreshing taste of Strawberry Milk. Made with 2% milk, natural ingredients, and no red coloring, it tastes like fresh strawberries and cream in a bottle.

Offer good for deliveries between February 1 and February 28, 2018.

