



LONGMONT DAIRY FARM INC.

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NEWS REVIEWS

www.LongmontDairy.com

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Longmont Dairy Farm, Inc.

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DECEMBER

Merry Christmas!



New Study: Milk Hydrates Better than Water

A new study published in the American Journal of Clinical Nutrition has confirmed again how effective skim and full fat milk are for hydration compared to “sports” hydration drinks like juice, soda, coffee and tea. Plain water is, of course, good hydration, but because it is only water, it flows from the stomach faster and more is passed through the body. Milk, with its food value (fats, lactose and protein) slows down the trip through the stomach so that the body absorbs more liquid. Oral hydration solutions (sports drinks) do beat water by itself, but coffee, tea, beer and soda are much worse than water.

In addition, milk also has protein, which most athletes need to rebuild muscle after a workout, and fats that are good for kids’ and seniors’ brains. See video here, <https://www.cnn.com/2019/09/25/health/best-drinks-for-hydration-wellness/index.html>.

Chocolate milk, with sugar and chocolate, is a bonus for those who want the quick energy and nutrients of chocolate, and is the perfect re-hydration drink for athletes.

Dear Friends,

I can’t believe the holidays are right around the corner. If you’re like me, you are in major planning mode right now.

Although I admire the people that spend hours baking cookies, I realize that is not always a reality. Hopefully, we can help you simplify some of your holiday planning. Whether it’s buying the beautiful Holiday Biscotti gift boxes for a teacher, warming up the cinnamon bread Christmas morning, or bringing Eggnog to a holiday party, we hope to help simplify your life during this chaotic time of year.

From all of us at Longmont Dairy -
Have a very Merry Christmas &
Happy Holiday Season!

Katie

Get your 2019 Eggnog Holiday Bottle

Classic or Cinnamon Eggnog, in the 2019 Holiday Bottle, will be delivered December 9-13. Pre-order online, or by calling 303-776-8466, before noon on Friday, December 6. You may keep the holiday bottle! Order extra for friends and neighbors and just add a ribbon to make the perfect holiday gift.



MOOO RECIPES

Mini Caramel Apple Pies

Crust

2 c. Mary's Mountain Roll Out Cut Out Sugar Cookie Dough

Preheat oven to 350 degrees F. Lightly grease a 12-cup muffin tin with nonstick cooking spray and flour. Divide cookie dough into 12 even portions and press into the bottom and up the sides of muffin cups. Bake for 15 minutes then remove from oven.

Filling

5 Granny Smith apples (chopped and peeled) ½ tsp. ground cinnamon
 1 tbsp. Country Cream Butter ¼ tsp. salt
 2 tbsp. packed brown sugar ¼ tsp. ground ginger
 2 tbsp. white sugar ¼ tsp. ground nutmeg
 1 tsp. lemon juice 6 soft caramels

Melt butter in a large saucepan over medium heat. Add apples, brown sugar, lemon juice, cinnamon, salt, ground ginger and nutmeg and cook, stirring occasionally for 5 minutes.

Add caramels and continue to cook until caramels are completely melted and apples are tender, about 3 additional minutes. Remove from heat. Using a slotted spoon, divide filling evenly between sugar cookie crusts.

Streusel

½ c. pecans ½ c. flour
 ½ c. packed brown sugar ½ tsp. ground cinnamon
 4 tbsp. Country Cream Butter chilled and cut into pieces

While the apples are cooking, add pecans, flour, sugar, and cinnamon and pulse in food processor. Sprinkle cold butter over top and pulse until the mixture resembles a crumble.

Top each pie with 1 tablespoon streusel and push into pie. Top evenly with remaining streusel. Bake an additional 5-7 minutes or until crusts and streusel are golden. Cool completely before removing from muffin tin. When cooled, run a sharp knife along the edge of each pie before gently removing.

Caramel Drizzle (Optional)

10 soft caramels ¼ tsp. salt
 1½ tbsp. Longmont Dairy Whipping Cream

Add caramels, whipping cream, and salt to a medium microwave safe dish. Microwave for 1½ minutes then whisk until smooth. Microwave an additional 30 seconds if needed. Drizzle over pies just before serving.



Mooo News December 2019

Cinnamon Eggnog

Celebrate the season with rich and spicy Cinnamon Eggnog.

Only available from November 1 through December 31.

Winter's Companion Holiday Blend Coffee

Serve the perfect cup of coffee to top off your celebrations. Fresh roasted and local from Silver Canyon Coffee.

This flavor only available from November 1 through December 31.

Oatmeal Cranberry White Chocolate Chip Cookie Dough

Save time and bake scrumptious Mary's Mountain cookies. Perfect for a party.

This flavor only available from November 1 through December 31.

Roll-Out Cut-Out Sugar Cookie Dough

Decorating cookies is easy and fun when you bake with Mary's Mountain Cookie Dough.

This flavor only available from November 1 through December 31.

Talbot's Cider

Talbot's Mountain Gold Premium Apple Cider is fresh pressed from a blend of apples grown in Palisade, Colorado. It's refreshing, zesty, and bold.

Available through December 31.



Easy Gift Tips

For Coworkers, Neighbors & Teachers

With a little pre-planning, you can be ready to assemble a last minute, delicious gift.

- 1 Order wrapping materials now. Food Grade Safe, Oriented Polypropylene (OPP), non-toxic gift bags or wrap, in different sizes and holiday colors (they are easy to find online), make wrapping holiday food gifts fast and easy. Have plenty of ribbon and tags handy.
- 2 Make your list of gift recipients (and "check it twice.") Coordinate when to give the gift with your regular Longmont Dairy delivery.
- 3 Order food gifts and remember to get extras for last minute gifts.

Gift Ideas

Holiday Biscotti Gift Box

Give a gift box of 6 barista-size biscotti with hand tied bow from Enjoy Biscotti Co. Just add your tag.

Great for hostess gifts or teacher gifts because they are easy to transport. Each gift box includes Gingerbread Almond, GoDiva Mint, Vanilla Almond, The Grasshopper, Amaretto Double Chunk, and Frangelico Chocolate Toffee Chunk.

The Holiday Eggnog Bottle

Every neighbor (including the naughty and nice ones) will love this treat.

- It's unique! You can get it only from Longmont Dairy.
- It's delicious! (Some say, 'It's the best!')
- It only needs a bow because it's already decorated.
- For special friends, add a bottle of their favorite liqueur in a gift bag for an after-dinner treat.

Potluck Party Platter

No time to cook but need to bring food? Assemble a great cheese plate.

- Include locally made Haystack Mountain Cheeses (made with our cows' milk). Check online for flavors.
- Add a block of Tillamook's Mild or Sharp Cheddar and some grapes.
- Wrap in a large gift bag, add bow and a box of crackers, and you are ready to go!

Braided Cinnamon Bread Treat

Wonderful for Christmas Morning!

Just wrap the loaf in a long bag and add your decorations and bow. Then, carry a loaf to each neighbor.



In the chaos of family gift opening early Christmas morning, this treat can be served with milk or coffee. Or, it makes great French Toast.

Winter's Companion™

Bread of the Month: Braided Cinnamon



MERRY

Christmas

From Our Families to Your Family!

Your friends at
Longmont Dairy Farm

The 2019 Christmas Card

Thanks to Grace Madalina (15),
a 10th grade student at Thunder
Ridge High School in Littleton,
for her Christmas Card design.



Tips & Reminders



Delivery Reminder: If you're planning to be out of town for the holidays, please remember to log into your account and "Skip Service." Or call us at 303 776 8466. We always deliver on the holidays that fall on weekdays.