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MOOO NEWS

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JUNE

Happy Father's Day!



Dear Friends,

We hope you're enjoying the beginning of your summer. We know many of you live very busy lives, and we hope that our delivery service and online app help make things a little more convenient.

For those of you who have never used the app or aren't familiar with all of its features, we wanted to highlight a few of them:

- **Set reminders for yourself** at least one hour before the cutoff time to make adjustments.
- **Modify or skip deliveries** up to six weeks in advance as you plan for vacations or extra guests.
- **Customize your standing order** for items you want weekly, every other week, or once a month.
- **Browse new and seasonal items** or try any of our regular items from various categories.

Take Care,

Katie

Maximize Your Workout

Summer in Colorado is here—warm days, cool evenings, and plenty of chances to get outside and feel your best. A walk, a run, some simple isometrics, or even a quick yard game can get your blood pumping and boost your energy for the day.

Make your workout count

Any time you challenge your muscles, your body needs protein to help them recover and grow stronger. Before you exercise, start your day with a protein boost like **Longmont Dairy Pro-to-Go**, plus simple additions like eggs and a strip of bacon.

Most active women need about **81-137 grams** of protein a day, and active men may need **108-182 grams**. If you're over 60 or lifting regularly, aim a little higher.

A good rule of thumb is **0.54-0.72 grams of protein per pound of body weight per day**.

Here's an easy, protein-packed morning example:

- **Longmont Dairy Pro-to-Go (8 oz.)**—14g
- **2 eggs**—12g
- **1 slice bacon**—5g

Total: 31g protein

After you move, refuel right

A cold glass of **Longmont Dairy Chocolate Milk (8 oz.)** gives you 9 grams of protein, natural sugars for quick energy, and fluids and electrolytes that help you rehydrate—making it an effective (and delicious) recovery drink.

Don't forget to hydrate

Bring your water bottle along and sip throughout the day. Many people aim for about half their body weight in ounces of water, finished before 7 PM. Pro-to-Go and chocolate milk help contribute to your daily hydration, too.

Fuel well, stay active, and enjoy every sunny Colorado day with Longmont Dairy.



MOOO RECIPES

Secret sauce takes this BLT to the next level! This recipe is courtesy of **Rebecca Blackwell**. Find more of her recipes on alittleandalot.com.

The Best BLT Sandwiches

For the Sandwiches:

10 oz. Tender Belly bacon
8 slices Bavarian Bakery bread
2 Tbsp. Country Cream butter (optional)

2 large, ripe tomatoes, sliced
into 1/2-inch thick slices
Romaine or Iceberg lettuce

For the BLT sauce:

1/2 c. mayonnaise
1 Tbsp. dill pickle relish
1 Tbsp. dijon mustard
1 Tbsp. honey

2 tsp. paprika
1 tsp. onion powder
1 tsp. minced garlic
1/2 tsp. each salt and pepper

Heat a skillet over medium heat until warm. Add a few slices of bacon and cook until crisp on both sides. Remove to a paper towel lined plate to drain while you cook the rest of the bacon.

Toast the bread and butter the outside of the slices if desired.

Mix all the sauce ingredients in a bowl.

Spread a slice of bread with BLT sauce. Lay a couple slices of bacon over the sauce, then the tomato and lettuce. Top with another piece of toasted bread and serve. Makes 4.



Clip and file in your recipe collection!

Use this QR code to find the recipe online.



Plan a Backyard Picnic!

With so many great seasonal products to choose from, your Father's Day meal—or backyard picnic—will be simple to plan and prepare! Your menu will be complete with:

- Prefare **Pulled Pork Sliders**
- Charcutnuvo Sausages **Prost Brewing Vienna Lager Bier Brat** or **Pork Jalapeño Cheddar Brat**
- Mac 'N Noodles **BBQ Smoked Pork Mac n' Cheese**
- **Strawberry Lemonade**
- **Root Beer Milk**
- Hinman Pie **Neapolitan Pie Trio** (Cherry, Blueberry, Apple)
- Mary's Mountain **Monster Cookie Dough** or **Fudge Fantasy Cookie Dough**



JUNE—SEASONAL PRODUCTS

Sweets

BREAD IN THE BOX—Lemon
MARY'S MOUNTAIN COOKIE DOUGH
Monster & Fudge Fantasy
HINMAN PIE—Neapolitan Pie Trio
(Cherry, Blueberry, Apple)

Meals/Soup

PREFARE—Pulled Pork Sliders
MAC N' NOODLES
BBQ Smoked Pork Mac n' Cheese

Meat

ROME'S SAUSAGE—Italian Sausage
CHARCUTNUVO SAUSAGE
Prost Brewing Vienna Lager Bier
Brat & Pork Jalapeño Cheddar Brat

