



LONGMONT DAIRY FARM INC.

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Longmont Dairy Farm, Inc.

FEBRUARY

Happy Valentine's Day!

NEWS

MOOO



Milk - the Real Story

Confused by all the stories you've heard about drinking milk? We found some interesting facts published by BBC Future.

Only about 30% of the world's population are milk drinkers and they include Europeans with some Africans, Middle Eastern and Southern Asian populations. In the U.S. about 9% of people of European descent are lactose intolerant.

Experts advise that we not assume that nutrition from alternative milks is the same as from cow's milk. Cow's milk is naturally nutritionally dense. The proteins in alternative drinks "...may be of a substantially lower quality protein than milk, which is a critical point for children and the elderly in particular," says Ian Givens, an expert in food chain nutrition at the University of Reading, UK. Medical professionals are now recommending cow's milk for brain and bone development, for children from one year old. And, calcium is crucial during adolescence. "If you don't get bone development correct in your teenage years, you run a higher risk of bone weakness in later life," says Givens.

We invite you to read the article (perhaps over your breakfast or with a cup of coffee) by going to LongmontDairy.com/news.

Dear Friends,

Cold air on my face is a good thing. Cold air on my hands and feet is not so good! We all know that we need to keep moving so we keep warm when we're outdoors. But, how to keep moving when we are indoors can be a bit more challenging.

My Fitbit reminds me to keep moving. Also, playing with my grandkids, using stairs instead of the elevator, parking far away from doors all help to keep moving. What motivates you to keep moving during the short days of winter? Let's share on Facebook so we can all keep reminding each other to be active every day!

This month is super full of events! Good thing we have an extra day.

We are excited to roll out some delicious changes to our Specialty bread lineup for 2020.

Take care until next time,

Susan

MOOO RECIPES

Easy Éclair Cake

Have the kids help with this "no-bake" dessert recipe. Must prepare 24 hours ahead of serving.

- 1 box graham crackers
- 2 small packages instant French Vanilla pudding
- 3½ cups LDF milk
- 8 oz. LDF whipping cream – whipped to stiff peaks and sweetened.

Frosting:

- 2 squares unsweetened chocolate, melted and cooled
- 2 teaspoons maple syrup
- 2 teaspoons butter
- 1½ cups powdered sugar
- 3 tablespoons LDF milk

Butter the bottom of a 9 x 13 inch pan. Line with graham crackers. Mix the pudding into the milk. Beat at medium speed for 2 minutes. Fold in the pre-whipped cream. Pour half the mixture over the graham crackers. Place a second layer of graham crackers on top of mixture. Top with remaining pudding mix, then top with a third layer of graham crackers. Refrigerate for 2 hours, then frost.

Frosting: Beat all of the ingredients until smooth. Spread over the cake. Refrigerate for 24 hours.

Moos News, January 2020



Sweet Valentine's Special

25¢ off Strawberry Milk

Celebrate Valentine's Day with our light and creamy strawberry milk. We make our Strawberry Milk with 2% milk, no red coloring, and natural ingredients.

Offer good for deliveries in February.



New Bread Lineup!

New! February's Bread of the Month is **Strawberry Cheesecake**. Sweet, soft, with a light strawberry taste, this will be a delicious option for breakfast or dessert. Order now for February deliveries.

New! *Cinnamon Streusel Bread*. You will love this coffee cake style bread, warmed and buttered for breakfast.

Monthly Regulars: Cinnamon Streusel Bread, Banana Bread, Whole Wheat Honey Bread, and Country White Bread.

Monthly Specialty Breads:

- January - Orange Cranberry Bread
- February - Strawberry Cheesecake Bread
- March - Snickerdoodle Bread
- April - White Chocolate Blueberry Bread
- May - Chocolate Cherry Banana Bread
- June - Lemon Bread
- July - White Chocolate Raspberry Bread
- August - Cinnamon Peach Cobbler Bread
- September - Zucchini Bread
- October - Cinnamon Caramel Apple Bread
- November - Pumpkin Chocolate Chip Bread
- December - Braided Cinnamon Loaf

