



DAIRY FARM INC.

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MOOO NEWS

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Longmont Dairy Farm, Inc.

JANUARY Happy New Year!

Time to get fit for the New Year— Get Your MOOOVE on with Chocolate Milk

Many athletes now prefer chocolate milk for energy and recovery. Chocolate milk is a superior energy drink for athletes. Drinking chocolate milk after heavy exercising gives your muscles the extra boost they need, rehydration, and it tastes GREAT! Drinking Chocolate milk after a workout may prevent muscle breakdown.

Longmont Dairy's chocolate milk does not contain any high fructose corn syrup. It provides your body with a steady supply of nutrients and protein, without caffeine and potentially harmful herbal additives.

Studies show that lactose, the sugar naturally occurring in milk, is very effective in helping athletes recover from their workouts. Milk also contains valuable electrolytes that keep your body humming.

Step Up Your Game—Show us how Chocolate Milk Improves Your Moooove!

If you have not joined our Longmont Dairy community on Facebook, we would love to hear from you and learn how you are using Longmont Dairy Chocolate Milk as your energy drink. Pictures are welcome....we love seeing you *moooove!* For more information on chocolate milk visit our website.

¹Source: Consumer Reports Health <http://www.consumerreports.org/health/>

Dear Friends,

While I was thinking about what to prepare for my family's holiday meals, I returned to my old recipe box looking for a JELL-O Salad and Topping that my Grandma used to make for special occasions. There is something reassuring about tried and true recipes.

As I thumbed through the cards, it struck me that my little old recipe box is a timeline of my life. Some of my first recipes required several cards to contain all the ingredients and instructions written in my BIG letters—I was only seven years old, after all!

Some of the recipes I have in my box are from relatives (long gone, but not forgotten), along with very special memories of the fun I had preparing and eating those special dishes. Other cards remind me of what excellent cooks many of my friends are!

I hope you enjoy trying Grandma's yummy JELL-O Salad and Topping as much as I enjoyed searching for it!

I also hope you had a great holiday season and that you will enjoy a very Happy New Year with your family and friends. Now, it's time to get Mooooving!!

Take care 'til next time,

Susan Boyd

January Special - Chocolate Milk

Only \$1.84 for a quart

Chocolate Milk 4-pack - \$7.24



MOOO RECIPES

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JELL-O Salad and Topping

Salad Ingredients:

- 1 large box of either orange or lemon JELL-O
- 1 large can (16 oz.) of crushed pineapple, drained
- ½ cup pineapple juice (reserve when you drain the pineapple)
- 2 cups shredded carrots

Prepare 1 large box of lemon or orange JELL-O according to the instructions on the box. Add 1 large can of pineapple, drained, and two cups of the shredded carrots to the prepared gelatin mixture, as it begins to thicken. Pour this mixture into a 9"x13" pan. Put into the refrigerator and allow the salad to set until firm.

Topping Ingredients:

- ½ cup pineapple juice (drained from can of crushed pineapple, used in the salad above)
- 1 Tbls. lemon juice
- 2 Tbls. flour
- ½ cup sugar
- Pinch of salt
- 1 Eggland's Best egg
- ½ cup Longmont Dairy heavy cream, whipped until peaks form

Stir together all ingredients in saucepan over medium heat. Stir constantly until mixture thickens and begins to bubble. Remove from heat and allow to cool. Beat whipping cream until peaks form. When the hot mixture is completely cool, gently fold the whipped cream into the cooled mixture. Spread topping over JELL-O salad and serve.

Note: This topping is very sweet, and the recipe may be adjusted by adding ¼ cup less sugar, if a less sweet topping is desired.

*From Susan Boyd's family recipe file
MOOO News, January 2013*

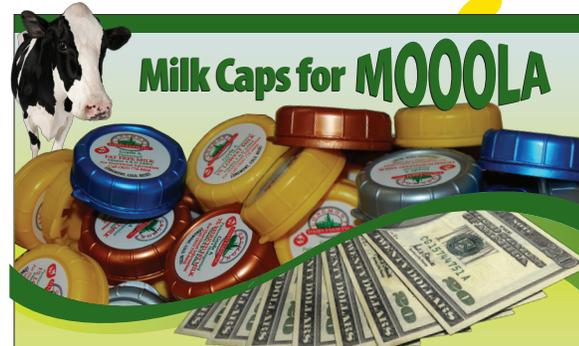
Cold Weather Tips

- Bring milk inside as soon as possible.
- Keep the cooler close to the house.
- Leave a rug or blanket next to the cooler and we will wrap it up for you.

If your milk freezes:

- "Thawed milk" is perfectly safe to drink.
- If the bottle is not broken, the milk can be thawed at room temperature.
- Unseal the cap and place the bottle in the sink, in case it leaks or spills.
- Return the bottles to the refrigerator as soon as possible, after danger of leakage passes.

Meanwhile, keep yourself warm with some Longmont Dairy Chocolate milk. Heat chocolate milk in the microwave, top with whipped cream, and enjoy hot chocolate!



Milk Caps for MOOOLA

Milk Caps for MOOOLA Benefits Colorado Schools

Students can now earn money for their schools by collecting Longmont Dairy milk caps. Milk Caps for MOOOLA is open to all schools within Longmont Dairy's delivery area. To learn more, please contact Gary Schlagel at 303-776-8466, or email him at GaryS@LongmontDairy.com. Information is also available online at LongmontDairy.com.

