



VOL 19, NO. 2
February 2011

MOON NEWS

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Longmont Dairy Farm, Inc.



Happy Valentine's Day!



February

Dear Friends,

Is your New Year off to a good start? Hopefully, your commitments to better health and diet are still going strong. It helps a lot that we live in Colorado where there are so many great and fun activities to keep us active and moving!

Did you know that consuming the correct amount of calcium each day can aid in weight loss when you are dieting? (WhyMilk.com/studies/staying_healthy.) It is very encouraging to me that one of my favorite food groups (dairy) is also good for losing weight.

Also, while you are visiting WhyMilk.com., check out some of the "Winter Warm Up" recipes, such as Ginger Spiced Hot Cocoa. . . Yummy!!

How about making Creamy Tomato Basil soup for the first course of your romantic Valentine dinner? The recipe is on the back of this newsletter.

Keep warm & take care 'til next time,

Susan Boyd



Longmont Dairy's GREEN INITIATIVE

Did you know that when a Longmont Dairy milk bottle's life is over, we recycle the glass? All of our old bottles and broken glass stays in Colorado and becomes part of decorative concrete and glass counter tops that are made in Fort Collins. Someday, perhaps your kitchen or bathroom counters will be composed of concrete made from our old glass milk bottles! You can view these innovative products made from our glass bottles at www.Concrete-Visions.com.

Chocolate milk is a superior energy drink for serious athletes

Studies show that chocolate milk excels as a sports drink. We have suspected it for years, and now research is showing that milk is by far the superior energy drink for serious athletes.

Longmont Dairy's chocolate milk does not contain any high fructose corn syrup, and provides nutrients and protein without the stimulants and additives in other popular energy supplement drinks on the market today.

February Special—Chocolate Milk \$1.99 qt.



NEW!

Shredded Cheese

Colby Jack & Sharp Cheddar Shredded Cheese

8 oz. for \$3.79

Mozzarella Shredded Cheese

8 oz. for \$2.99

(Special February Price)

Fresh Almond Granola - \$7.49

Factoid #14



MOOO RECIPES

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Make Valentine's dinner easy, just K.I.S.S.

Creamy Tomato Basil Soup

Try this recipe for success and make the one you love very happy.

- 4 tomatoes - peeled, seeded and diced
- 4 cups tomato juice
- 14 leaves fresh basil
- 1 cup heavy whipping cream
- ½ cup butter
- sea salt and pepper to taste
- Pinch of sugar, to taste (removes any bitterness the tomatoes may have and enhances their flavor).
- LDF Shredded Cheese, any variety

Place tomatoes and juice into a large pot and simmer for 30 minutes over medium heat. Transfer the tomato mixture into a blender (or use a hand-immersion blender), and mix together until smooth. Add the basil leaves and puree them into the tomato mixture, then return the blended mixture to the pot..

Place the pot over medium heat, and stir in the heavy cream and butter. Season with salt and pepper. Heat slowly, stirring to blend the mixture completely, as the butter melts. Do not boil. Garnish with shredded cheese and serve immediately. If desired, a teaspoon of heavy cream can be drizzled on the top of each bowl of soup.

If tomatoes are not in season, a large can of premium chopped tomatoes may be used instead. Decrease the tomato juice to accommodate for the liquid that is included in the can of tomatoes.

*Adapted from one of Susan's favorite soup recipes for the MOOO News.
February 2011*

MOOO NEWS is published twelve times a year by Longmont Dairy Farm, Inc., and is delivered free of charge every month to our customers. Articles of interest, recipes and pictures may be submitted at the sender's risk. Submission of material implies the right to edit and publish all or in part.

Order: 303-776-8466
LongmontDairy.com

Delivery Charge – \$1.00 per delivery
Prices effective January 1, 2011

Whole Milk - 1/2 Gallon	\$2.59
Whole Milk - 1 Quart	\$2.15
Reduced Fat (2%) Milk - 1/2 Gallon	\$2.59
Reduced Fat (2%) Milk - 1 Quart	\$2.15
Low Fat (1%) Milk - 1/2 Gallon	\$2.59
Low Fat (1%) Milk - 1 Quart	\$2.15
Fat Free (Skim) Milk - 1/2 Gallon	\$2.59
Fat Free (Skim) Milk - 1 Quart	\$2.15
Chocolate (2%) Milk - 1 Quart FEBRUARY SPECIAL	\$1.99
Chocolate (2%) Milk - 4-Pack	\$7.24
Strawberry Flavored (2%) Milk - 1 Quart	\$2.15
Half and Half - 1 Quart	\$3.12
Half and Half - 1 Pint	\$2.12
Whipping Cream - 1 Quart	\$5.32
Whipping Cream - 1 Pint	\$3.12
Orange Juice - 1/2 Gallon	\$3.80
Orange Juice - 1 Quart	\$2.49
Apple Juice - 1/2 Gallon	\$4.21
Apple Cider - 1/2 Gallon	\$4.21
Medium Cheddar Cheese - 16 oz.	\$6.89
Sharp Cheddar Cheese - 16 oz.	\$6.89
Colby Jack Cheese - 16 oz.	\$6.89
NEW! Colby Jack Shredded Cheese - 8 oz.	\$3.79
NEW! Sharp Cheddar Shredded Cheese - 8 oz.	\$3.79
NEW! Mozzarella Shredded Cheese - 8 oz. FEBRUARY SPECIAL	\$2.99
Egg-Land's Best Eggs - 1 Dozen	\$3.79
Country Cream Butter - 1 lb.	\$4.99
Meadow Gold VIVA Low-fat Cottage Cheese - 24 oz.	\$4.94
NEW! Almond Granola - 1. lb.	\$7.49
Bammy's Cookie Dough - Chocolate Chip -18 oz.	\$3.99
Sports Drink Bottle	\$13.95
Metal Porch Boxes	\$45.00

Baby, it's cold outside!

Pour a large cup of LDF chocolate milk into a mug and microwave for quick and delicious hot chocolate. Or, if you prefer mocha, add LDF chocolate milk to your coffee instead of cream. Whichever you prefer, top with fresh whipped cream for a decadent treat. You deserve it!

