



VOL 19, NO. 3
March 2011

MOOO NEWS

920 Coffman, Longmont, Colorado 80502-0998
www.longmontdairy.com
(303) 776-8466
Longmont Dairy Farm, Inc.

March

Daylight Savings—3/14

St. Patrick's Day—3/17

First Day of Spring—3/20

All chocolate is not the same.

We take great pride in the fact that our Chocolate Milk doesn't contain high fructose corn syrup, which has been linked to high obesity rates and other health issues.

www.naturalnews.com/022836



17th Annual Poetry Contest For Spring, the Theme is GREEN!

For inspiration, visit http://www.longmontdairy.com/recycling_glass_bottles.html

At Longmont Dairy, we care about being good stewards of the Earth's resources, so this year's poetry contest is about preserving our land for the generations to come. It's time to get creative and have some fun! This year's poetry contest theme is all about GREEN.

Sharpen your pencils and write a poem that shares your thoughts about what GREEN means to you! We can't wait to see what you come up with!

Write or type your poem on a sheet of plain, white paper. Include your name, grade, school, home address, and phone number on the back of the page. Please use one sheet of paper per poem.

You may also email your poetry to us, including the same information listed above. Entries must be received no later than

Dear Friends,



Spring officially begins on March 20th and I can hardly wait to see the crocus and daffodils begin to bloom! However, as you know, some of our biggest storms have historically come around the last part of March. Let's hope that this year brings more beloved warm sunshine!

This month also marks the beginning of our annual poetry contest. This year you have a chance to write rhymes with great meaning. Green means a lot to us, and we know it does to you too. So sharpen your pencils and have a fun time, writing a rhyme! I can't wait to read your poetry!

Take care till next time,

 Susan Boyd 

Friday, March 25th. Prizes will be given for each division. Contest winners will have their poems published in the May issue of the MoOO News, with their name, school, and grade. Poems published on our website will include only the author's first name, school and grade.

Divisions include—

K-2nd; 3rd-5th; 6th-8th; 9th-12th; Adult

Prizes—

- 1st Prize: \$60
- 2nd Prize: 4 movie tickets
- 3rd Prize: 2 movie tickets

To Enter—

Email poems to:

amyw@LongmontDairy.com

Or, send your poem by regular mail to:
Longmont Dairy Poetry Contest
P.O. Box 998, Longmont, CO 80502

MOOO RECIPES

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Sharp Cheddar Benne Cakes

Benne cakes are traditional treats in the southern United States, but the recipe originated from West Africa. Bennes are sesame seeds and are considered to bring good luck in many cultures. Traditionally, these cakes are sweet and are like small cookies. They are a regular treat at Kwanzaa celebrations. This variation brings a new take on an old favorite by adding a sharp cheddar twist!

- ½ pound LDF Sharp Cheddar Cheese, shredded (or 1 package of shredded)
- ½ cup Country Cream Butter
- 1 cup flour
- 1½ to 2 ounces sesame seeds
- Cayenne pepper

If you are using block cheese, shred or grate it while it is still cold. Or, you can use 1 package of LDF shredded cheese. Both cheese and butter should be allowed to sit out until they reach room temperature, before combining the ingredients in this recipe; they should be very soft before you begin.

First, mix cheese, butter and flour together. Then, add a small pinch of cayenne. (More may be added, according to your preference.) Roll the dough into marble-sized balls, then roll them in the sesame seeds. Place the balls onto a cookie sheet and refrigerate until firm; then pack in a container and freeze until you want to bake them.

Remove the balls from the freezer to defrost, about 2 hours before serving. After defrosting, bake in a 400 degree oven for 10 to 15 minutes, or until slightly brown. These unique cakes are delicious with drinks or soup, or as an accompaniment to salad. Makes 50 to 60 Benne Cakes.

Inspired by a recipe found in Reader's Digest Secrets of Better Cooking MOOO News, March 2011



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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	\$2.30
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
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.	3.79
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
Sports Drink Bottle	\$13.95
Metal Porch Boxes	\$45.00

MOOO NEWS

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