



LONGMONT DAIRY FARM INC.

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# MOOO NEWS

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Longmont Dairy Farm, Inc.

# JUNE



## Going on vacation this summer?

It's easy to customize your standing order and stop milk delivery while you are gone. Go to [LongmontDairy.com](http://LongmontDairy.com) and select Order Change, then follow the instructions. We encourage you to make changes to your order online. Or, call the office during business hours, before 5 p.m., to request your change. Online order changes must be received by 7 p.m. the evening before your delivery.

June 9 - Sunrise Stampede

June 14 - Flag Day

June 15-16 - Longmont Relay for Life

June 17 - Father's Day

June 20 - First Day of Summer

Watch for your Farm Fresh Directory!

Dear Friends,

Could there be a more beautiful time and place than June in Colorado? There are so many great outdoor activities and our beautiful state is the perfect place to enjoy them.

We think milk is the perfect drink to start your day with... especially during the busy summer months. An icy, cold glass of milk with breakfast helps your body get ready for whatever activity you have planned.

Which leads me to our theme for the coloring contest this year—*On the Mooove*. We want to see pictures of your favorite summer activity, sport or game. See detailed instructions below.

For something fun, check our Facebook page for a picture of some of us holding the framed "blackboard" that Jay Leno used last October when our Longmont Dairy sales brochure was featured on the Tonight Show. We sent him a cooler full of chocolate milk as a thank you and his response was "Best milk ever!" Wow! That is really something special!

See you at the Sunrise Stampede, Relay for Life, and Farmer's Markets this month.

Take care,

*Susan Boyd*

## Annual Coloring Contest

Boys and girls, it's time for the annual summer coloring contest! It is easy to enter, just go to [LongmontDairy.com/kids.htm](http://LongmontDairy.com/kids.htm) and click on the "Coloring Contest 2012" link, or use a blank sheet of paper and draw a picture of your favorite summer time activity, sport or game.

After you color the page, you can leave your entry in your porch cooler by June 24th. Your milkman will leave you a surprise for giving him such a lovely picture. We will post some of the best pictures online, so take your time to make sure you do a very nice job!

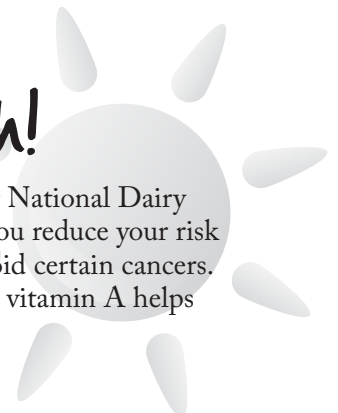
# MOOO RECIPES

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## June is National Dairy Month!

We can think of no better way to begin the summer than by celebrating National Dairy Month. Dairy products contain nine essential nutrients that can help you reduce your risk for high blood pressure, osteoporosis, manage your weight, and even avoid certain cancers. The nutrients in dairy products help build and repair your body, and the vitamin A helps your skin stay healthy. So pour a glass of milk now and celebrate!



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## Celebrate National Dairy Month with Ice Cream!

Homemade ice cream is worth the trouble!

*Important: For best results, be sure to use the directions for your ice cream maker.*

### Basic Vanilla Ice Cream

- 1 quart LDF half and half
- ¾ cup sugar
- ¼ tsp. salt
- 1 Tblsp. vanilla

Scald the half and half, then add the sugar and salt. Stir until the sugar is dissolved. Cool and flavor with vanilla. Freeze in an ice-cream freezer. *Makes 1½ quarts.*

### French Vanilla Ice Cream

- 4 egg yolks
- ¾ cup sugar
- ⅛ tsp. salt
- 2 cups LDF milk
- 2 cups LDF whipping cream
- 1 tsp. vanilla

Mix the slightly beaten egg yolks with sugar and salt. Scald milk and cream in a double boiler. Slowly, add milk to the egg mixture, return to double boiler and cook; stir the custard constantly, until the mixture coats a spoon, about five minutes. Remove from heat and add vanilla. Freeze in an ice cream freezer. *Makes about 2 quarts.*

### Chocolate Ice Cream

Proceed as for French Vanilla Ice Cream, stirring in 2 ounces of melted chocolate before removing from heat. Add vanilla and freeze as above.

### Fresh Peach Ice Cream

- 2 cups LDF whipping cream
- 2 cups LDF half and half
- ¾ cup sugar
- A pinch of salt
- 2 cups fresh peaches-crushed  
(or 1 package sliced frozen)
- ½ tsp. almond flavoring
- ½ tsp. vanilla

Combine and scald whipping cream and half and half. Add the sugar and salt and stir until dissolved. Cool. Sweeten the crushed peaches to taste. Add these to the cream and flavor with almond flavoring and vanilla. Pour into a 2-quart ice cream freezer. When frozen almost solid, remove the dasher and repack the ice cream with salt and ice. *Makes about 2 quarts.*



Recipes adapted from Ladies Home Journal Cookbook (1960)  
*Originally printed in the MOOO News, July 2006*

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## Happy Father's Day!

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