



LONGMONT DAIRY FARM INC.

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# NEWS

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Longmont Dairy Farm, Inc.

# JUNE Backyard Adventures!



Dear Friends,

The past couple of months have brought changes and events to our lives that we could never have imagined!

Above anything else, we thank you for your loyalty and support. You, our customers, are one of the major reasons our company stays alive. I think we have all come to appreciate our neighbors, families, and local businesses more than ever before. We're grateful for our medical providers, first responders, delivery personnel, grocery store workers, and countless others who work faithfully behind the scenes. And let me repeat...Longmont Dairy appreciates you!

Let's see what the new season brings. Let's remember the hard-fought lessons. Let's be grateful for all we are still blessed with!

"Take care" has more meaning than ever before (and we say it sincerely),

*Susan Boyd*

## The Value of Sustainability

It's times like these that bring us back to our roots. The value of old-fashioned sustainability is one of those basic ideas that has proven itself to be true in recent months. We used to call it "self-sufficiency" when folks lived out in the country with impassable muddy roads.

Longmont Dairy has always believed in local sustainability. We care for our employees, our farm, and our cows. We buy local feed and control the entire process of bringing you milk from the cows to your front door. We search for and have added local Colorado products from small food processors like ourselves.

Despite some shortages, during this difficult spring, we are thankful that we could continue to deliver food to customers throughout the region. Thank you for supporting local farmers and suppliers.

## Our Farm-Fresh Lemonade is made with 20% Less Sugar!

Longmont Dairy Farm Raspberry and Original Lemonades are made with pure lemon juice, 20% less sugar, and no corn syrup! It's a hydrating drink the kids will love.



# FAMILY ADVENTURE IN YOUR BACKYARD

Explore, create, build, relax, or just have some belly laughs!



## Get Active

**Combine exercise, thrills, and fun for the whole family!**

- Design a backyard obstacle course with things to jump over, crawl under, or run around like boxes, buckets, or ropes.
- Ready, Set, Go! Compete in a Crab Walk Race, 3-Legged Race, Potato Sack Race using a pillowcase, Walk Backwards Race, Wheelbarrow Race where you hold someone's feet, or the Boiled Egg-On-A-Spoon Race.
- Toss bean bags to knock over a bottle, hit a target, or land in a bucket. You can make bean bags by filling a plastic sandwich bag with uncooked rice or beans.
- In addition to Croquet and Badminton, find new backyard games by researching online. Grab a couple of Frisbees and trash cans for a round of Kan Jam. Use a variety of balls to play your version of Bocce Ball. If you don't have the regulation equipment, improvise.

## Go Hunting

**Design a Treasure Hunt**

**Kids of all ages can create and learn how to use a map.**

- Draw and color a map of your backyard as if you were looking down from high above. Include landmarks like trees, bushes, buildings, and directional points.
- Create clues that describe or lead to the next clue or where the treasure has been hidden. Have the hunters mark the treasure locations on their maps.
- Hide treats and prizes there like candy in plastic eggs, trinkets, coins, or notes with a surprise. Tally up your treasure discoveries.

**Nature Scavenger Hunt**

**This is a great way for kids to explore their surroundings!**

- Make a list of nature's things found or seen in your backyard. A parent can make a list for each searcher, or family members can make and trade lists.
- Include things to collect (like a leaf, pebble, flower petal, twig, piece of bark, or a blade of grass) and things to see (like a bird, butterfly, bug, squirrel, a cloud, or tree.)
- Decorate collection bags or small cardboard boxes.
- Start the hunt and collect from your list. This could be a timed race.

## Be Creative

**Encourage your kids to use their imaginations!**

- Have kids build an outdoor tent with blankets or sheets and fill it with comfy pillows so they can get away, relax, and read a good book.
- Write and illustrate a family story book. Have everyone contribute to the storyline, characters, and setting. Put the story together to make a keepsake book.
- Sketch the plants, flowers, and trees seen in your backyard. Collect flowers or leaves and press them between wax paper.
- Make cards for friends and loved ones. Use your pressed flowers, plant drawings, and other art supplies to make your cards. Write an encouraging message and mail them.

## You've Got Talent

**Lights, camera, action! It's showtime for the kids!**

- Make puppets out of small paper bags or socks. Create a staging area in your backyard or on the porch. Perform a Puppet Show.
- Have a family movie night at your own backyard Drive-In Theater. Make and decorate cars out of cardboard boxes. Put a TV screen or laptop computer outside. Get in your car to watch a flick. Don't forget the popcorn!
- Enjoy an old-fashioned family "Sing-A-Long." Go online to find song lyrics or Karaoke. Gather your musical instruments or create some with household items like bottles filled with water and empty cans and buckets as drums. Sit around a campfire and perform.

## Camping Skills

**It's a great time to brush up on your camping skills.**

- Learn how to set up the tent.
- Build a campfire pit and learn how to build a fire (with the help of an adult).
- Try some campfire cooking. See the recipes on the back page.
- Toast marshmallows and make S'mores before you sing songs around your campfire.
- Sleep out in your backyard and study the stars before you drift off to sleep.

## More Ideas for Outdoor Family-Fun Activities!

- Make a Kid's Car Wash
- Play Board or Card Games
- Have a Water Balloon Fight
- Do Yoga on the Lawn

# MOOO RECIPES



## Campers' Eggs

*Get ready for a day of activities with this protein-packed, one-pan breakfast.*

- 2 lbs. ground sausage
- ½ c. chopped onions
- 2 lbs. frozen hash brown potatoes
- 8 Egg-Land's Best eggs, beaten with ¼ cup water
- 2 c. shredded Tillamook cheese

Place a 12" cast iron pot or Dutch Oven over a full bed of hot coals to fry and crumble the sausage and onions. Remove and drain on a paper towel. Use sausage drippings left in the pan to brown the potatoes. Layer sausage over potatoes. Pour eggs with water on top, then sprinkle with cheese. Cover, add coals to top of lid, and cook for 20 to 30 minutes.

*Mooo News, June 2020*

## Campers' Mac & Cheese

- 4 slices of bacon, chopped
- 2 tbsp. onions, chopped
- 1 jalapeno, cleaned and chopped
- 1 c. Longmont Dairy milk
- 2 c. Tillamook Sharp Cheddar Shredded Cheese
- 2 c. cooked macaroni noodles
- Salt and pepper



At home, pre-cook noodles and pre-chop the vegetables and bacon. Over a hot fire, cook the bacon in a cast iron skillet or Dutch Oven. Add the vegetables and cook until they are soft. Move the pan to a cooler part of the fire (or reduce heat). Add the milk and cheese at the same time. Stir until melted. Add the noodles, salt, and pepper to taste, and cook until heated throughout.

*Mooo News, June 2020*

## Bread of the Month: Lemon Bread

The bread of the month for June is lemon bread. It is delicious for breakfast and makes an easy dessert with fruit and whipped cream on top.

## Fresh Brewed Black Tea

Longmont Dairy Black Tea features a traditional, delicious flavor with the convenience of delivery. Enjoy it cold, hot, or sweetened.

## Colorado Cold Brew

Try our three flavors of Colorado Cold Brew: Black, French Vanilla Latte, or New Orleans Style. Slow-brewed for over 24 hours, it is low-acid and rich in flavor.

## Root Beer Milk

Enjoy the creamy, smooth taste of Root Beer Milk. Made with Longmont Dairy 2% milk and natural ingredients, it makes a delicious, summer-time dessert or snack. It has less added sugar than soda, no corn syrup, and is caffeine-free!

## Georgia Boys BBQ

Born in the Heart of Dixie, two Georgia Boys, Matt and Nick, moved to Colorado and brought with them their love of BBQ. We love supporting this local vendor, and you will love their slow-smoked Pulled Pork, Original Sauce, and Sweet Heat BBQ Sauce.

