



LONGMONT DAIRY
DELIVERY

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MOOO NEWS

Longmont Dairy Farm, Inc. (303) 776-8466 www.LongmontDairy.com 920 Coffman, Longmont, Colorado 80501



Enter the Poetry Contest!

Hey Kids! Enter our 29th Annual Poetry Contest with a poem about "Things Cows Love."

Imagine all the fun, crazy ways a cow can find happiness and joy.

Limit the Length: Please limit the length of your poem to 120 words or less. If you are inspired to keep writing, just write a new poem to submit. Enter as many times as you wish.

Prizes: Prizes awarded by grade divisions. 1st place \$60; 2nd place \$40; 3rd place \$20.

Deadline: Entries must be received by midnight on Sunday, March 12, 2023. Send your poems by email to customerservice@longmontdairy.com or mail them by Wednesday, March 8, to Longmont Dairy, 920 Coffman Street, Longmont, CO 80501. Include your name, grade, school, home address, and phone number.

Contest Rules

The contest is open to current Longmont Dairy customers and will be divided by grade divisions: K-2nd Grade, 3-5th Grade, 6-8th Grade, and 9-12th Grade.

- Poems must be limited to 120 words. Number of entries is not limited. Each submission must include contestant's name, grade, school, home address, and phone number.
- Winning poems are published in the May Mooo News with poet's name, school, and grade. Poems posted on our website will include first name, school and grade. We will include poems that do not win a prize on our website at our discretion.
- Poem submissions become the property of Longmont Dairy Farm, Inc. Entry of a poem gives your consent to contest rules.

MARCH

Think Spring!



Dear Friends,

Is anyone else looking forward to Spring? I write this as I see we have yet another freezing cold spell coming through in the next few days. It's been a cold winter and I think we are all looking forward to warmer weather soon.

I've mentioned that we've rolled out some changes with our logo and website in the last few months. This month we are introducing a fresher look with our Mooo news. One of the changes is that the recipes will be in the format of a recipe card so that you can cut them out and save them if you enjoyed the recipe. Another change is that you will notice more monthly items. In addition to the "bread of the month," we are carrying a different Prefare Meal and Sausage every month. Our goal is to provide you great new options every month. If you like one of the monthly selections, order extra and freeze for future months to enjoy later.

Take care,

Katie

West Woods Elementary Redeems 12 Millionth Cap



Congratulations to West Woods Elementary School in Arvada for returning the 12 millionth milk cap in our Milk Caps for Mooola program! The school recently turned in 5,445 caps to put us over this mark. Great job West Woods Elementary!

Since joining the program in April 2013, they have turned in almost 44,000 caps, generating over \$2,000 for the school.

Today more than 400 schools in the region participate in the Longmont Dairy Milk Caps for Mooola program. For more information, visit LongmontDairy.com/milk-caps-for-mooola.



MOOO RECIPES



Panko crumbs, mixed with the cheese and butter, make the crust perfectly crunchy. Cod or any other type of white fish work well. Make it with Dubliner Cheese for a more traditional taste.

Irish Fish with Cream

- | | |
|----------------------------|---|
| 4 cod or white fish filets | 2 Tbsp fresh parsley, minced |
| seasoning salt | 2 tsp strong Irish mustard |
| ½ c fine Panko crumbs | 2 tsp minced green onions |
| 2 Tbsp Country Cream | 6 oz Tillamook sharp cheddar cheese, shredded |
| butter, melted | 1½ c Longmont Dairy whipping cream |

Preheat the oven to 375° F. Butter a casserole dish and set aside. Sprinkle fish with seasoning salt.

Combine bread crumbs, butter, mustard, onions, and parsley in a bowl. Add cheese and mix well. Pat mixture on top of filets to form crust.

Pour cream over and around fish. Bake until fish is cooked through and crust is golden brown, about 20 minutes. Serve immediately.



Clip and file in your recipe collection!



Use this QR code to find the recipe online.

Vanilla Mint Milk is Back

Only while supplies last!

Have you tried our Vanilla Mint Milk yet? Made from 2% milk, it is rich and creamy with just the right combination of sweetness and fresh flavors.

Delivered only in March and April. Quart bottles are \$3.24.



Have Some OJ!

Our Orange Juice is from the highest quality 100% pure Florida oranges. It is reconstituted for freshness, delivered cold, and ready to drink. Add it to your order for an extra dose of Vitamin C! Available in half gallon and quart glass bottles.



50¢ off Creamers

Made with Longmont Dairy cream, milk, sugar, and natural flavors. Try Hazelnut or French Vanilla Creamer for a creamy coffee treat!

Sale price available only for deliveries in March.



MARCH—PRODUCTS OF THE MONTH

- | | | |
|--|---|--|
| Bread
 Snickerdoodle | Prefare Meal
 Beef Chili with cheesy Cheddar Jalapeño Bread | Rome's Sausage
 German Sausage |
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