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# NEWS TRENDS MILKING

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Longmont Dairy Farm, Inc.



# MAY Happy May Day!

Dear Friends,

When we were kids, we had a very traditional neighbor who taught her kids to bring us a May basket, on May 1<sup>st</sup>, with butterscotch candies in it. They would knock on the door, then run and hide so we'd see the beautiful May basket – then wonder who brought it.

Home delivery of milk in glass bottles has a couple of similarities. The package is put together with careful thought and planning. It is a specific delivery for each specific household. But, the milk delivery person doesn't knock on the door and hide (that might be kind of creepy). He quietly delivers to many homes, a little like Santa.

Happy May Day from all of your friends at LDF. Hope it's a whimsical day for you.

Take care,

*Susan*



## History Snapshot

Over the last 50 years, our family has learned a lot about milking cows and dairy delivery. Some things have remained the same through the years; for example, the importance of keeping our cows comfortable. A happy and comfortable cow is a productive cow. They require a balanced diet, a lot of water and a peaceful, low stress environment so that they are able to rest.

On the other hand, we have seen many changes during this time. Most notably, we have gained efficiencies throughout the milking process. Twenty-five years ago, we could milk twelve cows at a time and now we milk twice as many. The production per cow has gone up by 50 percent, thanks to better nutrition, breeding, cow care, and procedures like milking three times per day rather than two times. Nutritional science has also become much more developed, which means the cows are able to get more protein and energy in their diet.

Compared to other dairies, that have grown to very large operations through farm consolidations, we have a small herd. In the dairy industry, many farmers are including Jerseys and Crossbreds in their herds, instead of milking only Holstein cows. Cheese manufacturing is driving up the demand for milk, especially here in Colorado.

Finally, the industry is seeing a greater presence of Hispanic dairymen. Mexico is very advanced in the dairy industry and we are thankful for the information and advancements that they continue to provide.

Throughout the world, dairy products are an important source of protein and other nutrients, and our family feels like this is good, meaningful work for us to do within our local community.



# CONGRATULATIONS, 21ST ANNUAL POETRY CONTEST WINNERS! "The Life of a Milkman"

## Elementary School

### K-2nd Grade

#### 1st Prize

**Luke D.**, 2nd Grade  
West Woods Elementary, Arvada

#### A Day in the Life of a Milkman

Up, down.  
Up, down.  
The milkman warms his bones.  
Clink, Clank.  
Clink, Clank.  
How the loading goes.  
Winter, spring  
summer and fall  
He delivers through it all.  
Shovel, shovel.  
Scrape, scrape.  
Making sure the milk is kept safe.  
Milk keeps me strong.  
I'm a fan.  
I love my Longmont Dairy  
Deliveryman!

#### 2nd Prize

**Lindsay H.**, 2nd Grade  
Shelton Elementary, Golden

#### A Day in the Life of a Milkman

The alarm clock rings  
And the busy milkman  
gets ready  
For many milk deliveries.  
He sees milk in his eyes,  
As he whispers goodbyes  
to his family  
That are still cozy in their beds.  
He loads the truck, turns the key,  
And is off to deliver the milk to me!

When he comes to our house  
I am still in a deep slumber  
and I don't have to wonder  
if he has appeared.  
If my Mr. Milkman and I could  
only meet

We could enjoy some cold, fresh  
Longmont Dairy milk  
with something sweet.

#### 3rd Prize

**Jonas L.**, 1st Grade  
Home schooled, Arvada

#### A Day in the Life of a Milkman

Early in the morning  
While we are all snoring  
The milkman keeps on pouring  
Milk as soft as silk.  
He doesn't have time to shave;  
He is SO brave.  
Even in a blizzard,  
He is quick as a lizard!  
He has a long journey ahead  
So he can't go back to bed.  
His name is Fred  
And he may even bring us  
some bread!

### 3rd-5th Grade

#### 1st Prize

**Hayley R.**, 4th Grade  
Twin Peaks Charter Academy,  
Longmont

#### A Day in the Life of a Milkman

Little Milkman come blow your horn  
For you will soon see the cows in  
the corn.  
The snouts are pink like peaches,  
Their udders just the same,  
But on their face and another place  
White and black fur surrounds them.

Hey Diddle Diddle  
The cat and the fiddle  
The cow walks into her barn  
The farmer sat, and just like that  
A bucket of milk was born.

The milkmen are reading a list  
and checking it twice,  
Marking down each item's price.  
They come when you are sleeping,  
They come when you're awake,  
They'll come through nasty blizzards  
And through a bad earthquake . . .  
I think.

Milkman be nimble,  
Milkman be quick,  
Milkman please hand me a bottle  
of milk.  
The store is not the way to go . . .  
Get it farm fresh!

#### 2nd Prize

**Lea C.**, 4th Grade  
Homestead Elementary, Centennial

#### Milkman Poem

Your milkman is your special fairy  
Bringing his gift of weekly diary  
Driving through the snow and rain  
And delivering along your lane.  
Nothing delays his delivery van.  
Even blizzards won't stop  
your milkman  
So the milk that crosses  
your threshold  
Is guaranteed to be fresh and cold.  
Whether its butter, yoghurt or cheese  
He's got what it takes to please.  
Delivered before your alarm rings  
You'll jump out of bed to see what  
he brings.

#### 3rd Prize

**Liam L.**, 4th Grade  
Emerald Elementary, Bloomfield

#### A Day in the Life of a Milkman

Cock-a-Doodle-Do,  
Cock-a-Doodle-Do!  
It's time to get up the rooster said.  
So I get up and get out of bed.  
I button my shirt, I put on my cap,  
I open the door,  
And hear the birds chirp.  
I get in my truck and  
Feel a brisk chill,  
And I load up the truck  
With bottles of milk.  
I drive down the road  
Not a person in sight  
For when I get out of  
the truck  
The sun gets bright.  
I walk to the first porch  
And knock on the door  
Mrs. McGee opens it slowly,  
I give her the milk,  
and she gives me money.  
I say thanks,  
and she says it back.  
I go door to door,  
I sell more and more.  
And that's a day in my life  
as a milkman.

### 6th-8th Grade

#### 1st Prize

**Morgan R.**, 7th Grade  
Twin Peaks Charter Academy,  
Longmont

#### A Day in the Life of a Milkman

It's early still,  
Much too soon for the sun,  
But I rise from my bed,  
To go on my milk run.  
  
Time to load up!  
Pile in milk and cheese.  
Next I help a friend pack,  
And turn my truck to the breeze.

I make my first stop,  
At the Ferguson home,  
And I leave with them plenty,  
Of milk topped with foam.

Drop off chocolate milk,  
With a taste that will please,  
As well as orange juice,  
Butter, and cheese.

In summer  
I can keep milk from spoil:  
Just cover in ice,  
When the temperature boils.

This is my job,  
And my love for it's strong.  
To miss 'cause of blizzards  
Would only feel wrong.

#### 2nd Prize

**Lisa K.**, 8th Grade  
Home schooled, Lakewood

#### The Milkman's Travels

The milkman loads his truck with a grin,  
And makes sure it's all secure,  
The milk is tightly fastened in,  
He will make it there for sure,  
He drives his truck without a scar,  
The rain then starts to pour,  
He loads the milk out of his car,  
And puts it by your door,  
The milkman's job is hard you see,  
To get your milk to you,  
So think how hard it would be,  
If that was your job too.

#### 3rd Prize

**Prash S.**, 7th Grade  
Peak to Peak Charter School, Lafayette

#### The Milkman

The milkman.  
Rain or shine,  
Wind or snow,  
He's there.

There to deliver,  
There to give satisfaction,  
Shoveling shaved ice  
To keep the milk cool.

The milkman.  
Braving all types of weather,  
Working each and every  
Day and night.

We love your hard work, milkman.  
Gathering and stretching  
Then loading milk and  
other products.

Thank you, milkman.  
We are grateful  
for all that you do.

## High School

### 9th-12th Grade

#### 1st Prize

**Anthony K.**, 11th Grade  
Home schooled, Lakewood

#### Just Another Day for the Milkman

He gets his orders just after dark,  
On every single night,  
Like an airplane pilot who's plane  
is in park,  
Preparing for his flight.

After warming up and tallying  
He stacks the milk like hay,  
He's got no time for dilly dallying,  
He's off and on his way.

Tonight there is a terrible blizzard,  
Milkman doesn't care,  
He's a dairy driving wizard,  
And he'd go anywhere.

The days in summer get hot,  
Milkman doesn't fret,  
He gives the ice another shot,  
And covers the milk like a net.

He stops in front of another house,  
He only has one more,  
He delivers the milk  
as quiet as a mouse,  
Right outside your door.

Like water from a sink,  
Being a milkman has its perks,  
When drinking milk,  
just stop and think,  
How hard a milkman works!

#### 2nd Prize

**McKenna C.**, 12th Grade  
Eaglecrest High School, Centennial

#### When Grant met Brandt

There was a milkman named Grant  
Who was new to the delivery plant  
He came to my door  
And dropped the milk on the floor  
But ran into my dog named Brandt.

Brandt was a muddy Pomeranian  
Whose height level was subterranean  
He barked at all  
And caused many brawls  
He was a guard dog mammalian

Brandt's hair bristled at the stranger.  
He thought I might be in danger  
I walked to the door,  
Hearing barking galore  
I met Grant who looked deranged.

I apologized profusely  
It was an accident truly.  
Brandt had snuck outside  
He was untied  
And that's when things got messy

From now on Brandt stays  
in the house  
When Grant comes Brandt pouts  
He wants to know  
The taste of Grant's toe  
But I keep Grant away from  
Brandt's snout

Grant is not afraid of Brandt  
He delivers my milk from the plant  
It's nice to see the bravery of he  
Who makes my mornings quaint  
With milk from a company of  
no complaints.

#### 3rd Prize

**Isabella M.**, 10th Grade  
Boulder

#### Poem

Pitch black night,  
like that of a textured blackberry  
The white fence in contrast,  
silent, still, . . . gleaming  
The moon hangs as an ornament  
and welcomes Monday  
good morning.  
A few light barks creep from the lips  
of my dogs as light footsteps drift  
over the porch  
Never seen only faintly heard  
The sun awakens  
and freshly filled glass bottles wait.  
I pour the milk like that of the  
moons beams into my cup.  
How lucky I am to taste the fresh milk,  
thank you to my milkman!

## Adult

#### 1st Prize

**Kristin Sayer**, Littleton

#### Delivery Daze

Each Wednesday morning  
I open my door,  
And there on my porch  
sits treasure galore.  
Fresh milk, eggs, butter, and cheese,  
Longmont Dairy delivers  
whatever I please.

How do they do it,  
week in and week out?  
Never a question, never a doubt.  
My order shows up  
at my house without fail,  
And they take care of every detail.

In the dead of winter,  
when it's dark and cold,  
Your drivers are out, brave and bold.  
All the way to Littleton,  
whether sleet, ice, or snow,  
Even wrapping the cooler  
in a blanket just so.

When the seasons change  
and the weather turns hot,  
Longmont drivers work hard  
so the milk is not.  
Delicate glass bottles  
transported with care,  
With nary a thought  
to your own comfort to spare.

Any week of the year,  
any day of the week,  
Not even on holidays  
do they miss a beat.  
They are dedicated  
and never cease to fight,  
To make sure my delivery  
arrives alright.

January to June, July through the rest,  
Longmont Dairy drivers  
are truly the best.  
They are willing to go the extra mile,  
So I can begin my day with a smile.



# MOOO RECIPES

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## Kentucky Derby Butter Cake

May 2<sup>nd</sup> marks the 141<sup>st</sup> annual Kentucky Derby. Many traditions surround the annual horse race, from extravagant women's hats to delicious dishes. This moist, creamy Bundt cake is a traditional Derby recipe that you will love.

### Cake batter ingredients

3 cups flour	1 cup buttermilk
2 cups sugar	1 cup butter
1 tsp. salt	2 tsp. vanilla extract
1 tsp. baking powder	4 eggs
½ tsp. baking soda	

### Sauce ingredients

¾ cup sugar	2 tsp. vanilla extract
½ cup butter	3 Tbsp. water

In a large bowl cream 1 cup butter and 2 cups sugar using a hand mixer. Mix in buttermilk, 2 tsp. vanilla extract and eggs. Using a hand mixer, combine flour, salt, baking powder and baking soda and beat on medium speed for 3 minutes. Pour batter into greased and floured 10 inch Bundt cake pan and bake in the oven at 325° for 1 hour, or until no batter sticks when inserting a wooden toothpick into center of cake.

While cake batter is baking, prepare the butter sauce in a saucepan. Combine ¾ cups sugar, ½ cup butter, 2 tsp. vanilla, and water and cook over medium heat until sauce is melted. Do not boil. Prick holes into still warm cake then slowly pour sauce over entire top of cake. Allow to cool before removing from pan. *Makes 12 servings.*



*Recipe adapted from AllRecipes.com  
Moo News, May 2015*

## Vendor Focus: Bhakti Chai

At Longmont Dairy we are always looking for high quality, locally made products. Our vendor, Bhakti Chai, has recently been awarded \$3 million from the Colorado Impact Fund to expand their company, which includes a manufacturing facility in Longmont.

Bhakti Chai founder, Brook Eddy, began brewing her spicy chai tea after returning from a trip to Mumbai, India, where she enjoyed the drink during her visits to farms and fishing villages there. In 2006, Eddy began brewing her chai once a week, at a shared commercial kitchen in Boulder. Since then, Bhakti Chai has grown significantly.



Try the Bhakti Chai blend of full-flavored herbs and aromatic spices. It pairs deliciously with Longmont Dairy milk!

## Lemonade is Back May 1st!

Raspberry and Original Lemonade

Get 50 cents off the regular price of \$2.99 for the month of May.

