



DAIRY FARM INC.

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August 2019

# AUGUST Back to School!



## Chocolate Milk - A Superior Recovery Drink for Athletes

Did you know that drinking Chocolate Milk after heavy exercising can give your muscles the extra boost they need, and provide valuable hydration, protein, and minerals?

Researchers from James Madison University, who studied college soccer players, found that chocolate milk was comparable to a high-carbohydrate sports drink for athletic performance and recovery; however the athletes who drank milk also had lower indications of muscle breakdown which was attributed to the contribution of protein in milk that helped rebuild muscles. (Source: Consumer Reports Health, June 15, 2009)

Eight ounces of chocolate milk provides 9 grams of high-quality protein. Learn more about Chocolate Milk as a sports recovery drink at [LongmontDairy.com/sports-recovery](http://LongmontDairy.com/sports-recovery).

Dear Friends,

“Peach jam and butter on a piece of homemade bread and a glass of cold milk - that’s what I want for supper,” said David when I told him about this month’s MooRecipe.

I don’t remember ever eating “store bought” jam when I was growing up. So I am looking forward to making peach jam with our August Palisade Peaches (if my grandkids leave me any to make jam with)!

We’ve had lots of fun this year cheering for our grandkids at soccer, volleyball, baseball, and T-ball. Colorado is a great place for outdoor sports! Hope you enjoy cheering on your favorite team this fall.

Have a great August!

*Susan*



## Chocolate Milk for Sports Recovery

Wow! Only \$2.11 per bottle when you order four or more quarts. (Regular individual price is \$2.79.)

## Hey Kids! Enter the Eggnog Bottle Contest

Draw “Old St. Nick” and enter for a chance to see your design on our 2019 Holiday Eggnog bottles. St. Nick can be doing whatever you think he should do. Include the year “2019” in your design.

To draw your entry, use the form on the back side, or a blank sheet with a 4 ½” x 1 ½” rectangle. Draw with a black pen or marker to make dark lines. Use only one additional color. Write your name, age, address, parent’s name, phone number, school, grade, and milk delivery customer number on the bottom of each page you enter. Contest is open to students who are in grades Kindergarten through 12th grade and whose families are current customers of Longmont Dairy. For more details, visit [LongmontDairy.com/contest-rules](http://LongmontDairy.com/contest-rules). **You may enter as often as you like.** Email your entry to [LisaV@longmontdairy.com](mailto:LisaV@longmontdairy.com) before midnight on August 18, 2019.

Name: \_\_\_\_\_ Parent’s Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Customer Number: \_\_\_\_\_

Phone: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



Moo  
NEWS

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# MOOO RECIPES

## Easy Peach Jam

Your kids will have fun learning how to make jam. No canning required.

- 6 (8-ounce) jars or freezer containers, clean and ready
- 2 ½ pounds (about 8-9 medium size) ripe peaches
- 1 ½ cups granulated sugar
- 3 tablespoons freshly squeezed lemon juice
- 1 (1.75-ounce) package no-sugar-needed fruit pectin
- ¾ cup water

Peel the peaches. (You can scald the peaches for 17 seconds in boiling water to make peeling easier.) Remove the pits. Chop into small pieces, then mash in a bowl. Add the lemon juice and sugar to the peaches.

In a small saucepan; whisk the pectin and the water together.

Bring to a boil and boil for 1 minute. Add the boiled pectin to the peaches and stir. Stir for about 3 minutes until the mixture begins to thicken.

Pour the jam into the jars leaving about ½ inch at the top. Close the tops tightly. Let set at room temperature for 24 hours. Freeze or refrigerate. Use thawed jam within a week or two.

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## Cherry Creek with Mud Bottom Milk Shake

2 large servings

- 3 cups cherry ice cream
- 1 to 2 cups Longmont Dairy Chocolate Milk
- ½ cup hot fudge sauce
- 1 cup whipped cream (½ cup Longmont Dairy Whipping Cream, whipped)
- 2 Maraschino cherries

In blender, blend the ice cream and chocolate milk until smooth.

Pour half of the hot fudge sauce into the bottom of two large glasses. Add the milkshake. Top with whipped cream and a cherry.

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## Colorado Palisade Peaches are here!

There's just nothing more delicious than sweet, juicy, Palisade Peaches.

Order now! Peach season doesn't last long. 8 lb. boxes contain from 18 to 25 peaches (depending on size).

See pricing online at [LongmontDairy.com/price-sheet](http://LongmontDairy.com/price-sheet).



## Milk Does a Body Good!

Thanks to Joe Passalacqua, from Louisville, for sending this photo, taken in 1970, when they first started taking Longmont Dairy milk. He says, "The 'kids' are all over fifty now and very healthy, probably because of all the milk they drank."

And thank you, Joe, for being a customer for almost 50 years! Amazing!

### Bread of the Month:

## Cinnamon Peach Cobbler

Design your Eggnog Bottle here, or within a 4 ½" x 1 ½" rectangle.

You can use the above rectangle as a guide. Be sure to include your name and address on the reverse side of your entry.