



## Enter the Poetry Contest!

### Hey Kids! Enter our 30th Annual Poetry Contest with a poem about "If My Cow Went to the Olympics"

The Olympic games are coming up this summer. Imagine what a cow would do there!

**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 \$80; 2nd place \$60; 3rd place \$40; 4th place \$20.

**Deadline:** Entries must be received by midnight on Sunday, March 10<sup>th</sup>, 2024. Send your poems by email to customerservice@longmontdairy.com or mail them by Wednesday, March 6<sup>th</sup>, 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 grades: K-2nd Grade, 3-5th Grade, and 6-12th 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 Moo 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.

## 5 Tips for New Runners

*As the Tinman Elite athletes continue to work toward their goal of the Paris Olympics in July, they have shared some advice on how anyone can start—and keep—running.*

1. Start where you are today.
2. One foot in front of the other, one day after another.
3. Most of your running should be easy.
4. Run/Walks are your best friend when starting out.
5. When starting, don't over analyze the data.

*You can use this QR code to find the details of the article online. And don't forget to rehydrate with our chocolate milk!*



# MARCH

## Think Spring!



Dear Friends,

As I write this in January, early in the new year, we are busy planning what's next here at Longmont Dairy. We would love your input for what you'd like to see this year. We've been working on a recipe for a Raspberry Black Tea which we hope to start testing with some customers soon. We are also exploring some new flavors for our coffee creamer lineup.

As always, we'd love your thoughts and opinions. Send an email to customerservice@longmontdairy.com and let us know what ideas you have. We value your feedback!

Enjoy your Spring and Happy Easter later this month.

Take care,

*Katie*



# MOOO RECIPES

*This mint chocolate pudding made with fresh mint is creamy, rich, decadent, and a great dessert for anyone who loves chocolate! It makes a delightful St. Patrick's Day treat as well.*

## Mint Chocolate Pudding



- |                               |                              |
|-------------------------------|------------------------------|
| 2 c. Longmont Dairy milk      | 3 Tbsp. cornstarch           |
| ½ c. sugar                    | ¼ tsp. salt                  |
| 1 c. fresh mint leaves        | 1 Tbsp. Country Cream butter |
| ⅓ c. unsweetened cocoa powder | 1 tsp. vanilla (optional)    |

Clean mint leaves well and rub with the sugar for about 5 minutes.

Mix the mint-sugar into the milk in a saucepan. Heat, stirring occasionally, until milk is warm and the sugar is dissolved. Remove from heat just before it boils and let it rest for 20 minutes. Strain to remove mint leaves.

To the strained milk, sift in the cocoa, cornstarch and salt. Heat on medium, stirring often, until the mixture comes to a boil. Lower heat and simmer for 3-4 minutes while stirring continuously until mixture thickens. Scrape the sides and bottom of pan often while heating to avoid lumps.

Remove from heat and stir in the butter and vanilla, if desired. Pour into individual bowls or a single serving dish.

Serve immediately or refrigerate until cold. To prevent a thick layer from forming on the top, cover with plastic wrap touching the pudding surface.

For a stronger mint flavor, add a few drops of mint extract.

Makes about 3 to 4 servings.



## Vanilla Mint Milk is Back

Made from 2% milk, it is a refreshing and comforting combination of sweetness and fresh, minty flavor. Delivered only through the end of April.



## Eggnog for Easter

Longmont Dairy's Eggnog is a rich and creamy treat that is sure to please all your guests. Add Classic Eggnog to your order later in March while supplies last!



## Have Some OJ!

Our Orange Juice is from the highest quality oranges. It is reconstituted for freshness, delivered cold, and ready to drink. Add it to your order for an extra dose of Vitamin C!



Clip and file in your recipe collection! Use this QR code to find the recipe online.



# MARCH—PRODUCTS OF THE MONTH

Bread

**Snickerdoodle**

Prefare Meal

**Beef Lasagna Bowl**

Rome's Sausage

**German Sausage**

