



DAIRY FARM INC.

VOL. 22, NO. 6
June 2014

MOON NEWS

920 Coffman, Longmont, Colorado 80501

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.



JUNE Happy Father's Day!

Dear Friends,

In the month of June there are so many reasons to have a picnic or barbeque. Father's Day, Flag Day, and the first day of summer, just to name a few. We hope you enjoy the delicious BBQ recipes we've included which use Tillamook Sliced Cheese and Talbotts Apple Juice.

June is also National Dairy Month. Dairy foods are packed full of nutrients and are a great way to recharge your kids after a busy summer day. Whether it's milk on their cereal, a smoothie for an afternoon snack or melted cheese on a hamburger, dairy helps us to feel full longer and to maintain energy levels. Additionally, dairy helps to decrease risk of osteoporosis, high blood pressure and certain types of cancers.

Enjoy your summer and all of the wonderful foods available this time of year.

Until next time,

Susan

June is National Dairy Month

What began in 1937 as National Milk Month is now a month long celebration of all dairy products and the contributions they make to our lives. A surplus of milk during the summer months, along with nicer weather make it the perfect time to enjoy a variety of dairy products. Celebrate National Dairy Month the Longmont Dairy way by checking out our delicious recipes that will be sure to please every crowd.

Farmers' Markets are Back

Support our local farmers and visit with us at these locations. (For a more comprehensive list of times and locations where we will be, visit Longmontdairy.com/farmers_market.php.)



- June 1st in Arvada, Orchards and Parker
- June 7th in Golden, Lone Tree and Louisville
- June 8th in Orchards, Arvada and Lafayette
- June 14th in Golden, Lone Tree and Southlands
- June 15th in Parker, Arvada and Orchards
- June 21st in Louisville, Golden and Lone Tree
- June 22nd in Lafayette, Arvada and Orchards
- June 28th in Southlands, Golden and Lone Tree
- June 29th in Parker, Arvada and Orchards



Longmont Dairy is happy to sponsor the

29th Sunrise Stampede

June 7, 2014
Longmont, Colorado

A 10k run and 2-mile run/walk supporting the St. Vrain Valley School District's substance abuse and drug awareness programs.

For more information, visit SunriseStampede.com

MOOO RECIPES

©2014 Longmont Dairy Farm, Inc.



Tillamook Sliced Cheese at \$3.59

(That's 50¢ off for the month of June.)

Grilled Cheese on the Grill

Cheese slices are the perfect topping for sandwiches and hamburgers at your summer BBQ's. Try something new: stack cheese slices between your favorite bread and slap them on the grill. This simple recipe that will have everyone coming back for seconds:

- 8 slices sandwich bread of your choice, sliced thick
- 2 Tablespoons Grassland Spreadable Butter
- 1 tomato, cut into thin round slices
- 1 avocado, sliced into thin slivers
- Tillamook Sliced Sharp Cheddar Cheese
- Tillamook Sliced Colby Jack Cheese

Preheat grill to medium low heat. Spread ½ teaspoon butter onto 1 side of each slice of bread. Layer unbuttered side of bread with: slice of cheddar cheese, slice of tomato, 3 thin slices avocado, a slice Colby Jack Cheese, and top with slice of bread on unbuttered side. Place sandwich directly onto heated grill for approximately 10 minutes, flipping once. Bread should be golden brown, not burned.

Serve with favorite side dishes or add meats and vegetables of your choice to make your own unique recipe. Serves 4.

*Amber Foster
Moo News, June 2014*

Spicy Apple Barbeque Sauce

- 1 cup ketchup
- 2 cups Talbotts Apple Juice
- ⅓ cup molasses
- ¼ cup cider vinegar
- ¼ cup firmly packed dark brown sugar
- 2 tablespoons granulated sugar
- 1½ teaspoons chile powder
- ½ teaspoon celery seed
- 1¼ teaspoons ground cinnamon
- ½ teaspoon ground cloves
- Coarse salt and freshly ground black pepper

In a large heavy saucepan over medium heat, bring the ketchup, apple juice, molasses, vinegar, brown sugar, granulated sugar, chile powder, celery seed, cinnamon, and cloves to a boil, whisking to mix.

Reduce heat to low and simmer about 40 minutes, until thick and richly flavored, stirring often. Add salt and pepper to taste.

*Adapted from primalgrill.org
Moo News, June 2014*

Watch for the Eggnog Holiday Bottle Design Contest in July

Start working on your bottle design entries now.

The theme for 2014 will be "Stockings." The design must fit vertically within a 1½" by 4½" rectangle. A template will be included in the July Moo News. Enter as many times as you wish. Entries will be due July 18, 2014.

