



LONGMONT DAIRY FARM INC.

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Longmont Dairy Farm, Inc.

MONTHLY MEMBER NEWS

Welcome Fall!



Cold Brew Explained

What's so great about cold brew coffee and why should you try it?

Longmont Dairy Farm Cold Brew coffee makes a refreshing hot weather drink for coffee lovers. In addition, it has a taste that is very smooth and less acidic than traditional hot brewed coffee.

The process is different from iced coffee that is brewed with hot water, then chilled and iced. To make our cold brew, we start with fresh Silver Canyon Coffee coarse ground beans. Next, we steep the grounds in cold water for 24 hours making a strong brew that is ready to drink from the bottle.

Coffee grounds are full of natural oils, chemical compounds and organic acids, which are extracted from the coffee beans during brewing. Coffee brewed with hot water, even for just a few minutes, extracts more of the compounds that are associated with acidic flavors.

We brew it strong with medium-dark roasted beans sourced from a small cooperative in the town of Marcala, Honduras. Our Rocky Mountain watersheds are excellent for both hot and cold brewing and provide water that is unique to our area.

Our cold brew method results in a rich, full-bodied, balanced coffee that is low in acidity. We brew it strong so that it holds up to dilution with ice, milk, creamer, or water.

For a delicious, smooth, and unique taste, without the effort, try our new cold brew coffee drinks made with local Silver Canyon Coffee.

Dear Friends,

We hope you had a great summer and are ready to get into your fall routine. As a mom of two young kids, I feel like the summer is fun, crazy busy, and goes way too fast! Yet when school starts, it's nice to get back into a routine and for things to slow down a little bit. We are fortunate to have four unique seasons in Colorado that help switch up our routine and activities.

We've kept you updated on the changes with our plant expansion and the addition of new products. We are doing our best to listen to your requests. We want to provide you with the very best products and service that we can. We know that you have a lot of choices. Thank you for choosing to support Longmont Dairy. In doing so, you help us to provide jobs to roughly 100 employees, carry the products of many local vendors, support local farmers for cow feed, and grow our business in this beautiful state.

Thank you for helping us by participating in surveys and sending us your feedback. We truly value you all!

Take care,



New Products!

Fresh Brewed Black Tea – by Longmont Dairy Farm

Enjoy an ice-cold glass of our traditional, fresh brewed black tea, imported from the Iyerpadi Estate. Made with local, Rocky Mountain waters, it's sugar free and refreshing!

Delivered in half-gallon, glass bottles.

Cold Brew Coffee – by Longmont Dairy Farm

We steep medium-dark roasted beans in cold water for 24 hours to bring you this exceptionally strong and smooth blend. It's certified organic and sourced from Honduras by local company Silver Canyon Coffee. It's convenient to pour yourself an iced glass, or heat some in a mug, as you run out the door to meet the morning's demands.

Delivered in quart, glass bottles.

Cold Brew Café Au Lait – by Longmont Dairy Farm

Slow and cold steeped, organic Silver Canyon coffee blends perfectly with Longmont Dairy Farm 1% milk to make a delicious welcome-to-your-morning drink. Enjoy it iced, or warmed, and avoid the long lines and steep prices at the coffee shops. We work closely with Silver Canyon Coffee, our local partner, to bring you the best, high quality and bold tasting brews.

Delivered in quart, glass bottles.

Coffee Creamers – by Longmont Dairy Farm

Have you tried our new, out-of-this-world yummy coffee creamers? We customer-tested them to arrive at just the right balance of sweetness and flavor. They are made with Longmont Dairy cream and milk, sugar, and natural flavorings. Try:

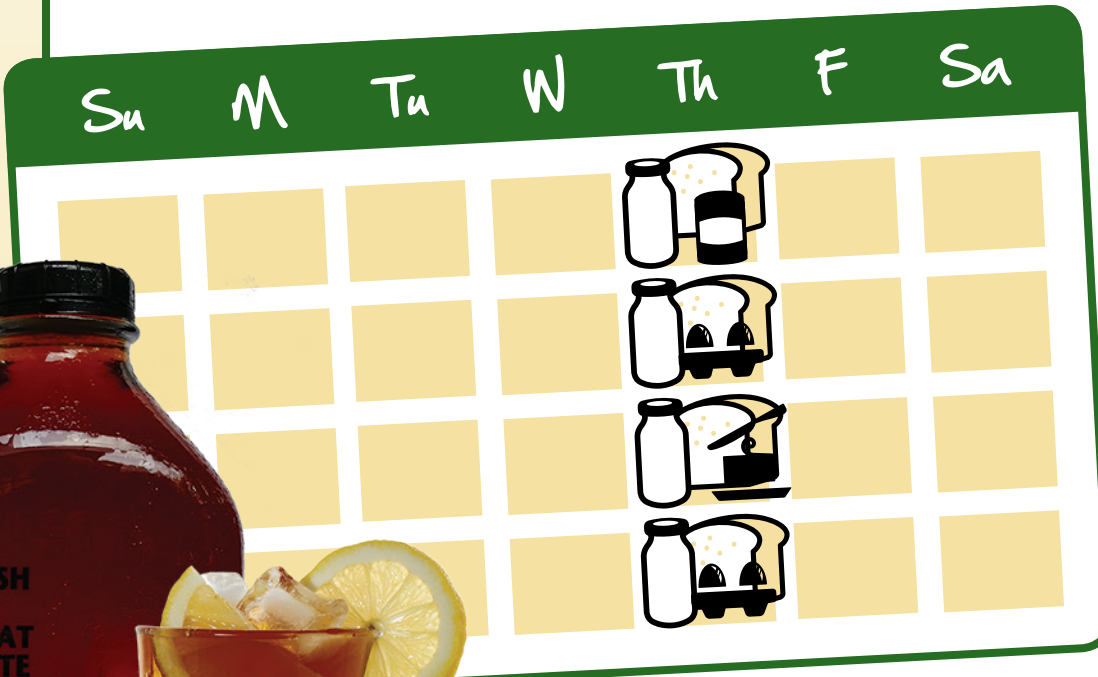
- French Vanilla Creamer, or
- Hazelnut Creamer

Delivered in pint, glass bottles.



Simplify your Ordering

Customize your standing order by the week. You can plan ahead, up to four weeks in advance, and add special items to certain weeks. Don't need butter every week? Add it to your 3rd week standing order. Add eggs to your 2nd and 4th week orders. Order coffee on the 1st week of the month. Order bread and milk weekly. Spreading your list throughout 4 weeks also helps you meet your three-item minimum. If you have any questions about the online ordering system, please call our helpful customer service team at 303-776-8466.



Bread of the Month:

Zucchini



What's in a Name – Milk?

When Katie Herrmann, co-owner of Longmont Dairy, received a call from Channel 7 News, for an interview about clarifying the definition of “milk,” she was happy to help. The story concerned a new comment from the FDA about enforcing the definition of milk. The FDA (US Food and Drug Administration) regulates food and drugs in the US to ensure purity and labeling compliance so that consumers know what they are buying.

The definition from the FDA (in the Title 21 CFR code) says “Milk is the lacteal secretion . . . obtained by the complete milking of one or more healthy cows.”* In other words, we get milk by milking cows. It further says it must be pasteurized, a process that makes it safe to drink.

So why all the fuss? For some time, the FDA has not enforced the definition by allowing crushed and juiced beans, nuts, and seeds to be called milk. While these non-dairy drinks don't meet the definition of milk, they are usually promoted as a dairy replacement.

Of course, Longmont Dairy has its own cows and delivers real milk, but we also sell other non-dairy beverages that their manufacturers call “milk.” “I am supportive of the FDA enforcing this definition of milk,” says Katie. “I don't have anything against non-dairy beverages—in fact, we carry some of them on our trucks—I do however believe in honesty and transparency in labeling.”

In the interview Katie says, “I think when you have greater transparency in your labeling, customers will trust your product more.”

The controversy may still continue, but to old dairy farmers, milk is still milk, and it has always come from cows the way nature intended it.

See the video at: <https://www.thedenverchannel.com/news/360/soy-milk-makers-may-need-to-find-alternative-description>

*See the FDA Milk Definition at: <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?fr=131.110>

MOOO RECIPES

Lyric's Spicy Chai Cupcakes

12 year old Lyric loves to bake. Try her suggested recipe for a spicy, fall treat.

- 1 cup sugar
- ½ cup softened Country Cream butter
- 1 Egglard's Best egg
- ½ teaspoon vanilla extract
- ½ teaspoon each of ground cinnamon, ginger, cardamom, cloves
- 1 ½ cups flour
- 1 ½ teaspoons baking powder
- ¼ teaspoons salt
- ⅔ cup LDF milk



- Frosting:
- 6 tablespoons Country Cream butter
 - 3 cups powdered sugar
 - 1 tablespoon vanilla extract
 - 3-4 tablespoons LDF milk.
- Cinnamon

Preheat oven to 350° F. (Adjust for altitude based on your local elevation.)

Cake: Prepare 12 cup muffin pan by lining with paper cups. Cream sugar and butter until fluffy. Add egg and vanilla and beat. In a small bowl, combine the spices. In a separate bowl combine the flour, baking powder, salt, and 1 ½ teaspoons of the spice mixture (reserving the remainder for the frosting). Add small parts (about ⅓) of the flour mixture to the creamed butter, alternating with the milk. Mix well after each addition. Fill muffin cups about ⅔ full with batter. Bake for about 25 minutes. Inserted toothpick should come out clean. Cool completely before frosting.

Frosting: Beat butter until fluffy. Beat in powdered sugar, remaining spices, and vanilla. Beat in milk. (Add more milk to bring to consistency desired.) Frost cooled cupcakes. Sprinkle tops with a little cinnamon.

*Adapted from Bakeshop Favorites
Moos News September 2018*

Welcome Fall Products!!

Eggnog Season is Back!

Toast the return of fall with a delicious glass of Eggnog.

- Pumpkin Spice Eggnog will be available through the end of October.
- Classic Eggnog runs through December.

So yummy you can serve it for dessert! (\$4.49/quart)



New! Harvest Pumpkin Coffee

Try this great tasting coffee from Silver Canyon Coffee. Smooth, rich and perfect for chilly autumn mornings. We will carry this only through November. Silver Canyon Coffees are locally roasted. Comes pre-ground in 12 oz. bags.

Pumpkin Chocolate Chip Cookie Dough

It's back! Fill your kitchen with the aroma of freshly baked cookies. Mary's Mountain Cookie Dough makes it easy and delicious! Mary Johns is a local baker in Ft. Collins who went from dude ranch cook to CEO. Go to marysmountaincookies.com/marys-story/ to read more about Mary's story of passion, purpose, and the challenges of female entrepreneurship.

Apple Cider Returns

Fresh from Palisade, Colorado, Talbott's Mountain Gold Cider is fresh pressed. Rocky Mountain snow melt and the natural minerals in the high, alluvial soils contribute to exceptional flavor. Available only in the fall, so enjoy a crisp glass now.

