



LONGMONT DAIRY
DELIVERY

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MOOO NEWS

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Update from Tinman Elite

As of June, the Tinman Elite team continues their quest for spots on the Olympic team. When you receive this newsletter, we should know if they have made it to the Olympics!

Joey has gotten better every single race since the start of his season. He has been consistent with 100+ miles per week in training and is looking to peak at the perfect time for a shot on the Olympic team in Paris.

Connor took some downtime after his marathon trials and is now building up to take on some longer road races this summer. The 10,000-meter race at the Olympic trials is still in the cards and he is eyeing a half marathon this fall.

Longmont Dairy Go-To's:

- ★ Connor consistently uses chocolate milk and eggs for his training fuel. Connor is gluten-free, so having safe and easy ways to get in extra protein has been very beneficial to his recovery.
- ★ Joey likes to have fun with his order—he loves to use eggs and cheese to make homemade breakfast burritos and washes it all down with whole milk!

Both athletes have been incredibly grateful for the support of Longmont Dairy and the health benefits of consuming safe, natural, local products. They both have completed more mileage and weight training and have been healthier since starting up with Longmont Dairy. It sounds too good to be true, but having a routine of healthy foods can make a crucial difference when you are on the starting line!

JULY

Go Team USA!



Dear Friends,

We hope you're enjoying your summer so far. This month, we have a couple of fun and easy recipes to beat the heat. As a kid, I remember always making silly concoctions to serve to my parents and friends. As an adult, I still find myself coming up with new smoothie recipes or cocktails.

My daughter Ellie also loves to put together fun drinks and typically uses our products to do so. We've included her Frozen Berry Lemonade below. It's a fun treat for kids and adults alike.

Happy
4th of July!

Katie

PS: If you have an easy recipe with a photo to share, please send it in for a chance to be featured!



Ellie's Frozen Berry Lemonade

12 oz. Longmont Dairy Regular or Raspberry Lemonade
¾ c. berries of choice
1-2 c. ice to your liking

Blend all ingredients to desired consistency and enjoy! Makes about 2 servings.

Summer Fun!

S	E	H	N	E	I	T	C	E	O	P	O	O	K
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F	R	C	T	I	E	S	I	H	M	A	C	A	B
L	O	E	A	H	M	M	H	S	S	M	Y	I	B
I	W	C	C	C	O	I	O	K	S	P	O	A	C
P	E	R	A	A	N	W	T	L	K	I	U	C	K
F	R	E	V	E	A	S	D	I	B	C	E	I	K
L	I	A	H	B	D	O	O	M	F	N	K	B	I
O	F	M	P	C	E	E	G	A	E	I	I	U	R
P	I	I	E	K	I	B	C	E	I	C	H	B	I
S	C	C	A	B	A	R	B	E	Q	U	E	S	O
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|--|--|--|---|
| HIKE
FLIP FLOPS
MILKSHAKE
KAYAK | PICNIC
FISHING
SWIMSUIT
HAMMOCK | LEMONADE
BARBEQUE
SUNSHINE
BIKE | ICE CREAM
VACATION
FIREWORKS
HOT DOG |
|--|--|--|---|

Olympic Word Scramble

- CSTISNGAYM _____
- DGLO DLEMA _____
- MMISWGIN _____
- ACRKT _____
- AOLBLOFT _____
- ELTETHAS _____
- STINEN _____
- EKTBSLABLA _____
- ELBOLVLYAL _____
- WINORG _____
- TNONABIMD _____
- NTSRIPS _____
- GICFNEN _____

Answers: GYMNASTICS, GOLD MEDAL, SWIMMING, TRACK, FOOTBALL, ATHLETES, TENNIS, BASKETBALL, VOLLEYBALL, ROWING, BADMINTON, SPRINTS, FENCING

Help the Cow Find the Ice Cream Shop



Fun Facts About Cows

- ★ **COWS HAVE BEST FRIENDS**
Cows are social animals and they form close bonds with other cows. They even have best friends and can become stressed when separated from them.
- ★ **COWS HAVE EXCELLENT MEMORIES**
Cows have great memories and can remember things for a long time. They can recognize over 100 different faces, both human and animal.
- ★ **COWS HAVE A COMPLEX DIGESTIVE SYSTEM**
Cows have four stomach compartments, the rumen, reticulum, omasum, and abomasum, which help them digest tough plant material.
- ★ **COWS CAN PRODUCE A LOT OF MILK**
A single cow can produce more than 6 gallons of milk a day. That's enough to make about 96 scoops of ice cream!
- ★ **COWS CHEW A LOT**
Cows chew their cud (regurgitated food) for up to 8 hours a day. This helps with their digestion.
- ★ **COWS ARE INTELLIGENT**
Cows are very intelligent and can solve problems. They can also learn from each other and remember solutions to puzzles.

How does a cow stay up to date with the news?
(It reads the moo-s-paper!)

Where do cows go on Saturday night?
(To the moo-vee!)

What do you call a cow jumping on a trampoline?
(A milkshake!)

What do you get from a pampered cow?
(Spoiled milk!)

Why do cows wear bells?
(Because their horns don't work!)

What do you call a cow that plays a musical instrument?
(A moo-sician!)

What does a cow use to do math?
(A cow-culaor!)

Why did the cow go to space?
(To see the moooon!)

How did the dairy farmer locate his missing cow?
(He tractor down!)

How do you make a cow be quiet?
(Press the moo-te button!)

MOOO RECIPES



This simple way to make homemade ice cream calls for just three ingredients (plus any desired mix-ins) and is ready in just a few hours. Top with seasonal fruit, or for extra flavor, swirl in some fruit sauce.

Easy No-Churn Ice Cream



- 2 c. Longmont Dairy whipping cream
- 14 oz. sweetened condensed milk
- 1 tsp. vanilla extract
- Strawberries
- Blueberries
- Mint leaves (optional)

In a large bowl whip the cream to stiff peaks being careful not to over-whip.

In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream, slowly incorporating the two mixtures, keeping it light and aerated.

Transfer to a metal bread pan or paper container and freeze for 4-6 hours or overnight.

Serve topped with strawberries and blueberries and garnish with mint leaves, if desired.



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



Save on Sliced Cheese

Great on burgers!

Save 50¢ when ordered for delivery in July. Try Sliced Medium Cheddar, Sharp Cheddar, or Colby Jack Cheese from Tillamook.



Root Beer Milk

Enjoy the creamy, smooth taste of Root Beer Milk. Made with Longmont Dairy 2% milk and natural ingredients, it is a delicious, summer-time dessert or snack. It has less added sugar than soda, no corn syrup, and is caffeine-free!



JULY—PRODUCTS OF THE MONTH

Bread

White Chocolate Raspberry

Prefare Meal

Ranch Chicken Meatballs with Mac N Cheese

Rome's Sausage

German Sausage

