



VOL. 34, NO. 10
October 2026

MOON NEWS

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OCTOBER Pumpkin Power!



Dear Friends,

Every October, with your help, we partner with Roberta's Legacy in the fight against breast cancer. This year marks the sixth year that we've raised funds through our Strawberry Milk October promotion. During that time, you have helped us raise \$18,838 to support this wonderful cause. Thank you so much for your help with this!

Since Roberta's Legacy started in 2017, they have helped support nearly 200 families. They have also reached the incredible milestone of providing \$1 million in support to families during their journey with breast cancer.

We truly appreciate our customers and their willingness to give back to our community.

Take Care,

Katie

The Ever-Popular Pumpkin

When the weather becomes cooler and the leaves begin to change colors, pumpkins start appearing in stores, farms, gardens, and homes. People enjoy visiting pumpkin patches, choosing pumpkins, and carving them into Jack-o'-Lanterns for Halloween. Placed on porches or displayed at parties, pumpkins are an important part of the holiday.

Pumpkin is also used in many delicious fall foods. Its mild, slightly sweet flavor works well in both sweet and savory recipes. Pumpkin can be used to make pies, breads, muffins, cookies, pancakes, soups, pasta, and roasted dishes. Pumpkin spice is another reason the flavor is so popular. Pumpkin spice usually includes cinnamon, nutmeg, ginger, and cloves. These warm spices create a comforting taste and smell that many people associate with autumn.

Pumpkin is a nutritious food. It contains vitamins, minerals, fiber, and antioxidants. Pumpkin is especially rich in beta-carotene, which the body can convert into vitamin A. This makes pumpkin a tasty food that can also provide important nutrients.

In the end, pumpkin represents Halloween, harvest time, family traditions, and the cozy feeling of autumn. Its delicious flavor, beautiful color, versatility, and nutritional value make it a fall favorite.

Partner with Us!

Help us support **Roberta's Legacy** and their work in Longmont and the St. Vrain Valley! Their mission is to walk beside those diagnosed with breast cancer and their families by providing care, resources, and services through a network of legacy friends and partners. **During the month of October, we will donate 50¢ to Roberta's Legacy for each bottle of Strawberry Milk delivered.** Use this QR code to donate directly or find other ways to get involved.



MOOO RECIPES



Make your own pumpkin purée, using small “sugar” or “pie” baking pumpkins rather than the large Jack-O-Lantern pumpkins. The smaller pumpkins taste better and have a more silky texture.

Pumpkin Bread

2 eggs 1/2 c. oil 3/4 tsp. salt
 1 3/4 c. sugar 2 3/4 c. flour 1/2 tsp. ground allspice
 1 15 oz. can pumpkin 1/2 tsp. cinnamon 1/2 tsp. ground cloves
 or pumpkin purée* 2 tsp. baking soda 1/4 tsp. ground nutmeg
 *Find a simple pumpkin purée recipe at MoooRecipes.com/pumpkin-puree.

Spray 1 large or 3-4 small loaf pans with cooking spray.

Cream together eggs, sugar, pumpkin, and oil. Add dry ingredients and mix well.

Bake at 350°F for 1 hour, then cool for 15 minutes.

Clip and file in your recipe collection!

Use this QR code to find the recipe online.



We Want to Hear from You!

We've delivered milk in glass bottles since 1965, and we're still family-run. If you've got a minute, we'd really appreciate an honest review on Google.



Seasonal Eggnog!

Don't miss our seasonal **Pumpkin** and **Classic Eggnog**. It's great as a splash of flavor in your coffee and a delicious treat for your Halloween party guests! Pumpkin is available through October and Classic through December, while supplies last.



Pumpkin Chocolate Chip Cookie Dough

Make some fresh Halloween treats and fill your kitchen with the aroma of fall without all the work! Bake fresh, yummy cookies with **Pumpkin Chocolate Chip Cookie Dough**. Sold in 3 lb. tubs.



Now Available!

Talbott's High Country Premium Apple Cider is fresh-pressed from a blend of apples grown in Palisade, Colorado. It's refreshing, zesty, and bold; a perfect treat to share with family and friends at your next seasonal gathering.



OCTOBER—SEASONAL PRODUCTS

Sweets

BREAD IN THE BOX

Cinnamon Caramel Apple

MARY'S MOUNTAIN COOKIE DOUGH

Pumpkin Chocolate Chip

Meals & Soup

PREFARE—Beef Stroganoff TICO'S

Minestrone Soup with Ditalini Pasta

Meat & Cheese

ROME'S SAUSAGE—Italian Sausage

ROCKING W CHEESE

Smoked Ghost Pepper & Garlic Chive Jack

