



LONGMONT DAIRY FARM INC.

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NEWS MAY

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Longmont Dairy Farm, Inc.

MAY Happy Mother's Day!



Dear Friends,

May is usually a month for celebrations!! Graduations, Mother's Day, garden planting, and the end of the school year!

We are over a year into our "New Normal" lives, and it is good to find reasons to celebrate as often as we can.

Our family will celebrate Bella, our oldest granddaughter, graduating from nursing school this month! (we are extremely proud of her!)

Hopefully you will have something to celebrate in May 2021. Even if its just how happy the warmth of the sun makes you feel!

Take care till next time,

Susan

Congratulations Poetry Contest Winners!

We loved hearing about "The Superpower Milk Gives You."

It's fun to see the hard work put into these poems and the amazing creativity. Poems were judged by age group, and the winners, from Kindergarten through 12th grade, are included in this issue. Poems will also be posted online at our website.

We enjoyed reading so many wonderful poems that it was hard to select our winners. We hope that you will enjoy reading these uplifting poems as much as we have, and that they will bring some light and laughter into your homes. Remember to read the honorable mention poems online at LongmontDairy.com/poetry-contest.

Lemonade on Sale!

Just \$3.35 in May (Regular price \$3.79)

Longmont Dairy Farm Original and Raspberry Lemonades are made with pure lemon juice, 20% less sugar, and no corn syrup! For delivery between May 1 and May 31st.



www.LongmontDairy.com

CONGRATULATIONS, 27TH ANNUAL POETRY CONTEST WINNERS! "The Superpower Milk Gives You"

Elementary and Middle School

K-2nd Grade

1st Prize

Alianna G., 2nd Grade
Home School/APEX, Longmont

My Milk Powers

I love milk
Yummy yum
It has protein
And lots of calcium.

Vitamin yay!
Vitamin B
I love vitamins
And they love me.

I drink milk
It makes me strong
It builds my muscles
To sing a song.

Muscles to dance
And for my brain
To learn in school
And act on stage.

These are my superpowers
As you can see
Milk helps this girl
Be all she can be!

2nd Prize

Jocelyn M., 2nd Grade
Canyon Creek Elementary School, Aurora

The Power of Milk

Milk makes me strong
Milk helps me grow
Milk keeps me healthy
Don't you know

I love milk
It gives me vitamin D
It gives me energy
To do karate

Milk is awesome
No matter how it's used
And a glass of chocolate milk
Can never be refused

3rd Prize

Alfie and Eleanor W., 1st Grade and PreK
William Roberts Elementary School, Denver

When I drink my milk before school
It makes me feel really cool
When I put it on my cereal
My superpower becomes material
It helps my big brain muscle
For energy to hustle
I love Longmont Milk
It tastes as smooth as silk

3rd-5th Grade

1st Prize

Marin O., 5th Grade
Prairie Hills Elementary School, Thornton

I wake up in the morning,
Fuel myself with milk,
Milk helps me keep a running,
It's even better than silk.

When it's time to go on the field,
I can kick that ball into space!
Even when the ref tells me to yield,
It still seems like a race.

Milk gives me all the energy,
I could ever need,
It makes me think so cleverly,
And helps me run with speed.

If I do not drink milk every day,
I don't know what I would do,
Oh milk how I appreciate,
How much you give me the power to do!

2nd Prize

Harry E., 4th Grade
Jefferson Academy, Broomfield

This milk gives me energy every day
Just like horses eating hay
It makes me strong with vitamin D
Come on, look and see!
This milk is delicious
It's so good it's suspicious
I love all the different flavors from regular
to chocolate

It makes me want to empty my wallet
You get it from cows who are grazing
I love this milk, it is amazing!

3rd Prize

Emi O., 4th Grade
International School of Denver, Denver

Milk can make you powerful
Milk is also wonderful
I drink the milk every day
It's so magical you will fly away.

The protein makes you big and strong
You can drink it all day long
Milk provides awesome energy
It's the best drink of the century.

If you drink milk all the time
You might help to stop a crime
Milk will help you save the day.
"She is awesome!" they will say.

6th-8th Grade

1st Prize

Emma P., 7th Grade
Home School, Broomfield

I got milk from Longmont Dairy, and
imagine my surprise
When my feet lifted off the ground, right
before my eyes!

A cup of that delicious two percent,
and high up into the air I went!

I tried a little chocolate milk, creamy
and superb.

I found that I could lift a car, right up off
the curb!

I later got some eggnog, cinnamon,
of course.

I grew and I expanded, to the size of a large
horse!

I decided to experiment: what would
yogurt do?

I found that I could run a mile, within a
second or two.

I then tried butter on my toast, and found
that I could see

Right through my clothes and skin, at the
bones inside of me!

So milk makes me fly, and chocolate makes
me strong.

By drinking eggnog that makes me grow,
I'm doing nothing wrong.

Yogurt makes me fast, and with butter I
can X-ray.

With my newfound powers, I'm a
superhero every day!

2nd Prize

Olivia B., 6th Grade
The Academy of Charter Schools, Westminster

I love to play basketball, but it's hard when I'm the shortest on the team.
Everyone else is tall and lean.

I woke up this morning and looked outside,
Longmont Dairy was sitting on my doorstep,
I was instantly satisfied.

I read online milk makes you tall,
Before I knew it I was able to block the ball!
People started asking me what my trick is,
I picked up a bottle of milk and said, "it's this!"
I started winning games and making shots.

I grew sooo much!
So if you wanna get taller, just like me,
Go ahead and drink some milk from Longmont Dairy.

3rd Prize

Olivia B., 7th Grade
Landmark Academy, Commerce City

The Superpower Milk Gives You

The superpower milk gives you is always something that should strengthen you
You see, it does not just make you go moo
Or make you have to run to the loo
You see, with the power of milk I once flew

Yes I flew but I also grew
Not just an inch or three I grew stronger you see

The power of milk made my bones grow
stronger times three

Milk will make your bones so pleased
Just drink up and you shall see

High School

9th-12th Grade

1st Prize

Emily B., 12th Grade
Home School, Arvada

Supermilk

Two pairs of footsteps thump downstairs,
Enormous smiles, messy hair.
"I'll eat my breakfast first!" one cries.
Milk is poured, cereal flies.
Back door slams. Brothers run.
Singing, prancing, having fun.

"What if," says he, "the milk we ate
Gives us powers really great?"
Upstairs they dash to find the capes,
Foam swords, and masks with Velcro tapes.
They leap off rocks, pretend to fly
Every time the wind gusts by.

Until one child trips and falls
Hits his knee. His mother calls.
"I tried to fly," he sobs to her.
"I thought I could be super."
"You don't have to fly or learn to spar.
I love you just the way you are."

2nd Prize

Liam J., 11th Grade
Centaurus High School, Lafayette

Milk is something we all see
Whether we know it or not
What superpowers does milk have?
The answer is a lot.

First comes the calcium
Potassium comes along
The superpower of healthy bones
And the protein makes you strong.

Second comes the nutrients
In skim milk, half and whole
The sidekick of antioxidants
They help you reach your goal.

Third comes linoleic acid
And the scientists agree,
Linoleic acid can help you lose weight
To give you super speed.

Fourth comes versatility
From soups, smoothies, and ice cream
Milk gets along with anyone
It's a part of every team.

Milk can give us many things
The vitamins and nutrients are ours
Strength, speed, versatility—
We can all have superpowers!

3rd Prize

Grayson G., 9th Grade
Skyline High School, Longmont

Milk is the drink that gives power to all
For sports like football, baseball, and basketball
I use it for my cereal, I use it for my protein shakes
And sometimes I use it when I bake
Longmont Dairy is the best milk ever
It gives power to whoever
I love milk, I will never hate it
It helps me with sports which I'll never quit
And at the end, I hope you like this poem
And who knows, I might make more of them



MOOO RECIPES

Mini Cheesecakes for Mom

Try serving these rich and creamy cheesecakes, baked in muffin tins, plain or topped with chocolate fudge, caramel sauce, your favorite fruit sauce, or even edible flowers. Makes 18 regular muffin size servings.

Crust:

- 2 c. graham cracker crumbs
- 5 Tbsp. brown sugar
- 8 Tbsp. Country Cream butter, melted

Cheesecake Filling:

- 16 oz. (2 blocks) cream cheese, softened
- 2/3 c. sugar
- 2 Eggland's Best eggs
- 2/3 c. Daisy sour cream
- 1 tsp. vanilla extract



Bring cream cheese, eggs, and sour cream to room temperature for at least 2 hours to help prevent cheesecakes from sinking in the middle.

Combine graham cracker crumbs, brown sugar, and melted butter. Press 2 tablespoons of the crumbs into each of 18 paper-lined muffin cups.

Beat cream cheese on low speed until smooth. Add sugar and beat again until smooth. Stir in eggs and vanilla just until combined. Do not overmix! Stir in the sour cream.

Divide cheesecake filling between the 18 muffin cups. Bake on the middle rack of a 350° F oven for 15-18 minutes until the cheesecakes no longer look wet, but the center still jiggles. Cool for 45 minutes on a cooling rack, then refrigerate for at least 2 hours.

Before serving, put the cheesecakes in the freezer for 15 minutes. Take out and immediately remove the paper liners. Set on a serving dish or individual dessert plates, and serve plain or with your favorite topping.

Mooo News, May 2021

Bread of the Month

May:

Banana Chocolate Chip

Bringing Back the Brats

Get ready to start grilling! Dale's Pale Ale Beer Bratwurst is back, and Pork Jalapeño Cheddar Sausage from Charcutnuvo will also be available to add to your order in May.



More New Flavors!

We have added Cinnamon Raisin Original Bagels and Garden Vegetable Philadelphia Cream Cheese for extra variety to start your day with a quick, easy breakfast on the go!

Mobile App Now Available!

We put careful thought into developing our new mobile app, and it has been well received! Now from the convenience of your phone you can:

- Manage and **change your standing order**
- **Add or remove items** from your next order
- **Skip a delivery** if you will be out of town
- Set a weekly order modification **cutoff time reminder**
- **Edit account information** including email, phone number, and payment method

Delivery reminders and information on featured products will be available as well.

If you have not done so already, search for Longmont Dairy on either the Apple or Android app store and download it now!

