



Chocolate Milk— The New Sports Drink

LDF Chocolate Milk provides all three ingredients essential to a great sports drink: protein, carbohydrates,



and electrolytes (sodium and potassium). It keeps you hydrated, helps you refuel and recover and it's easier to drink after you exercise. There's no mixing or mess to clean; just pour and enjoy!

Dear Friends,



We are excited to offer two new products this month. First, we are introducing a new flavor of our Specialty Artisan Cheese: Portobello Leek. It has a rich, interesting flavor. Let us know what you think about it!

And finally, by popular demand, YOGURT! We are so pleased to be able to bring you Aussie-style Noosa Yoghurt. We love it, and think you'll love it too. Hope you enjoy trying all three flavors.

If you have noticed Orange Juice prices going up, there is good reason. Recent international incidents and freezing weather in Florida have caused wholesale orange prices to jump, thereby increasing our orange juice prices.

Take care till next time,





18th Annual Poetry Contest Favorite Cow—"My Imaginary Friend"

Let's imagine your favorite cow is your best friend. What's her name, favorite food, what's her latest facebook status update? Let your creativity run as wide open as the field where she may live.

We can't wait to read about all of your new exciting friends.

Write or type your poem on a sheet of plain, white paper. Include your name, grade, school, home address and phone number on the back of the page. Please use one sheet of paper per poem.

You may also email your poetry to us, including the same information listed above. Entries must be received no later than Friday, March 23rd. Prizes will be given for each division. Contest winners will have their poems published in the May issue of the Mooo News, with their name, school, and grade. Poems published on our website will include only the author's first name, school and grade.

Divisions include—

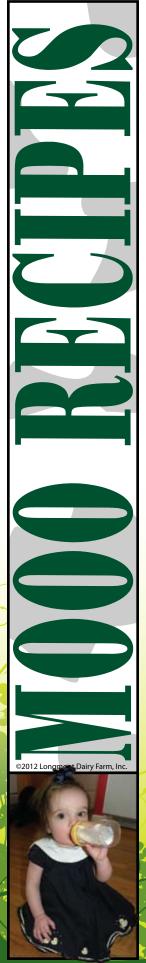
K-2nd; 3rd-5th; 6th-8th; 9th-12th; Adult *Prizes—*

1st Prize: \$60 2nd Prize: 4 movie tickets 3rd Prize: 2 movie tickets

To Enter—

Email poems to:

amyw@LongmontDairy.com Or, send your poem by regular mail to: Longmont Dairy Poetry Contest P.O. Box 998, Longmont, CO 80502



Portobello Leek Cheese Soup

- 1 pkg. Longmont Dairy Specialty Portobello Leek cheese (approx. 80z.), shredded
- 2 Tbsp. butter
- 2 Tbsp. flour
- 3 ½ cups of hot Longmont Dairy milk
- 1 whole clove garlic (peeled, not crushed)
- 2 Tbsp. white vinegar (or 3-4 tablespoons white wine)
- ³⁄₄ tsp. salt
- ¹/₈ tsp. pepper
- 2 egg yolks

2 Tbsp. Longmont Dairy cream

Melt the butter in a double boiler and blend in the flour. Gradually stir in the milk and garlic. Cook over simmering water in a double boiler for 20 minutes. Discard the garlic clove. Stir in the vinegar (or use white wine, if you prefer), and the shredded Portobello Leek cheese. Season the soup with salt and pepper.

Cook the mixture, stirring until the cheese is melted. Beat the egg yolks with the cream. Add a little soup to the mixture and mix all together in the double boiler. Cook for 3 minutes, stirring the entire time. Serve immediately. Makes about 1 ½ quarts.

MOOO News, March 2012



Noosa Yoghurt— Ready for Delivery!

Aussie-style in three flavors: *Blueberry, Raspberry and Honey*

- 6-pack (2 each of all three flavors): \$14.94
- 8 oz. singles (select flavor):
 \$2.79 each

PROUD Better for you. Better for Colorado.



Prices effective March1, 2012

Whole Milk ½ Gallon - \$2.79 1 Quart - \$2.15

Reduced Fat Milk - 2% ½ Gallon - \$2.79 1 Quart - \$2.15

Low Fat Milk - 1% ½ Gallon - \$2.79 1 Quart - \$2.15

Fat Free Milk - Skim ½ Gallon - \$2.79 1 Quart - \$2.15

Half and Half 1 Quart - \$3.32 1 Pint - \$2.32

Whipping Cream 1 Quart - \$5.52 1 Pint - \$3.32

Chocolate Milk (2%) 1 Quart - \$2.30 4-Pack - \$7.24

Strawberry Milk (2%) 1 Quart - \$2.30

Orange Juice ½ Gallon - \$4.79 1 Quart - \$2.89

Talbott's Apple Juice ½ Gallon - \$4.21

Country Cream Butter 1 lb. - \$4.99 Tillamook Block Cheese Medium Cheddar Cheese Sharp Cheddar Cheese Colby Jack Cheese 16 oz. - \$6.99

Tillamook Shredded Cheese Sharp Cheddar Cheese Colby Jack Cheese Mozzarella Cheese 8 oz. - \$3.99

LDF Speciality Artisan Cheese New! Portobello Leek Asiago Jalapeno Jack 8 oz. - \$5.99

Egg-Land's Best Eggs Cage Free Brown 1 Dozen - \$3.89 White - Grade AA Large 1 Dozen - \$2.79

VIVA Lowfat Cottage Cheese 24 oz. - \$5.29

Noosa Yoghurt Blueberry, Raspberry, Honey 6-pack, 2 of each flavor - \$14.94 8 oz. singles - \$2.79

Metal Porch Boxes \$45.00 - optional

Quantity Discounts apply to purchases of 20 or more ½ gallon bottles of milk per month (if there is no previous balance on your account).

Weekly Minimum Delivery: 3 bottles, any size.

Delivery Charge (per delivery) - \$1.00

MOOO NEWS

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Articles of interest, recipes and pictures may be submitted at the sender's risk. Submission of material implies the right to edit and publish all or in part.

Happy Little Customer