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MOOO NEWS

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Longmont Dairy Farm, Inc.

September

FALL for Cinnamon Eggnog



For the first time, Cinnamon Eggnog is available starting Monday, September 5, and will be available through December, for the holidays. Be sure to order some today!

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Your mother was right— Eat your Breakfast

Many children (and adults) start their days without breakfast. This is true nationwide, for many reasons ranging from poverty, to lack of time due to busy schedules.

"Harvard researchers have concluded that school breakfast helps children improve their standardized test scores and math grades, reading abilities, pay better attention, and stay more alert," (breakfastmatters.org/why-breakfast).

The same undoubtedly holds true for adults, as well. Not eating breakfast is actually a choice to settle for less overall quality in your life. Evidence suggests that eating breakfast may lead to other benefits including having a better day and higher test scores.

"Emerging evidence suggests that eating breakfast may provide other potential health effects including: promoting heart, digestive, and bone health; reducing risk of metabolic syndrome; increasing physical energy; helping children do better in school by improving memory, alertness, concentration, problem-solving ability, test scores, school attendance, and mood," as well as "helping to maintain a balanced body weight." (www.foodnsight.org).

continued on the next page—

Dear Friends,

In our manager's meeting this morning we talked about the importance of teamwork and collaboration. Our discussion made me think of the cooperation between our employees in the various departments and locations at Longmont Dairy.

There are *many* "moving parts" that bring the milk from our cows to your table every week! We hope there is also "teamwork" between your family's milk needs and what we can provide for you. We are always interested in your feedback and input.

Hopefully, you will take the time to fill out the MOOO News Survey this month. Your answers are one way we are able to "listen" to you. If you prefer, the survey is also available online at LongmontDairy.com. Thank you for being a part of our "Team." We LOVE serving you.

'Til next time,

Susan Boyd

Fall is right
around the bend.

**Talbott's
Apple Cider**

\$4.21 half gallon.

Save 50¢

Enjoy 50¢ off Talbott's
Apple Cider or Apple
Juice.

Use this coupon or
get coupons online at
LongmontDairy.com.

Limit one coupon per
item purchased.

Offer expires Sept. 30, 2011.



MOOO RECIPES

It's a wrap! Try this Southwestern Breakfast Omelet Wrap

Think ahead - the night before, that is! Make this delicious, high protein, breakfast wrap ahead of time. Vary the ingredients, and be creative. You can even use leftovers from the previous night's dinner (cubed leftover baked potatoes work great).

- 1-9-inch tortilla (whole wheat, spinach or sundried tomato)
- 1 Tbsp. warm refried beans or bean dip
- 2 Egg • Land's Best eggs
- 1 Tbsp. hot sauce
- Salt and pepper, to taste
- 1 Tbsp. chopped green onions
- 1 Tbsp. chopped cilantro
- 1 tsp. Country Cream butter
- 2-3 Tbsp. any variety of shredded Tillamook Cheese

Optional Ingredients: *1 tablespoon canned, rinsed pinto beans; 1 tablespoon prepared green or red salsa; avocado, sliced olives, chopped cilantro, cubed baked potato, leftover rice or vegetables, spinach, tomatoes, or any meat. Let your imagination guide you.*

Set oven rack six inches from the heat source; preheat broiler. Place tortilla wrap between paper towels and warm for about 10 seconds in the microwave Spread warm refried beans or bean dip onto the tortilla and spread to coat in a thin layer, leaving a 1-inch border without any beans.

Stir eggs, hot sauce, salt and pepper briskly with a fork in a medium bowl.

Eat Your Breakfast, continued

Eating on the run is not a perfect solution, but it is probably more realistic for most people. Consider brown-bagging your breakfast and pack items the night before like hard-boiled eggs, fruit and cheese, bananas and peanut butter, cottage cheese and fruit, or breakfast burritos/wraps filled with scrambled eggs and cheese. Fill your Longmont Dairy

Stir in green onions, cilantro, and any other additional ingredients you desire. Melt butter over medium heat, in a 10-inch nonstick, oven safe skillet. Brush melted butter, to evenly coat the pan's surface. Add the egg



mixture and cook, lifting the edges of the omelet with a heat resistant spatula, so the uncooked egg flows underneath. Continue until the bottom of the omelet

is light golden. Place the skillet under the broiler and broil until the top of the omelet is set, about 20 to 30 seconds. Slide the omelet onto the bean coated tortilla Sprinkle with cheese, and any other additional ingredients you desire. Fold the edges over the omelet on two sides, then roll the wrap up and around the omelet.

The wrap can be served immediately or wrapped in plastic and refrigerated overnight. In the morning, just warm in the microwave on high for 1-2 minutes, and take with you when you leave.

*Recipe inspired by www.EatingWell.com
MOOO News, August 2011*



Sports Drink Bottle with your favorite regular or flavored milk. If you like, add a scoop of protein powder or blend some fresh or frozen fruit into your milk to make a delicious smoothie - a perfect way to get your mid-morning energy lift.

Don't be surprised if your nerves seem steadier throughout the day, unlike the

highs and lows that can be experienced when you drink sugary/caffeine-filled energy drinks. Steadying your mood might make you more productive and happy too!

If you have good ideas for breakfast-on-the-go, share your ideas with us on Facebook. If you are not yet on FB, join us today. We would love to hear from you.