



APPLE PRESS

News, Hints & History from your Friends at Soons Orchards
www.soonsorcharads.com New Hampton, NY 845-374-5471

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Your Friend the Flavonoid

Once again the apple comes out on top -- on top of the list of super-healthy foods that is! A new study of over 10,000 individuals found that a high intake of flavonoids – potent antioxidants found in plant foods – reduced the risk of stroke, lung cancer, heart disease, asthma and diabetes. Researchers found that the biggest benefit was from the flavonoid called quercetin, which is found in apples and onions. Quercetin also shows promise in regulating blood pressure and has anti-allergenic properties.

Now, not that we have anything against onions – we love ‘em of course – but seems to us eating an onion or two a day might be pretty tough...and probably won't make you any new friends. Eating a couple apples though...and having an extra for your lunch date... could very well improve your social life. So on your next visit to Soons, stock up! You never know – that apple a day might save your life. (Just remember to always refrigerate your apples – they may look pretty on the table but



after a few days they won't taste nearly as good!)

Super Fruit: fighting for better health everywhere...

READY, SET, PICK!

Our U-Pick orchard ("Hampton Station") will re-open chock full of all your favorite varieties: U-Pick weekends starting September 13, plus Columbus Day, until about the end of October.

Enjoy fresh-pressed cider starting around Sept. 20th, and the pumpkin patch opens Sept. 27.



Above: Laura, Art and Conor

Family Matters: Birthday Bash!

In May, Art Soons and Conor Thornton celebrated some very important birthdays. Art's 70th was feted surprise-style by the kids, Jeff, Laura and Sharon, along with

about 60 co-conspirators who all kept mum 'til the big day. First grandson Conor turned the ripe old age of one in late April (keeping the surprise from him was a little bit easier). Special thanks to Dr. Joe Grazanti who did the honors of keeping the birthday boy away from the farm on a sunny day for five hours – not an easy feat with Art's multi-page to-do list.



Good Advice: The soon-to-be-famous Eat Pie shirt can be yours for just \$12 (baby to XXL)

later and the accolades – usually punctuated by "best," "amazing," and "just like mom's" – are still coming. Laura admits, "I'm not a morning person - but at what job do complete strangers thank you over and over? All the compliments kept me going through the long hours."

One of their secrets is simple: Scotty's uses fresh apples from Soons. If you haven't had the pleasure of a Scotty's pie – and we've got more than just apple pie too – come down to the orchard November 1 & 2 to celebrate the Sweet 16. Enjoy free samples, enter to win baked goods and that famous t-shirt, and meet the folks behind those tasty treats from the Country Kitchen.

Coupon: Clip & Save



Special Sauce!

Spend \$15 at Soons Orchard and receive a 16 oz applesauce free! Our applesauce is made fresh with Soons apples of course.

One coupon per customer please.
Expires 10/1/03. No copies.

APPLE TART

Cook @ 400 for 40-60 mins.

8 c. peeled and sliced cooking apples (2 1/2 - 3 lbs. Idareds, Winesaps)

1/2 c. sugar

1 tsp. cinnamon

2 tsp. lemon juice

1 1/2 tsp. lemon peel (yellow part only)

2 tsp. cornstarch

3-4 T. chopped nuts

3-4 T. raisins

1 pie crust cut in strips

1 egg w/ one tsp. water

Sprinkle sliced apples with lemon juice and lemon peel. Mix sugar, cinnamon, and corn starch in a jar. Add nuts, raisins, and sugar mixture to apples—mix well. Arrange in 8"x8"x2" baking dish. Slice pie crust into strips and arrange on top of mixture—brush with egg if desired. Cook at 400 until top is brown and apples are tender.

Sad Dog Days



Murphy (left) and Freckles (right)

One of our beloved farm doggies and three “part-timers” you may have seen around the farm passed away this year. Murphy, our jet black lab-mix, died at age 13 after a brief illness. She was known well for her friendly demeanor, powerful tail wagging and her love of Soons sweet corn. She spent a fair amount of time behind the tractor and wandering the orchard, but never missed a coffee break.

Freckles, Sheena and Phineas were pets of Scott and Laura. Freckles, a “Top Dog” contender several years ago, was a Springer Spaniel named for her distinct markings. Sheena and Phineas (son of Freckles and the late Sebastian) were both adventuresome types who enjoyed running off together, much to the chagrin of Laura! All passed away of old age – they were 16, 15 and 14 years old, respectively. We are very sad to see these wonderful friends go, but are grateful for the many good years we had with them.

SOONS ORCHARDS
Open 9 to 6 Every Day
Come See Us!

CyberSoons

Have you visited our web site lately? It’s full of fun information and it’s a great way to tell friends about the orchard you love! Drop by www.soonsorchards.com and while you’re there let us know your e-mail address so we can stay in touch with special offers and season updates.

Soons Orchards & Farm Market

23 Soons Circle
New Hampton, New York 10958

Rain Rain Go Away

Anyone in the tri-state region this summer knows that it’s been a strange one for weather. June was as cold and wet as any we can remember. “I nearly lost a tractor in the mud,” reports Art – and he’s not exaggerating. Our poor sweet corn sat in the ground shivering for days on end ...and then shot up about a foot once the sun came out for more than two hours. The apples and peaches were more tolerant – once pollinated in the spring they are on their way. Late summer sun helped them along, and our vegetable garden bounced back: tomatoes, cukes, peppers and more are all here to make your salads sing.

Of course all that rain...mixed with a bit of sun made for a very grassy orchard. Art was practically glued to the tractor mower to keep the weeds down. Making this chore even more difficult is a new sticky, stringy weed that clogs mower blades instantly. We don’t know what this weed is yet, but we suspect it’s yet another “invasive species” – the term for non-native plants and animals that once in our local, regional or national ecosystems wreak havoc. A very scary exam-

ple is the Asian Long-horned Beetle: an insect from China found in 1996 in New York City. It destroys trees – and worse yet, there’s no way to control or kill it. To learn more about invasive species visit www.invasivespecies.gov.

Market Watch

Visit Soons and Scotty’s at these weekend farmers’ markets:

Sat: Hartsdale

Sat: Bronxville (Soons only)

Sun: Warwick

La Espalda Bienvenida!

Back in 2001 (Apple Press Vol 2, #1) we told you about the Carino brothers – Jacinto, Roberto and Fausto. They’ve been a part of Soons Orchards for over 12 years; eldest brother Fausto however, has been away for the last five years. What did he miss most?

“Las manzanas hermosas,” (the beautiful apples) of course.

We are thrilled to welcome back Fausto, a great friend and a key crew member who helps make sure the harvest goes smoothly.



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