



The Soons family remembers our beloved niece, cousin, and friend, **Bonnie Telgheder Williamson (1959-2004)**.

Thanks to the many customers who joined us in contributing to the **Susan G. Komen Breast Cancer Foundation** in memoriam.

## NEWS SHORTS

### Fruit First

Nutritionists are saying something we've known for years – eat your fruits and vegetables **FIRST**. Eating fruit or greens first helps your system digest the remainder of your meal more efficiently. Another bonus is that this healthy appetizer will often help you eat less, making weight-watching that much easier.

### McHealthy

You might have noticed that McDonald's has added new apple products to its menu, while another chain is offering a Waldorf salad, complete with apples of course. We are delighted to see the big guys are finally catching on – and we have high hopes for a positive impact on the nation's apple industry overall.

### Congrats Pie Lovers

At our celebration last fall marking 16 years of Scotty's Country Kitchen, two customers took home a little extra: Carl S. of New Hampton won a very chic EAT PIE t-shirt, while Joyce W. of Wurtsboro hit the jackpot with six months of Scott's pies. Now that's sweet!

### Another Sad Goodbye

Mandy, our friendly orange-haired mutt, and the youngest "Top Dog" contender back in 1996, passed away this summer, after complications arising from an unfortunate farm accident. We are now looking for a few good mutts to bring tail-wagging back to the farm.

### Donuts...only Better!

Apple cider donuts are finally back at Soons! Made fresh daily on the premises, these donuts are a wonderful treat for the whole family.



## Soons Makes Small Screen Debut



How do you make cider? What's the proper technique for picking corn? Why do Soons apples taste so darn good? These are among the many questions answered in a new **40-minute video** documentary that combines short segments on several farm "topics" with fun quizzes in between to test your knowledge about apples and more.

### Market Watch

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

**Sat:** Hartsdale

**Sat:** Bronxville (Soons only)

**Sun:** Warwick

The project was a brainstorm of son-in-law **Clarence Eckerson Jr.**, who started his own New York City-based video production company, Trorb Productions, in 2003.

"I've been to the farm many times of course, and sometimes I'd have my video camera," explained Clarence.

"Without thinking about it, I'd find myself surveying the fields and taking all sorts of video perspectives of farm equipment – I mean, who doesn't love a tractor? One day I realized how great it would be to put something together to share more about this unique place – its history, the challenges – real 'insider' stuff that you would never know about."

In addition to corn-growing and cider-making, the video covers the ins and outs of apples and peaches, our recent **barn restoration**, and **farm history** – complete with photos from the early 1900's when it all began.

"I hope it gives people a bit of insight into what it takes to run a farm, while showcasing its beauty at the same time," added Clarence.

Visit the store to watch the video!

### Soons Orchards & Farm Market

23 Soons Circle  
New Hampton, New York 10958