

Peachy Keen – and Oh So Sweet

If you haven't yet had the pleasure of sinking your teeth into a Soons peach and having juice run down your arm, your chance is now! Our nine-year-old trees are reaching their producing prime, considering their brief life (peach trees live to about 16, while most apple trees live beyond 50, and even to 100). This is our **fifth year of peaches**, ending a 30+ year absence after "X disease" killed our trees in the 1960s. Planted in well-draining soil -- peach trees hate "wet feet" -- our trees are producing delicious, juicy yellow freestones like Red Haven, Snow King and Raritan Rose. Our chief headache has been the Oriental fruit moth, but overall, thankfully, peaches have fewer enemies than apples.

Be warned though, **Soons peaches will spoil you** -- you'll never settle for one of those "looks-great-but-tastes-like-a-rock" peaches from the supermarket again. Just like apples, those peaches are bred to survive long trips from tree to store. Plus, they are often stored at the wrong temperatures, and are picked way too early -- thereby missing out on the full complement of sugars that our **tree-ripened** peaches have. We baby our peaches, checking every one, on every tree, every two days, and then only picking the ones that are ready. This takes an abundance of time and patience, and very skilled pickers, who can feel for a heaviness that indicates the peach is ripe. Our method is so unusual, Jeff Soons points out, that "our peaches, picked just so, would get rejected by the mass-market packing houses as overripe and too soft!" All the better for you, who can enjoy a peach the way it should be, direct from the tree!

A note on storage: if you must keep your peaches, hold them in the fridge, or a cool cellar -- 60 degrees is actually a better storage temperature than the average fridge's 40. (We keep our peaches at 32-34 degrees.) And remember these peaches are very susceptible to bruising -- take care in handling and please, no squeezing! We should have a steady supply 'til about Labor Day, so don't miss out!

For all those white peach fans, we are thinking of you -- those trees should be producing by 2008. Their sweet and delicate flavor will be worth the wait!



Peach Reach: Expert peach picker Fausto Carino picks only those peaches ripe and ready for discerning Soons customers.

It's A Desert Out There

Mother Nature is at it again -- teasing us over and over this summer with tiny hints of rain...or lots of rain just down the road. Meanwhile our orchard and crops grow more thirsty, with wilting leaves and slowed growth reminding us over and over -- we **need water!**

Without our drip irrigation system our trees would not have made it, but even that was not enough, and we were forced early this month to put even more water down to sustain the trees through this continuing drought. Our early fruit is running small, but we are optimistic later varieties will have "caught up" and be ready at normal or close-to-normal sizing.

The good news? Lots of sunshine and heat means **great flavor**, which has always been our primary goal. After all, your taste buds should call the shots, right?

Market Watch

Visit us at
weekend farmer's markets:
Sat: Middletown (Soons only)
Hartsdale (Scotty's only)
Sun: Warwick

JOIN OUR EMAIL LIST!

Send your address to info@soonsorchards.com

Coupon: Clip & Save



Fun Friday Pickins!

New this year, we're offering apple picking on Fridays, from 12 to 4. Avoid the weekend rush and get a free pint of cider when you bring this coupon and pick apples on a Friday at "Hampton Station," our U-Pick orchard just around the corner from our store.

U-Pick starts 9/9. Expires Oct. 14, 2005. Original coupons only, limit one.

SIMPLE CUCUMBER-TOMATO SALAD

A simple recipe - perfect for those hot days - that's SO tasty when you use fresh-picked veggies from Soons!

Serves 6:

- ★ 3 medium cucumbers
- ★ 4 ripe medium-sized tomatoes, cut into 1-inch chunks
- ★ 1/2 medium onion, diced
- ★ 1/4 cup white vinegar
- ★ 1/2 cup granulated sugar
- ★ Salt and pepper, to taste

1. Peel cucumbers and quarter lengthwise. Remove seeds. Cut into chunks and place into serving bowl. **2.** Add tomatoes and onion. **3.** In separate bowl, whisk together vinegar, sugar, salt and pepper until sugar and salt dissolve. Pour over vegetables and toss gently. **4.** Chill for 30 minutes and serve.

Scotty's Secret Ingredient

She's a wizard with dough. She likes getting up before sunrise. And she knows her apples.

The "she" is Carol Boyle, mistress of the bakery at **Scotty's Country Kitchen**, purveyor of pies, cookies and more at Soons Orchards. Soons regulars might remember Carol from the Orchard, where she worked for nearly 10 years before joining the bakery in 1999. Quick-witted and always ready with a smile, Carol has long been known as "everybody's favorite." As Laura Thornton says, "She is an extraordinary person. She cares so much for everyone, and that caring carries over into her dedication to the bakery. We'd be lost without her."



Make Pie: Camera-shy Carol is caught clowning around with Scotty's co-founder Laura Soons Thornton.

"I like it all," she says. "I even go home and bake some more!" The biggest challenge? "It gets hot. Really hot. So we work together as a team and work efficiently." Of course, efficiency does not mean putting machines at the helm. Carol proudly points out that Scotty's takes the

time to hand **roll every pie shell**, something most bakeries gave up long ago. It makes a difference, she says, mentioning that people constantly compliment the crust of Scotty's pies. A delicate crust, plus fresh Soons apples and apple cider, make Carol's hand-crafted apple pies something to rave about. This past year she also created a new pumpkin-cider spice cake that quickly received glowing reviews from dedicated Scotty's fans.

Outside the bakery Carol keeps busy taking care of home and family, including several grandchildren.



Mark the Calendar:

U-Pick apples opens Sept. 9!
U-Pick pumpkins and wagon rides begin Sept. 24!

Soons Crew: Returning students Amanda, Tiana, Sophie, and Chris take a break from their store duties to mug for the camera.

Eat Your Veggies!

Or is it "Eat your fruit!"? A fruit is defined generally as the edible part of a plant, that contains the seeds – which also distinguishes fruit from vegetables. So that means that things traditionally called vegetables, like cucumbers, peppers and tomatoes, are actually fruits.

Hmmm, will that help convince the kids to eat them?

As a reminder, our homegrown veggies and fruits are the freshest you can get – unless, of course, you grow your own!

More Superfood News

Yet another study has found additional evidence of apples' cancer-fighting and pro-health properties. Cornell researchers have discovered that apples reduced the incidence of breast cancer tumors in animals, with greater apple consumption leading to significantly fewer tumors. This study adds to the growing research about phytochemicals, which act as antioxidants in the human body, preventing cell damage and providing a host of **health benefits**. Phytochemicals are primarily found in apples' skin, so resist that urge to peel!



Nutty for Nut Butters

If you haven't heard the latest, it turns out that nuts are really good for you. *Really!* They are a rich source of fiber, vitamin E, folate, copper, potassium, and magnesium. Studies have found that just one ounce of peanuts per day, five days a week, can reduce heart disease risk by 30 to 50%. Current research is looking into nuts' **anti-inflammatory effect** as well, key to the prevention of many slow, progressive diseases.

One way to enjoy nuts is to grind them up into butter. We make almond and peanut butter right in the store, without any funny stuff added. You can't find that many places, as one customer pointed out from her new home in Harrisburg, Pennsylvania, where she can't seem to find anyone who makes almond butter (so she picks it up from Soons whenever she's visiting the area). The dearth of almond-grinders probably won't last for long though, as these nuts are becoming known for their **heart-healthy and cholesterol-busting benefits**. Plus, researchers are now finding that almonds' fiber may actually prevent absorption of some fat and carbohydrates, while still producing a satisfied feeling – making them ideal for dieters.

Not Your Average Wagon



Art Soons, inventor and problem-solver extraordinaire, is at it again. This time he's created the **ultimate corn wagon**. And he did it with parts from all over, plus a lot of welding, of course. The key component was a drop axle and wheels from an old obsolete machine.

The wagon's got space for two bins, a must for busy weekends when everyone wants corn. The bins sit on rollers (recycled from a previous use), so you can roll the second one out quickly. And it's low-slung with a platform so you can step up and unload your corn bucket right into the bin, without hefting it up and over. It's even got a boot-scraper, key on those muddy mornings (though we haven't had one yet) when your feet quickly gain about 10 pounds each. No, we haven't asked for a patent yet...we've been too busy picking corn! (Get yours, daily, 'til frost in September.)

Soons Orchards & Farm Market

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