

Apples Flex Their Muscles, Again

Adding to the growing evidence that apples really do keep the doctor away is a new study that finds a diet high in fiber and phytonutrient-rich fruits and vegetables reduces one's risk of developing digestive cancers, which account for 23% of new cancer cases each year.



Apples, of course, sport lots of fiber (5 grams, or 20% of your daily recommended intake) and are one of the very best sources of flavonoids, a powerful anti-

oxidant. Our August 2003 **Apple Press** had details about flavonoids, especially quercetin. As testament to its "new" appeal, you can now find quercetin supplements. We've got an easier - and cheaper - route: just eat more apples!

NY Farm Pride

You may have seen new Pride of New York billboards around town lately, encouraging people to buy food grown in state. Soons Orchards is a Pride of New York member, and we're pleased to see this effort by the state to remind you, as a consumer, that buying locally makes a difference - not only do you get fresher food, you also support the local economy. Every dollar you spend buying New York apples, onions, cabbage, grapes, milk (the list goes on and on)... results in many more dollars coming back into our communities. So next time you're out shopping, remember to think about where your food came from, and choose New York first!



For more info visit www.prideofny.com

Chocolately Goodness

Recent visitors to Soons may've noticed yet another homemade treat - chocolate creations by our own **June Lemon**. Her **Chocolate Bark**, **Rice Krispie Treats** and **Moo-Moo Mix** already have a loyal following. June says the secret is super high-quality chocolate, so she only uses **Merckens**



Tongue in Cheek: One of our many newspaper ads penned by Helen (Grandma) Soons.

Founders Day Fun

Thanks to all who stopped in December 18/19 to enjoy holiday cookies, pie slices, cider and coffee on us for our annual Founders Day celebration, where we reflect on our roots and give thanks for all our wonderful customers who sustain us.

And congrats to our three raffle prize winners: Anna T. of New York City, Robert M. of Middletown, and Nina P. of Sussex, New Jersey.

Soons Crew Update

A fond farewell to **Jodi Swanson** who worked with us this past fall in the salesroom, handling everything from apples to zucchini, of course. She and her family are building a house in Milford. Thanks Jodi, and best wishes in your new home!

Our super store team leader and gift pack whiz **Karen Geary** has also departed for her longstanding position at Joe's Greenhouse, just down the road from Soons. Karen will be back for the 2005-2006 season in August. For your visits this winter/spring, Carmen, June, Anne, and Sharon, along with our stellar team of students, are on hand to help you.

P.S.: For everyone wondering where **Sandy Soons** "disappeared" to - she broke her right arm a few months ago and has been recuperating. She'll be back around soon!

j j j Plugs! j j j

Get organized with a pro!

Your humble *Apple Press* writer has a new business offering professional organizing for home, office and workplace. **StreamlineU** will save you time, energy and money by creating systems to deal with the myriad of stuff in our lives. From law offices to your favorite junk closet, we can help put things in order. Call **347-204-1319** or e-mail streamlineU@earthlink.net.

Non-Apple Stuff for Sale!

Sometime in May the Soons family and friends are planning a little (ok, it might be BIG) "garage" sale... stuff will run the gamut, from kid and baby "gear", to housewares, and more. Check the store/web site for date/details.

Soons Orchards & Farm Market

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