



TERHUNE ORCHARDS NEWS

Trenton Farmer's Market
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SUMMER 2007

The Best Farm Fresh Fruits & Vegetables are at Terhune Orchards

Delicious home-grown fruits and vegetables are now available at Terhune Orchards on Cold Soil Road. Enjoy a great outing with family and friends, and take home delicious fruit and lots of memories as an added bonus! It's a great way to stock up on our very fresh and delicious fruits and vegetables. Our Farm Store is filled with the freshest fruits and vegetables picked daily.

Juicy, flavorful Terhune Orchards Peaches & Nectarines are available throughout the summer in the Farm Store. Our peaches are "tree-ripened" — sun-blushed and bursting with natural goodness. Terhune Orchards nectarines are just like peaches, the finest, most flavorful fruit possible, without the fuzz! Stop by the Farm Store for a container of Pam's special fruit salsas, filled with fresh fruit. A great way to "liven up" your family dinners.

In June, our Sweet and Sour Cherries are juicy and totally delicious. Our twelve outstanding varieties of sweet and sour cherries that grow in the same Pick-Your-Own orchard are usually ready in the middle of June. And, because they grow on dwarf rootstock, the fruit is easily reachable

without a ladder.

Since tree-ripened fruits have the most flavor, we let the cherries "enjoy the sun" until they are sweet and bright red. To protect the cherries from the birds and the rain, Gary installed Haygrove Tunnels, a type of temporary greenhouse, over the entire cherry orchard. These extremely popular sweet cherries never "hang" around for long!

Our spectacular Blueberries are available in July. After researching ways to improve the size and



quantity of the blueberries, Gary made a few adjustments to the watering system. As a result, our berries are larger and grow in greater quantities. These divine berries, growing on bushes low to the ground, really are Nature's own "fast" food!

Our summer Raspberries & Blackberries available at Terhune Orchards in July and our fall berries available in August and September, literally dissolve in your

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Two More

Reuwai and Mike are the proud parents of twin girls born on Gary's birthday, May 14. Sasha and Tess each weighed in at 7 pounds! Mother and daughters are doing very well — the rest of the family is pitching in! The Hanewald family will be moving from



Baltimore to Lawrence in June. They will both be at Lawrenceville School, Mike teaching history and Reuwai as head of the Science Department.

Pam was recently honored with the "Women of Inspiration" award by the National Association of Business Women and the Institute for Sustainability at the Farleigh Dickinson University. She was nominated for her work in government, sustainability, and community building.

Pam is running for her third term on the Lawrence Town Council, with the upcoming election in November. Her two running mates are Mike Powers, who currently serves on the Council, and Jim Kownacki, the Planning Board Vice Chair and long-time Lawrence resident. Pam is excited about continuing her work for the residents of Lawrence. Their slogan is "Because Community Matters," about which Pam is passionate.

Tannwen is excited about her two new nieces. She is also busy with new projects on the farm — overseeing the organic certification process and introducing new organic crops to Terhune Orchards.

Jim will join the family working on the Farm this summer. He has also been chosen to attend the James Madison Seminar on Teaching American History at Princeton University, and the National Endowment for the Humanities at The Constitution Center in Philadelphia called American History: 1765-1791.

Gary is experiencing his best time of year, doing the two things he likes best — farming and rowing. As captain of his rowing club, he will compete in several regattas this summer, fitting them in between growing 36 crops and enthusiastically welcoming his three granddaughters and their parents, as they move here from Baltimore.



It's Going to Be a 'Berry' Good Summer!

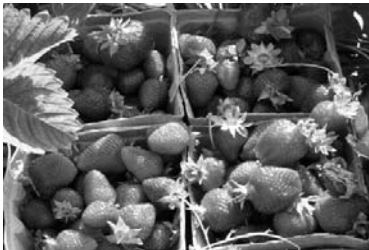
If you love berries, Terhune Orchards was THE place to be starting the first week in June! Our strawberry crop was a raging success! If you missed it, mark your calendar for next year. Meanwhile, let us tempt your tastebuds with our outstanding raspberries, blackberries, blueberries, and sweet cherries.

Our raspberry patch is bursting with seven varieties of red raspberries and blackberries, growing in four raspberry patches that ripen at different times, all summer long through mid-September. While they differ in maturity dates, size, and color, they are all juicy and very tasty! Red raspberry and blackberry plants are

exceptionally hardy and flourish in many parts of the world, including the northern United States (lucky for us!).

Terhune Orchards invites everyone who

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Blueberry Bash at Terhune Orchards June 23 & 24

Blueberry Bash celebrates “everything blueberry” on Saturday and Sunday, June 23 & 24. Join us for a fun day filled with lots of great blueberry picking, fabulous food, and spend time relaxing with family, friends, and neighbors. Visit the Pick-Your-Own blueberry patch, ready for picking! An ample



supply of our special picking buckets are available at the Farm Store. Then wander through our blueberry patch and enjoy the sight and scent of these fabulous berries. Since blueberries grow on low bushes, they are easily accessible to all. We cover our berries with “blacknetting” to keep the hungry birds from eating them first! Blueberries are sold by the pound.

After you’ve picked your blueberries, hop on one of our tractor-drawn wagons for a ride through our beautiful orchards and fields. See our farm fields full of sprouting summer crops. This is part of what makes Terhune Orchards such a special place. Pony rides, music, and entertainment are available for the children. Tuckers’ Tales Puppet Theatre, will present a special rendition of “It’s the Wolf,” a trilogy of three folk tales, at 12:30pm and again at 2pm on Saturday and at 1pm and 2:30pm on Sunday.

Get into the spirit of “blueberry” by entering your favorite blueberry treat in our juried Blueberry Bash Bake-off only on Saturday at 1pm — separate categories for adults and children. Susan Sprague Yeske, food editor of *The Trenton Times*, will be our taste-tester and judge. Contest rules are available at the Farm Store. The adult prize winner receives a \$100 Terhune Orchards Gift Certificate good for any purchase in the

Farm Store, and the child prizewinner receives a \$50 gift card. Watch for the winning recipes on our Website.

Last year’s winners are featured in this month’s edition of “Solutions at Home” along with an article about our Blueberries.

When hunger strikes, visit Pam Mount’s Blueberry Bash “Buffet.” Lots of tasty blueberry treats – great for lunch or a quick snack. Try our Blueberry-Apple crisp, Blueberry tea, Blueberry muffins, Blueberry cobbler, Blueberry jam, Blueberry pie, Blueberry tea, and Blueberry salsa. Also available will be our Farm fresh salads, pies, cookies, BBQ chicken, and hot dogs.

Enjoy the music of Six-Mile Run on June 23 and Jay Smarr on June 24. Or try your hand at creating a scarecrow that will protect your garden from unwanted visitors. Make it now and keep the pests at bay all summer and into the fall! Our own Elaine Madigan will play outdoor games with the children. Pony rides are also available. Or take a leisurely wagon ride around the farm.

The Blueberry Bash will be held on Saturday & Sunday, June 23 & 24 from 10am to 5pm. Parking is available at Terhune Orchards. Admission is free.

See the Fabulous Blueberry Bash Puppet Shows!

Last year, the Tuckers’ Tales Puppet Theatre, presented a puppet show that got rave reviews. They will be returning this year with their rendition of “It’s the Wolf,” a combination of three folk tales. The performing company, based near Philadelphia, was founded in 1981. The character puppets “come to life” through the group’s irresistible style, colorful scenery, and turn-of-the-century costumes — an unforgettable theater experience for all ages. Don’t miss this special treat! Shows are at 12:30pm & 2pm on Saturday, and 1pm & 2:30pm on Sunday.

Terhune Orchards Hosts the Fabulous Firefly Festival

Continuing a tradition started three years ago at the Princeton University Cotsen Children’s Library, Terhune Orchards will now host the Firefly Festival on Sunday, July 15 from 5pm to 9pm.

Fireflies are an “electrifying” part of late spring and early summer. To celebrate this exciting event, relax with an evening of nature, music, and outdoor fun. Returning again this year is Miss Amy & Her Big Kids Band, sponsored by Schafer’s School of Gymnastics. Amy Otey is a singer/songwriter, guitarist, music educator, family entertainer, and voice-over artist. She specializes in singing songs that children love.

Our naturalist, Elaine Madigan, will talk about fireflies, using hands-on materials, craft activities, and games as well as the outdoors to provide safe, friendly, and educational experiences to illustrate nature’s treasures.

Hungry? You’ll find lots of goodies available at Pam’s Firefly Tent: grilled chicken, hot dogs, pie, apple cider, donuts, cookies, apples, and more!

Pick-Your-Own is Back!

Hurry, the season is short! Come to Terhune Orchards for our own delectable juicy raspberries, blackberries, blueberries, and sweet cherries. Watch for peaches in the Farm Store during July and apples in August. Pick-Your-Own continues daily through the entire growing season. Call ahead for “ripen” dates, 609-924-2310.



New Read & Pick Programs

Let us introduce your pre-schooler to the fun of Pick-Your-Own fruits and vegetables. Read & Pick is an innovative program that combines a farm activity, such as picking fruits or vegetables, with your young child and listening to a story that highlights the activity. This spring, Elaine Madigan, our education program coordinator, and Tannwen Mount will read stories with the children.



Then parent/guardian and child will pick fruit in our Pick-Your-Own area.

Have fun learning how fruit grows at Terhune Orchards and the best ways to pick each variety. These programs have become so popular that we’ve added a second session. The programs, which last about one hour, are held on Tuesdays. **The first session begins at 9:30am, and the second session begins at 11am.** Pre-registration is required. To reserve your place, please call the Farm Store at 609-924-2310 and specify the session you want to attend.

Upcoming programs include:

July 10, 2007: Read & Pick Blueberries
July 24, 2007: Read & Pick Flowers
August 7, 2007: Read & Pick Peaches
August 14, 2007: Read & Pick Vegetables
August 28, 2007: Read & Pick Apples

Each program costs \$5.00 per child and includes materials for the activity. Children must be accompanied by an adult. Go to the Farm Store to check in for the program.

A Barnyard Birthday Party is Special & Fun!

Celebrate your child’s birthday with a Barnyard Birthday Party at Terhune Orchards. Terhune Orchards offers a unique setting for your special celebration. The party has reserved picnic tables and a private wagon ride through the orchards. They eat party food, ride the pedal tractors, and have fun feeding the barnyard animals. They will experience all that Terhune Orchards has to offer. Face painting and pony rides are also available.

Call the farm at 609-924-2310 or email info@TerhuneOrchards.com to reserve your party date or request a Barnyard Birthday Party brochure. Visit our website at www.TerhuneOrchards.com for additional details.

Blueberry Blue

by Gary Mount

Right at the beginning of this article, I had better state the facts: my granddaughter, Maya, loves the color blue. From her earliest days, it has been blue all the way.

This predilection for blue just might have come from her grandfather's love of growing blueberries. At Terhune Orchards, we have two acres of blueberries. That might not seem like much but, believe me, that's a lot of blueberries—millions! And, they are just about the most satisfactory crop that I grow.

Growing blueberries is intriguing. They actually are not supposed to grow well here. They were discovered and developed in the Pine Barrens of southern New Jersey where the soil is very acidic (low pH), sandy, a high level of organic matter, very well drained but having a high water table, maybe as close as two feet from the surface. Terhune Orchards soil has none of these characteristics.

Planting blues begins with a two year old plant purchased from the nursery. I bought my plants from Michigan. Two acres, spaced at 3 by 10 feet gives us room

for 3,000 plants — an entire tractor and trailer load! But ordering the plants is just the first step — then come the interesting parts.

Blueberries need to grow in acidic soil. The makeup of their roots is such that they cannot absorb from the soil the nutrients the plant needs unless the pH of that soil is very low — about 4.5 to 5. Terhune soil normally ranges between 6 to 6.5 — a big difference. We lower the pH by adding sulfur. Because soil tends to rebound to its natural state, we have to add sulfur every year.

Then there is the organic matter. Pine Barren soils have levels of between 7 and 9 percent or higher of organic matter. Our upland soils have about 2 percent. Some of you might have seen Terhune's wood chip mountain. We apply them around the plants every year.

Next comes water management. Blueberries do not like "wet feet". We ridge up each row 8-12 inches above the middles so heavy rainfall can run away from the plant roots. But, blueberries also cannot stand a drought. During the growing season, our water table can be fourteen feet

below the surface. No blueberry roots go down that far. We have installed trickle irrigation systems to give them water — every day if needed.

Another so-called intriguing part of growing blues is patience. It takes between 5 and 7 years to get significant production. In fact, the recommendation is to take all the fruit flowers off during the first growing season — it just killed me to do so.

And then there came the birds. These voracious, winged blueberry-disappearing devices could just about eat our whole crop. Very little would be left for us or for our pick-your-own customers. We now build a plastic net enclosure over the entire two acres. It takes a lot of time and it costs a lot, but when the birds sit outside the net and make a fuss about being excluded, it makes me smile.

When it is finally time to pick, about the third week in June, the first berries ready are amazing. They are huge, very tasty, both tart as well as sweet. There aren't very many, only a few per bush, but our most experienced pick-your-own pickers make sure to get here early to get these first berries.

Blueberries are different from almost all other fruits. Most fruits need to be picked within a week after becoming ripe. Blueberries ripen and can hang on the bush for a month or more. Some people come every week and pick from the same bushes as they ripen.

Granddaughter Maya will be moving here from Baltimore this summer just in time to pick — and eat — the fruit of her favorite color, Blueberries.

Farm Fresh Fruits, Vegetables (continued from page 1)

mouth. When picking raspberries and blackberries, look for ones that slip easily off their stems and into your hand.

Take home a bouquet of Pam's spectacular Cut Flowers. The Cutting Gardens are planted with flowers in a variety of colors and textures to make your bouquets even more special.

This year, new and expanded organic crops are being grown: lettuce, tomatoes, potatoes, herbs, broccoli, and Brussel sprouts.

The fun thing about shopping at Terhune Orchards is the ever changing varieties of our summer favorites. Early

every morning, we pick only enough fruits and vegetables that we will need just for that day.

What We Grow at Terhune Orchards

Terhune Orchards grows over 35 crops on 185 acres. About half of the farm is devoted to orchards. We grow about 30 varieties of apples, 28 varieties of peaches, and 7 varieties of pears. Terhune Orchards has its own farm-fresh seasonal produce, fruit, and flowers. The box lists what we grow and approximately when it's available.

For questions about availability, call the Farm Store at 609-924-2310.

Crop	# of Varieties	Availability
Apples	29	All year
Asparagus	1	May
Beans	5	July - Sept.
Blackberries	1	July & Aug.
Blueberries	7	June & July
Broccoli	3	Oct. & Nov.
Brussel Sprouts	1	Nov. & Dec.
Cherries	8	June
Corn	12	July - Sept.
Cucumber	2	July - Sept.
Eggplant	3	Aug. & Sept.
Flowers & Herbs	Too many to count	April - Oct.
Indian Corn	2	Oct. - Nov.
Kale	3	Sept. - Nov.
Melons	9	July - Sept.
Nectarines	5	July - Sept.
Peaches	28	July - Sept.
Pears	7	Aug. - Sept.
Peppers	12	July - Oct.
Pumpkins	15	Sept. - Oct.
Radish	1	June & July
Rhubarb	1	May
Raspberries	8	Jun&Jul/Sept&Oct
Squash - Summer	6	June - Oct.
Squash - Winter	6	Sept. - Dec.
Strawberries	2	May
Tomatoes	9	July - Oct.

FREE Freezing, Canning, and Preserving Class

Saturday, August 4, 10am

Learn Pam Mount's secrets for enjoying summer's bounty all year long! Take home some of our FREE canning jars with a donation to NJ Farmers Against Hunger to help you get started. Call early to reserve your place — this FREE class is only offered once every summer (609-924-2310).



Berry Good Summer

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likes to Pick-Your-Own to try our raspberries and blueberries on Cold Soil Road. It's a perfect summer-afternoon activity! Have a hankering for a fresh-fruit pie for dessert? Pick your own fixings! Questions? Call the Farm Store at 609-924-2310.

Mark Your Calendar

6/19/07- Read and Pick Program, Cherries, 9:30am & 11am	9/15/07- Photo Contest Entries due today
6/23/07- Blueberry Bash Festival, 10am to 5pm	9/22/07- Apple Day, 10am-5pm
6/24/07- Blueberry Bash Festival, 10am to 5pm	9/23/07- Apple Day, 10am-5 pm
7/10/07- Read and Pick Program, Blueberries, 9:30am & 11am	10/12/07- Photo Contest Opening Reception
7/15/07- Firefly Festival, 5pm to 9pm	Sept. 30, 2007-Oct. 28, 2007- October Harvest Festival Month, every weekend in October. ★★★★★
7/24/07- Read and Pick Program, Flowers, 9:30am & 11am	Farm Store, Farm Yard, & Farm Trail: Open to the public daily all year, Monday through Friday, 9am-6pm, and Saturday and Sunday, 9am-5pm.
8/4/07- Freezing, Canning, and Preserving Class, 10am	School and Summer Camp Tours: By appointment, April through November.
8/7/07- Read and Pick Program, Peaches, 9:30am & 11am	Barnyard Birthday Parties: By appointment, April through November.
8/28/07- Read and Pick Program, Apples, 9:30am & 11am	

Pick-Your-Own Schedule

May—Strawberries
June—Blueberries, Raspberries, Sweet Cherries, Sour Cherries, Flowers
July—Blueberries, Raspberries, Blackberries, Flowers
August—Raspberries, Flowers, Peaches, Apples (3rd week)
September & October—Apples and Raspberries (Van Kirk Rd. only), Raspberries, Blackberries, Pumpkins, Flowers (Cold Soil Rd.)
 Van Kirk Road Orchards open the 3rd week in August.
 Call ahead for information on availability of specific varieties.

Terhune Orchards Hits the Road!

Two years ago, Terhune orchards helped launch the Farmer's Market in the village of Lawrenceville. It quickly became the place to be and be seen! Lawrenceville Farmers Market, organized by the Lawrenceville Main Street Association, operates Sunday from 9am to 1pm from June 10 through October 28. It is located on Gordon Avenue in the parking lot of the Lawrenceville Fuel Co. In addition to fruits and vegetables, the Market also features a variety of vendors selling flowers, herbs, meat, poultry, and eggs.

Terhune Orchards has, of course, been part of the Trenton Farmer's Market on Spruce Street in Lawrence Township for



over 15 years. We man (and woman!) our booth year-round and enjoy the community feel and flavor at the market. We continue to sell produce every Thursday, Friday, and Saturday from 9am to 5pm and on Sunday from 10am to 4pm.

With these two successful Farmer's Markets, we were asked to join others. It seems almost every town would like to have fresh, local fruits and vegetables available at least once a week. In addition to fruits and vegetables, we will also have flowers and baked goods available.

Tannwen has taken the lead in organizing Terhune Orchards "On the Road." So, this summer we will also be at the Princeton Junction Train Station in West Windsor on Saturdays from 9am to 1pm and at Merrill Lynch on Scotch Road on Thursdays, from 11:30am to 4:30pm.

We hope to see you at these locations. Stop by and say hello.

Terhune Orchards is also supplying a number of local restaurants with fresh fruits and vegetables:

- Mediterra, Princeton
- Brothers Moon, Hopewell
- Lawrenceville Inn, Lawrenceville
- Vidalia, Lawrenceville
- Emily's Café, Pennington
- Theresa's, Princeton
- Bent Spoon, Princeton

Visit these great restaurants to taste the innovative ways Terhune Orchards' produce can be prepared.



Martha Stewart Visits Terhune Orchards

That's right! Martha Stewart's food editor and chef visited Terhune Orchards on June 4 for a photo shoot highlighting Pam's Rhubarb Patch, and will cook up some great rhubarb recipes in Pam's Kitchen. The photos will be published spring 2008 in the Martha Stewart's *Living* magazine.

Terhune Orchards Photo Contest – Show Us Your Photos!

Over the years, people have snapped lots of pictures at Terhune Orchards. We'd like to share the photos, so how about entering yours in our FIRST EVER Terhune Orchards' Annual Photo Contest.

Contest rules are posted in the Farm Store and on our Website: www.TerhuneOrchards.com.

The deadline for submitting photos is October 6, 2007. The winning and honorable mention photographer in each category wins a \$100 Terhune Orchards' Gift Certificate and a \$50 Terhune Orchards' Gift Certificate, respectively.

The Opening Reception will be held on October 12, 2007. The winning photos will be displayed at the Farm in mid-October. Questions? Call the Farm Store at 609-924-2310.

Sour Cherries – The Healing Fruit

In addition to their great taste, sour cherries are proving to be full of health benefits. According to research, eating sour cherries daily has the potential to reduce pain associated with arthritis and gout. Its antioxidant properties may help fight cancer and heart disease, as well as prevent or reduce brain deterioration associated with aging. The healthful effects of sour cherries are being studied at the University of Texas. While we're waiting for the study results, enjoy the great flavor and texture of this tasty fruit – great as a topping for crepes, cheesecake, ice cream or as a snack eaten out of hand. Blueberries are also full of health benefits.

Source: Cherry Marketing Institute



Directions to Terhune Orchards

Directions: Travel on the New Jersey Turnpike South to Exit 9, transfer to Route #1 South for about 20 miles, then take Interstate 95 South (different from the NJ Turnpike) to the second exit for Rte 206 North, Lawrenceville-Princeton. Take route #206 to the fourth traffic light and turn left onto Cold Soil Road. The main farm is on the right, 3 miles from route #206.

