



TERHUNE ORCHARDS NEWS

Trenton Farmer's Market
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SPRING 2009

Flying High with Kite Day

Let your spirits soar May 2 and 3 as kites of all shapes, colors and sizes sail across the skies over Terhune Orchards during the annual Kite Day Festival.

There will be food, games, flowers, sheep shearing, live music, and, of course, plenty of kites during this family-friendly weekend. Bring your favorite kite, buy a new one from the colorful selection in the farm store, or make your own "Sure to Fly" kite here at the farm.

For other kinds of fun, children can put away their electronic games for the day and indulge in old-fashioned favorites such as Clothespin in the Bottle, Tiddy Frogs, Shoop and Hoop, sack races and a marshmallow-eating contest.

The arrival of May brings the fragrance of the apple blossoms on Terhune's trees. Old "friends" including our dogs Strawberry Rhubarb and Sweet Basil, horse Mexicali, Cosmo the goat, and Summer and Autumn the rabbits will be on hand for visits along with the usual variety of ducks, geese and chickens. There also will be pony



and farm wagon rides. Sheep shearing will take place on Sunday, and children who visit then will get a sample of the sheep's winter wool to take home.

Kite Day takes place from 10 a.m. to 5 p.m. each day with live music from noon to 4 p.m.

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Mount Family Update

The Mount Family continues to grow and prosper. Pam was sworn in as Mayor for her third time in January (she is serving for her 11th year on the Town Council). She is excited about all the positive things happening in town (and our region). This is a banner year for sustainability. Sustainable Lawrence will host a conference on June 6th at Rider University. Pam sits on the Sustainable Jersey Executive Committee, which just launched a town certification program for all New Jersey towns. She has put together a "Green Team" to evaluate where



Pam's swearing in by New Jersey Senator Shirley Turner with family.

Lawrence is and what to do next. Pam is working hard on trucks and traffic, on open space and stewardship projects together with the Princeton Borough and Princeton Township to continue to work on Route 206.

Pam continues her service on the New Jersey Future Board, the DEP Clean Air Council, Lawrence Community Foundation and as Chair of the Farmers Against Hunger and member of the New Jersey Agricultural Society Board.

Gary is thrilled to see spring; his barn project is a once-in-a-lifetime giant jigsaw puzzle. Out on the water, rowing with the Carnegie Lakers, and continuing his service in Soil and Water Conservation, Trenton Farmer's Market Board, New Jersey Horticultural Society, the Friends of Howell Living History Farm and the Princeton Agricultural Association.

Daughters Tannwen and Reuwei continue to thrive. Tannwen is back working full-time now that Baby Becket has turned one in March. Her husband, Jim, received tenure as a history teacher at Montgomery High School. Reuwei continues as the head of the Science Department at the Lawrenceville School and teaching science courses. Her husband, Mike, is teaching history and coordinating student study travel. In May little Maya will turn five and

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Strawberries, Cherries, Blueberries and Raspberries: Pick Your Own at Terhune Orchards

Springtime is ideal for spending family time at Terhune Orchards. That's when mom, dad and the kids can enjoy picking sun-warmed strawberries in the field, gathering a bucket of blueberries, raspberries or sweet cherries, and picking enough sour cherries to make a fresh pie.

Pick-your-own strawberry season in late May starts off the farm's parade of fresh fruit. Although strawberries are avail-

able year-round from distant states, they can't compare with the flavor and quality of the crop at Terhune from mid May to early June. Everything tastes better when it is grown locally and you pick it yourself.

Terhune has two acres dedicated to pick-your-own strawberries, and grows them on black plastic so they are available as early as possible. See the farm website (www.terhuneorchards.com) for updates on when the berries will be ready to pick, or sign up for the e-mail list to be notified when the berries are ready.

Juicy and sweet, Terhune strawberries have superb flavor and are great eaten fresh on cereal or ice cream, or unadorned. They also are wonderful in milkshakes, smoothies, salads and muffins and on shortcakes; make your own (see the farm website and click on recipes) or stop in for some at the Farm Store. Nutritionally, they are champs, as are all of Terhune's berries,

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The New Barn

by Gary Mount

Today was a red letter day. This morning I went to pick up the building permit to start construction on our new barn. This project has been under consideration for the past 20 to 30 years and finally, we are starting.

It might be asked, What is the big deal. People build barns all the time. But my brothers tell me I have a way of making things more complicated than they need to be. I don't know if I agree, but then this barn has turned out to be more than anticipated. One of the big purposes of building is to store apples. For many—actually many, many—years we have loaded apples on trucks to store at the farm of a peach grower friend in Richwood (southern) New Jersey. Being primarily a peach grower, he doesn't have as much need for storage space in the fall. Sounds like a good deal, right? Well, it is and we are grateful to the Heilig family for helping us all these years.

However it is not the best for the apples to ride that distance and then that long—sometimes three or four days—to be refrigerated. Each day out of refrigeration reduces the storage life of the apples by one or two weeks. It is best if they are stored at 32° F immediately. And then when we need the apples back later in the fall, there is the ride back on New Jersey roads—bump, bump, bump. I have been lucky over the years because John Hart of Rosedale Mills has trucked my apples back and forth. We have greatly appreciated his doing so, but it can't be very convenient for him to stop what he is doing to re-schedule around my apples. But even so, it will be oh so much better to have our own storage.

I have spent a long time learning the best way to store apples. 32° is good, but the storage room has to get back down to that

temperature by the morning after the warm apples are loaded in. That takes some oomph! That's a technical term for a heck of a lot of refrigeration capacity—over twice what it takes to just keep the apples cold after they have reached storage temperature. Then there is humidity. Low humidity will cause the apples to shrivel during storage as they lose moisture through their skins. Ugh! (another technical term) Finally there is atmosphere—the percentage of oxygen. Apples are living, breathing things just like you and me. Fruit ripening, which might be thought of as the changing of starches to sugar, is basically an oxidation process. Controlled atmosphere storages lower the oxygen level.

Controlled atmosphere storage in the US was first studied by scientists at Cornell University in the 1930's. Apples were found to keep much better if they were cold and at a low oxygen environment. To accomplish that these days the cold storage room is constructed to be air tight and a machine is used to remove oxygen and replace it with nitrogen from the outside air. The oxygen level is kept at 2% (normal outside air is 20%). Apples can store, as firm and crispy as the day they were picked, all the way

until the next harvest season!

Our barn will not be entirely this type of storage. Only one of the three storage rooms will have CA technology since most of our apples are sold in the fall. Regular cold storage is adequate for shorter term.

Designing the building that will be housing the refrigerated rooms as well as an equal space for dry storage has been fun. Pam and I traveled, took pictures, talked to other farmers and then spent about a year working with Jerry Ford and Jane Wilson of Ford 3 architects. It turns out to be a slow process to evolve your ideas into something on paper that matches your thoughts. Appearance, function and compatibility with the look of the farm were all important to us. We have ended up with a special building design that should look great and serve many functions. The dry storage part will be timber framed, just like our 1800's barn across from the farm store. That includes mortise and tenon with oak pegs. We plan to have a barn raising this spring/summer, so please look for our notices about it and be sure to come.

Not to be too old fashioned about it, the timber framed portion of the barn will have

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The New Barn, designed by Jerry Ford and Jane Wilson of Ford 3 architects.

Enjoying the Farm with Birthday Parties

Children love the farm, and a visit is always a special treat. Even more special is visiting for a birthday party.

For parties, birthday boys and girls will have reserved tables where they and their guests can enjoy apple cider and a special farm birthday cake or cupcakes made here on the farm. Each child receives a coloring book and the celebrants feed the animals and take a wagon ride through the orchard. Face painting and pony rides also are available. Visit www.terhuneorchards.com for more details or call the farm store (609) 924-2310.

First Harvest of the Year

Asparagus and Rhubarb usually come ready to harvest in mid April. Hooray for Spring! Call the Farmstore or check TerhuneOrchards.com for details.

Blueberry Bash Set for June 27 and 28

Terhune Orchards will have a good case of the blues June 27 and 28 for the annual Blueberry Bash festival celebrating one of America's favorite summer crops.

Heralding the season's arrival of New Jersey's official state fruit, there will be pony rides, wagon rides around the farm and music. And of course there will be blueberry treats including pies, muffins, breads and drinks.

Blueberry bakers can show off their best recipes at the annual juried Blueberry Bake-Off with categories for children and adults. Adult first-place winners receive a \$100 Terhune Orchards gift card, while the top child entry nets a \$50 gift card. Contest rules are available at the farm store and online at www.terhuneorchards.com. Winning recipes will be posted in the Farmstore and on TerhuneOrchards.com.

Blueberry Bash is held from 10 a.m. to 5 p.m. each day. Parking is available at Terhune Orchards, and parking and admission are free.



Farming = Sustainability

by Pam Mount

Gary and I have always felt that we are incredibly lucky to live on and work the land of Terhune Orchards. We see ourselves as one (or two) links in a long chain, not only farmers here at Terhune Orchards but indeed in Gary's family he is the 10th generation to farm in Central New Jersey. So whether we call it environmentalism, conservation or now sustainability, we take it all very seriously. After all, we live here, our family eats what we grow and has been involved with the farm their whole lives. Now our grandchildren are doing the same.

When we started with fifty-five acres in 1975 and three crops (apples, pears and peaches) we knew we were in the business for the long haul. One doesn't plant trees (which can live for 100 years) if not intending to be permanent. Once we got the orchards and business somewhat organized, preserving the land became a driving force. Gary and friend Sam Hamill got things going here in New Jersey and now, of course, the Farmland Preservation Program has protected thousands of acres of important farmland including our own farms. With this long-term view we have Conservation Plans for all our farms, (3 owned and 1 rental). The plans include such things as best practices for handling cider processing waste water, controlling rain runoff from our buildings, green buffer strips in our fields to control erosion.

As we expanded and grew more and more different crops each with different requirements (we now grow 35 crops), our Farmstore became a one-stop shop offering more choices for our customers making their trip to the Farmstore worthwhile. Over the years, Gary has perfected the use of Integrated Pest Management (IPM) on our fruits and vegetables, cultivating good bugs that eat bad bugs etc. When we added



the 65-acre farm on Van Kirk Road we were able to grow some of our vegetables "certified organic" since we had new land for the critical crop rotations needed. We try to cover crop all the fields in the fall to protect against erosion during the winter. We have grass strips planted between all the rows of the trees to keep the soil in place. We compost all our leaves and weeds and discarded fruits and vegetables from the store. We recycle all our used cardboard boxes, plastic bottles and jugs. In the summer many cider jugs get recycled as take home vases for cut flowers!

We conserve the land and water, use trickle irrigation (very water conserving) to water fruit and vegetable plantings, which minimizes run-off and erosion. But just like the rest of the world we are concerned with global climate change and take responsibility where we can. Here is what the Mount Family is doing: Gary gave up his SUV for a Prius to match Pam's. We hired a lighting expert to evaluate inside and outside lights and have changed all to energy savers. Pam replaced the dishwasher and refrigerator with Energy Star rated ones and clothes washer with a front-loading Energy Star rated one. We renovated the bakery. Of course, our biggest effort is building our new barn with solar panels to be used to power the cold storage so we will not have to transport our bins of apples to cold storage in South Jersey all fall and back again in the winter.

All these steps make good business sense, sustainable sense, and family sense. Look around your lives and see what you too can change.

Mount Family Update

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twins, Tess and Sasha turn two. Having the four grandchildren running around the farm is a thrill for the grandparents and an endless joy!

Son Mark is back from his third tour as an Infantry Sergeant in Afghanistan and is now posted in Fort Benning, Georgia. Pam and Gary's niece Kirsten Eckelmeyer (Pam's sister Barbara's daughter) will have her wedding here on the farm on June 6th – a joyous occasion for sure!



The Mount Family: Pam and Gary; daughter Reuwai, son-in-law Mike, and their daughters Maya, Sasha, and Tess; daughter Tannwen, son-in-law Jim, and their son Becket.

More Read & Pick Programs This Year

With the return of the growing season comes the opportunity for young children to experience the farm firsthand.

Terhune Orchards' popular and innovative Read & Pick Program is designed specifically for youngsters, and combines story time with a chance to learn about farm animals or flowers, or pick fruit or vegetables in the Terhune orchards and fields.

Beginning May 19 with a Farm Animals program, and continuing through Oct. 6 with a program on Mini-Pumpkins, one-hour sessions are held on designated Tuesdays at 9:30 a.m. and 11 a.m. A story or two is read that features the topic of the day and the children learn about the farm and how the crops are grown. Then the children participate in a farm craft activity or pick the fruit or vegetable of the day.

The program is recommended for children preschool age up to 8 years of age. The



cost is \$7 per child and includes the container of fruit or veggies or craft activity. For more information see our website Terhuneorchards.com or call the farm store (609) 924-2310. Pre-registration is requested. This year, there are more Read & Pick Programs than ever. They are:

May 19: Farm Animals

June 2: Strawberries

June 16: Cherries

June 30: Flowers

July 7: Blueberries

July 21: Vegetables

August 4: Peaches

August 18: Pears

September 1: Apples

September 15: Sunflowers

September 29: Indian Corn

October 6: Mini-Pumpkins

Learn about Farming and Nature with Discovery Tours

Terhune has hosted thousands of children at tours of the farm for more than 25 years. Discovery Tours are offered in spring, summer and fall, and each season brings a different kind of excitement.

Spring is a busy time for plowing and planting, so from April through June children ages 3-10 can enjoy the gardening program. Tour groups learn about seeds, plants and irrigation and children dig for earthworms and learn their importance in gardening. During the 1.5-hour tours, they plant mini-gardens they can take home.

In summer, the tours include discovery walks where children find butterflies, ladybugs and other insects. They learn about the life cycles of these tiny creatures and how some insects are beneficial to the health of the farm. One important plant lesson is how to identify poison ivy and to see the different ways it grows. As a treat at the end of a tour, each child gets a snack of a crisp apple and a cup of cold cider.

Registration is required for the tours, groups of 10 children or more. Register by calling the Farm Store at (609) 924-1310.

Calendar of Events – 2009

Apr. 24	Arbor Day Celebration, 10 am & 4 pm	September 19 & 20	Apple Day–10am-5 pm
May 2 & 3	Kite Day, 10am-5pm	Fall Family Fun Weekends	every weekend till the end of October 10am-5pm
May 10	Mother's Day, Unique flower baskets at the Farm	September 29	Photo Contest Entries Due
June 27 & 28	Blueberry Bash– 10 am-5 pm	*****	
July 12	Firefly Festival–5 pm-9 pm	Farm Store, Farm Yard & Farm Trail: Open to the public daily all year	
July 13	Week One of Summer Camp–9am-3:30 pm	School and Group Tours: By appointment, April through October.	
July 20	Week Two of Summer Camp–9am-3:30 pm	Barnyard Birthday Parties: By appointment, late April through early November	
August 1	Pam's Freezing & Canning Class–10 am		

Pick-Your-Own Schedule

May—Strawberries
June—Blueberries, Raspberries, Sweet Cherries, Sour Cherries, Flowers
July—Blueberries, Raspberries, Blackberries, Flowers
August—Raspberries, Flowers, Peaches, Apples (4th week)
September & October—Apples and Gourds (Van Kirk Rd. only), Raspberries, Blackberries, Pumpkins, Flowers (Cold Soil Rd.)
 Van Kirk Road Orchards open Labor Day Weekend.
 Call ahead for information on availability of specific varieties.

Pick Your Own at Terhune Orchards (continued from page 1)

with lots of vitamins, minerals and fiber and no fat or cholesterol.

Terhune's strawberry fields move every two years; this will be the first year at a new site, so don't look for them in same spot as last year. Gary spreads wood chips between the rows so that pickers won't have to worry about mud on their shoes.



Short but very sweet is the cherry season at Terhune, which has the largest cherry orchard in central New Jersey. Sweet cherries are great for eating fresh, while sour cherries are prized for their flavor in pies, jams and cakes.

That season arrives mid-June and lasts about a week. Gary's orchard of sweet and sour cherry trees provides pickers with one of the few locally grown cherry crops. Call the Farm Store or check the farm website

for updates on when cherries are available.

Around the time the cherries finish their season, Terhune's pick-your-own blueberries make their appearance in mid-June, just in time for the farm's annual Blueberry Bash festival. Picking blueberries at the farm is easy and it doesn't take long for families to pile up berries in their buckets while enjoying a visit to the farm. They then go home and enjoy the wonderful berry that is the state fruit of New Jersey.

Blueberries are perfect for pie, short-cakes and jam, although most people take advantage of the season that runs well into July by eating as many fresh berries as they can.

When the blueberry harvest begins, it's also time for Terhune's pick-your-own season for raspberries, the fragrant member of the rose family.

Raspberries are as versatile as strawberries and blueberries, and nothing beats the flavor of fresh-picked. They can be included in muffins and pancakes, made into pies and jams, and used to add zip to salads.

Raspberries are available through the summer and into early fall, giving them the longest growing season of Terhune's berries. Around the middle of raspberry season comes blackberry season, another favorite fruit for pies, cakes, jams and salads.

There is nothing better than fresh fruit, and when it's grown locally and you pick it yourself, you get the bonus of more nutrients and flavor. Best of all, you also get to create memories and traditions by spending a day of family fun at the farm.

We're Online!

- Want to know what's happening at Terhune Orchards? Check out our Web Page www.terhuneorchards.com or send us e-mail info@terhuneorchards.com.

The New Barn

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solar panels on the roof which will provide about half of the electrical power needed.

So, yes it was a red letter day. Construction should start next week. Walk down and have a look when you next visit us.

Sow a Row for Farmers Against Hunger

When you are planning your vegetable garden for this season, consider planting a little extra to donate to the Farmers Against Hunger program. Drop off your vegetables at the Terhune Orchards Farm Store on Tuesdays or Wednesdays and Farmers Against Hunger will distribute the donated produce on Thursdays. Food donations will be given to 10 Mercer County organizations.

Farmers Against Hunger is a non-profit under the umbrella of the New Jersey Agricultural Society. Over 50 farmers donate (free) 1,500,000 pounds of fruits and vegetables each year. Last year, Terhune Orchards donated 30,000 pounds- sounds like a lot but the need is great. If you can help with your extra garden crops, that would be wonderful!

Flying High with Kite Day

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Food includes soup, hot dogs, barbecue chicken, grilled asparagus, cider, doughnuts, apple pie and cookies. Free admission and parking is available at the farm.



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.

