

# The *Cider Press* from **BEASLEY'S ORCHARD**

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Autumn 2008

Danville, Indiana

## WITCH WAY OUT?

A bewitching adventure awaits you this year at Beasley's Orchard. This is the sixth year that the MAiZE craze has landed here in Hendricks County. Open September 19th through October 31st, the maze will entertain explorers of all ages. Hours of operation for this fun field will be 10-5 on Fridays and Saturdays, and 12-5 on

Sundays. Maze designer Brett Herbst, the world's leading professional designer of

corn mazes, hopes to challenge the wits of those seeking to find "Witch Way

Out?" of his mind-boggling puzzle. The maze is navigated through a series

of questions on a passport. If a question is answered correctly, you will be

led in the right direction, however if you answer a question incorrectly

you will be led in the wrong (slightly longer) direction. The maze can be

navigated in less than half an hour, but it's not uncommon for most

parties to take about an hour to find their way through the four miles of

trails. The cost for this great source of fun for all ages is \$6 for ages 12 and

up, \$5 for ages 6-11, and free for kids 5 and under. If you would like to

explore the corn puzzle with a group of 15 or more, you can do so at a discounted

rate by scheduling your adventure ahead of time. During the past few years, maze adventures have been combined

with field trip adventures to the orchard and/or pumpkin patch. Beginning on October 3rd, "Witch Way Out?" will

also become a Field of Screams. Please see the article below for details.



## Are you Afraid of the Dark?

Let your imagination take control as Project A.N.G.E.L. asks... "Are You Afraid of the Dark?". The good boys and ghouls from Project A.N.G.E.L. will host this hauntingly fun time every Friday and Saturday night in October from 8:00 p.m. to 10:30 p.m. Cost is \$6 for ages 12 and up, \$5 for ages 6-11, and free for kids 5 and under when accompanied by an adult. The proceeds from "Are you Afraid of the Dark"-- Field of Screams will benefit Project A.N.G.E.L.'s mission of providing clothes, toys, and food to underprivileged children in Hendricks County at Christmas time. For more information, please check our web site, [www.beasleys-orchard.com](http://www.beasleys-orchard.com) or call the orchard, 317-745-4876.

**Please join us in thanking our MAiZE Sponsors- Hendricks Regional Health, Hendricks County Flyer, Hendricks County Convention & Visitors Bureau, Money Mailer, Frazee Gardens & Brownsburg Landscape, and Hendricks Power Cooperative.**

## An Apple a Day...

### Apples and Antioxidants

Apples have one of the highest concentrations of quercetin among all other fruits and vegetables. Quercetin is a type of antioxidant known as flavonoids that has been shown to provide a number of heart-healthy and chronic disease fighting benefits. A study in the November issue of the Journal of Nutrition suggests that the apple-specific flavonoids may be as effective at decreasing blood pressure as other lifestyle changes are, such as sodium restriction, weight reduction, and increased physical activity and alcohol reduction.

### Apples and Fiber

With five grams of fiber per large fruit, apples are an excellent source of fiber which acts to improve blood lipid profiles and lower blood pressure. Apples are especially high in soluble fiber, which helps regulate cholesterol by preventing fatty buildup in blood vessels, thus promoting heart health. Previous studies have also shown that blood pressure is likely to decrease through consumption of fiber-containing fruits and vegetables, and that for every 10 grams of fiber consumed per day, heart disease risk decreases by 10 to 30 percent.

## FARM TOURS

Group tours of the Orchard, Pumpkin Patch and the "Witch Way Out" cornfield maze will be available during the months of September and October. Our tour coordinator, Mrs. Susan Hall, will be happy to assist you with scheduling a time for your group to visit. We can accommodate groups ranging in size from 15-150, with ample parking for buses. Please call Susan at 317-718-1157 for complete information regarding the tour program. Tours fill up quickly and are very popular with schools, church groups and scout troops. Early scheduling is recommended to ensure the best time selection for your group. Adults and children alike enjoy this "behind the scenes" educational trip to our farm. Each teacher booking a MAiZE Adventure Tour will receive a "Teacher's Guide" booklet for use in the classroom. The booklet is full of activities that correlate to the field trip. A copy of this guide is available for your review in the salesroom. We welcome all ages and groups to join in the activities for this fun and educational experience.

## 28TH ANNUAL PIE CONTEST

This year marks the 28th anniversary for our annual apple pie contest. It is hard to believe that this contest has been held for so many years! The contest will kick-off the Heartland Apple Festival on Saturday, October 4. Entry forms and details are available in the market. We will furnish the apples of your choice with a \$2.00 entry fee. Judging begins promptly at 9:30 a.m., followed by an auction of all pies. The money raised will go to help a local charity. These are the best pies you will find in Hendricks County. Bake a pie and enter to win the Grand Prize of \$50 and a lifetime of bragging rights! Best of all, you can help a good cause and go home with your favorite yummy apple pie! This is an event you don't want to miss.

## 2008 Apple Crop Report

Due to a light crop last year and a mild spring, we are anticipating at a beautiful apple crop this year. Every variety is developing nicely. We will have all the favorites; Gala, Jonathon, Cortland, Golden and Red Delicious, Mutsu, Ida Red, Winesap, Fuji, and many more later in the season. When you come in to pick up your apples, don't forget to take home some homegrown tomatoes, melons and sweet corn too.

## New in the Market!

- \* Gray Brothers Pies - We bake them here fresh daily, or available frozen.
- \* Full Line of Patricia Mitchell Cookbooks
- \* New Bentley White & Green Teas





School has already been in session for a while and football is in full swing (Go Warriors!!), but the start of autumn for us has always been apple harvest. We are thrilled to have our son Seth back on the farm, on board to help with the work full time. He always did have a fascination with tractors! Our daughter Lyra and her husband Adam, who reside in Virginia, welcomed their sweet baby girl Maya Addison, last October. Now we have two precious granddaughters to love, and tons of fun ahead!

There has been a lot in the news lately about eating local foods. It is wonderful to see all the interest and coverage. I hope that it helps in encouraging people to experience the many different foods that Indiana offers. Our apples are a great example of just how delicious a fruit can be. Nothing tastes better than a crisp, juicy apple that has been tree-ripened and just picked. Bring your family out to the orchard soon and enjoy a taste of the season!

*Mrs. Beasley*

## Apple-Glazed Pork Roast with Sauerkraut

Sauerkraut, apples and caraway seed herald the German culinary roots of this hearty roast. Put this in the oven on a Sunday afternoon for a nice Sunday supper. Serve with sliced rye bread and a cucumber salad.

4-5 pound pork sirloin roast	1 tablespoon brown sugar
1 tablespoon cornstarch	3/4 teaspoon caraway seed, divided
1/4 teaspoon salt	2 cups apple juice, divided
1 tablespoon lemon juice	1 32 oz.-jar sauerkraut, drained and rinsed
1 1/2 cups chopped apple	1/2 cup coarsely shredded carrots

In medium saucepan, combine brown sugar, cornstarch, 1/4 teaspoon of the caraway seed and salt. Stir in 1 1/2 cups apple juice and lemon juice. Cook and stir over medium heat until thickened. Set aside. Place pork in shallow roasting pan. Roast at 350 degrees F. for 1 hour. Spoon combined sauerkraut, apples, carrot, 1/2 cup remaining apple juice and 1/2 teaspoon caraway seed around pork roast. Pour apple juice mixture over pork roast and sauerkraut; cover. Roast 30 minutes longer, until meat thermometer reads 155-160 degrees F. Let roast stand 5-10 minutes; slice to serve. Serves 8

## APPLE BREAD PUDDING

2 Cortland or Ida Red Apples, peeled and sliced
2 cups of cubed bread (day old is best)
4 cups of scalded milk
2 eggs
1/2 cup of sugar
1/2 teaspoon of salt
1-teaspoon vanilla
1/2 cup of butter or margarine, melted
1/2 cup chopped walnuts
1/2 cup raisins

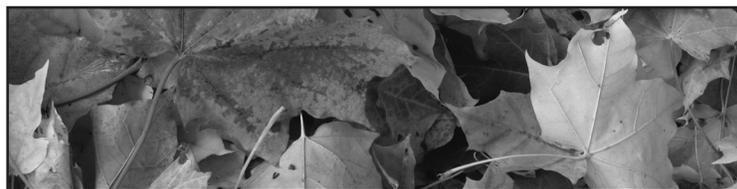
Place cubed bread in a bowl, pour scalded milk over the bread until well soaked and slightly cooled. Beat eggs only until mixed. Add sugar, salt and vanilla to eggs. Stir into bread mixture. Add melted butter and stir. Grease a 2 qt. baking dish and pour in pudding. Add apples, walnuts and raisins, stir together. Set dish in a pan containing 1" hot water and bake in a moderate oven of 350 degrees for 60 to 75 minutes, or until a knife inserted into the middle is not too wet. Makes 8-10 servings....serve warm with a dollop of whipped topping, and enjoy!

## Hot Raspberry-Apple Cider

This is a nice rendition of Cider for the Holidays one that couldn't be easier. With its sweet tang and reddish hue it's guaranteed to bring glad tidings.

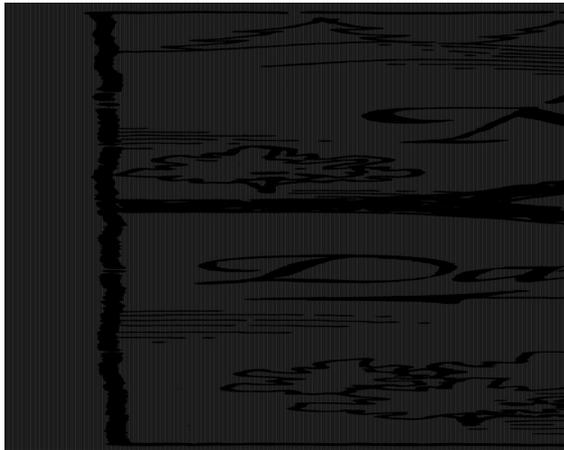
2 quarts apple cider
1 cup frozen raspberry juice concentrate
2 tablespoons honey (if the apple juice is on the tart side)
2 cinnamon sticks
1 cup rum (optional)

Mix all ingredients and bring just to a boil, simmer for ten minutes, or leave on the lowest heat (or in a slow cooker) to keep warm.



**Beasley's Orchard**  
**2304 East Main Street**  
**Danville, Indiana 46122**  
**317-745-4876**

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Beasley's Orchard is located approximately 15 minutes west of I-465 on Old US 36, 2 1/2 miles east of Danville.

**Visit us on the web [www.beasleys-orchard.com](http://www.beasleys-orchard.com)**

## Apple Selection Tips

How do you know if you are getting a good apple? By some estimates there may be over 10,000 different apple varieties. Apples have been in cultivation for centuries and new varieties have continually arisen or been developed. Modern supermarket shoppers sometimes struggle with the 7 or 10 varieties typically offered, and wind up getting in a rut of buying mediocre apples. This is a real shame, since there is so much to explore and enjoy. These simple guidelines can help.

- **Buy in Season**

Modern refrigeration has caused one unintended and unfortunate consequence, that being that the average urban consumer has lost a sense of season. Everything looks good on the shelf, everything is available at any time in any area, and it is easy to forget that fruit is seasonal and is actually being grown somewhere. All fruit has an optimum season when flavor, freshness and nutritional value are at their peak.

- **Buy Locally**

Shipping and storage both can have adverse effects on fruit quality, even under the best of circumstances. Every region has its own distinctive varieties, and a visit to the orchard will help you discover which ones are best in your area. When you buy local produce there are many benefits. Local growers are a great source for suggestions, recipes and harvest information. Supporting local growers helps preserve family farms. Buying locally is the best way to be sure you are putting the most nutritious food on your table. Buying fruit at the orchard is a lot more fun too!

- **Be Adventurous**

Don't be afraid to experiment. You have nothing to lose but boredom. Try some new varieties. You may not like them all, but you are sure to make some new discoveries that will become life-long favorites.

- **Keep Apples Cool**

Apples continue to ripen after they have been picked. Keeping them cool retards this process. Never leave apples out at room temperature. Nothing can ruin an apple's flavor more than letting it sit out at room temperature.

**Market Hours**

Now until November  
Monday - Saturday  
9:00 am - 6:00 pm  
Sunday Noon - 6:00 pm  
Winter Hours Begin November 1st  
Monday - Saturday  
9:00 am - 5:00 pm  
Closed on Sundays