



AUGUST 2021 NEWSLETTER

August is such a quiet and gentle month ... so we'll play with some gentle topics!

Did you know that

Giraffes hum

The peculiar morphology of a



giraffe's neck led many to believe that these animals could not make sounds. However, scientists at the University of Vienna have discovered that giraffes communicate by humming, specifically by emitting very low-frequency noise.



Koalas have fingerprints

Koalas are the only members of the marsupial family to have fingerprints, similar to gorillas and chimpanzees (primates).

Platypuses swim with their eyes closed

When platypuses go hunting underwater (primarily for molluscs, larvae, and fish eggs), they close their eyes and use their snouts to feel their way by touch.



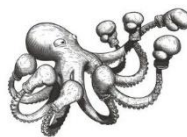
Sloths digest food for a month

Because sloths have stomachs similar to those of ruminants, they take a long time to digest their meals.



Octopuses hit fish

Common reef octopuses and fish make these creatures often work together sometimes throw punches with their out of the group.



good partners, but they're not friends. While when hunting along the sea floor, octopuses will tentacles to control a fish's location or force it

The Dog Days of Summer

The phrase refers to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from Earth and part of the constellation Canis Major – which is why Sirius is called the Dog Star. In the summer Sirius rises and sets with the Sun. On July 23rd it is in conjunction with the Sun. Because it is so bright the Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long and excessively hot summer days. The term Dog Days of Summer means the 20 days before and 20 days after this alignment: July 3 – Aug 11.





As the dog days of summer are in current swing, the new growth slows down, produce ripens and the harvesting will soon begin!

AUGUST GARDEN CALENDAR:

- Direct-seed fall-season crops, including lettuce, radishes, beets and Swiss chard near or under the shade of warm-season plants. Try something new like mache, mizuna or mustard greens.
- Harvest crops often so they continue to produce. Use clean scissors or small shears to harvest instead of pulling on plants or stems. Beans, tomatoes, cucumbers, summer squash and corn are ready to harvest.
- Peppers can be harvested as small as 3 to 4 inches in length. Red bell peppers need more time on the vine, but it's OK to harvest them while green. Wear gloves when picking hot peppers.
- Bigger eggplants aren't better, so harvest when they are large enough to use, but before their skin loses its gloss. When cutting from the plant, leave a 1-inch piece of stem attached to the fruit.
- Tidy up flower containers by pruning for shape or getting rid of spent flowers and dead patches. Many annuals are on sale, so swap out the non-performers for something new. Deadhead spent blooms, pull weeds and plan. Jot down notes for moving or dividing plants later in the fall.

Order fall bulbs, including garlic planting stock, and save some dollars to buy bulbs from your local garden center later in fall.

Mid-August is the recommended last feeding time for roses. If they are repeat bloomers, this will help with their final flush of blooms. Fertilizing later in fall may result in more lush growth too close to the first frost. Use a balanced fertilizer and first water at the base of the plant, then apply fertilizer and water again.

Pick up any early, fallen tree fruits and compost them if not diseased or infested with insects.

If your tomato plants aren't doing as well as your those at the neighbor's house, try these tips:

Mulch plants with weed-free grass clippings, shredded leaves or newspaper (not the shiny parts).

Water consistently; check the moisture depth with a trowel or your fingers. If the soil is wringing wet 4 inches down, you're overwatering. Tomatoes need 1 to 2 inches of moisture per week. Container-grown plants will need watering once or twice daily.



Fertilize when the fruits are one-third grown and again after picking the first ripe fruit. There's no need to fertilize a third time.. Use a general vegetable fertilizer that is lower in nitrogen, higher in phosphorous, and medium to high in potassium, such as 5-8-4.

Check your plants regularly for insect damage. Leaf color changes can be due to early blight, wilts or watering issues.

Harvest "vine-ripened" fruit when fruit color is glossy and even, and the texture is firm, not too soft. Heirlooms will be ripe before they're fully colored, so harvest if the skin loses its waxy smoothness.

Powdery mildew begins to appear on susceptible plants like bee balm, veronica, lilac, roses, squash and pumpkins. Potassium bicarbonate, baking soda and neem oil are effective controls. Be sure to read all package directions for proper timing and application rates.



[More information can be found at the Colorado State Extension website.](#)



In 1982 August was declared National Peach Month, so we're celebrating this month with fun facts about peaches. Not only is the entire month dedicated to peaches, but **August 22nd is Eat a Peach Day** and **August 24th is National Peach Pie Day**

The peach originated in China and has been cultivated at least since 1000 B.C.E. It has special significance in Chinese culture: The peach tree is considered to be the tree of life and peaches are symbols of immortality and unity. Peaches traveled west via the silk roads to Persia (Iran). In Persia, peaches were discovered by Alexander the Great, who mentions half a dozen types, and who introduced them to the Greeks. By 322 B.C.E. Greece enjoyed the peach, and by 50 to 20 B.C.E., Romans grew and sold them for the modern equivalent of \$4.50. The Romans called the peach a Persian apple, and the name for peach in numerous languages is the name for Persia. Once the Romans cultivated the fruit, they were able to transport it north and west to other countries of their European empire.

Spaniards brought peaches to South America and the French introduced them to Louisiana. The English took them to their Jamestown and Massachusetts colonies. Columbus brought peach trees to America on his second and third voyages.

China remains the largest world producer of peaches, with Italy second. Italy is the main exporter of peaches in the European Union. California produces more than 50% of the peaches in the United States (and grows 175 different varieties), and Georgia grows so many peaches it became its nickname!

Peach varieties can be either clingstone, where the flesh of the fruit clings to the stone, or freestone, where the stone readily twists away from the fruit. The former type is generally used for canning; the latter is generally found in supermarkets. Clingstone and freestone peaches are available in both white and yellow varieties.

Asians generally prefer the sweeter and less acidic white varieties of peach. The sweetness is due to the "honey gene," a dominant gene that is found in all Chinese peach varieties. Europeans and Americans have typically cultivated the yellow-skin, yellow-flesh varieties, which have higher acid.

Nutrition and Factoids Peaches are a good source of vitamins A, B and C. A medium peach contains only 37 calories. You can ripen peaches by placing them in a brown paper bag for two to three days. Sliced, fresh peaches should be tossed in lemon or lime juice to prevent browning. Nectarines are a variety of peach with a smooth skin, not a cross between a peach and a plum. The juice from peaches makes a wonderful moisturizer, and it can be found in many brands of cosmetics. A peach pit contains hydrocyanic acid, which is a poisonous substance. Like the plum and the apricot, the peach is a member of the rose family (Rosaceae), distinguished by its velvety skin. It is classified as a drupe, a fruit with a hard stone.



BOURBON PEACH BUNDT

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|--|--|
| <input type="checkbox"/> 1 ½ cups butter, softened, divided | <input type="checkbox"/> 2 cups firmly packed light brown sugar, divided |
| <input type="checkbox"/> 4 peaches, peeled and cut into 4 slices | <input type="checkbox"/> 1 (8-oz.) package cream cheese, softened |
| <input type="checkbox"/> 1 ½ cups granulated sugar | <input type="checkbox"/> 6 large eggs |
| <input type="checkbox"/> 1 ½ teaspoons vanilla extract, divided | <input type="checkbox"/> 3 cups all-purpose flour |
| <input type="checkbox"/> ½ teaspoon salt | <input type="checkbox"/> ¼ cup (2 oz.) |
| 1 cup powdered sugar | <input type="checkbox"/> 1 to 2 tablespoons milk |

Preheat

oven to 325°F. Melt ¼ cup of the butter in a small saucepan over medium; stir in ½ cup of the brown sugar. Cook, whisking constantly, until sugar has dissolved and mixture is thoroughly combined, about 1 minute. Pour mixture evenly into a 15-cup (10 ½-inch) Bundt pan that has been heavily greased with cooking spray. Place peach slices in an even layer on top of brown sugar mixture.

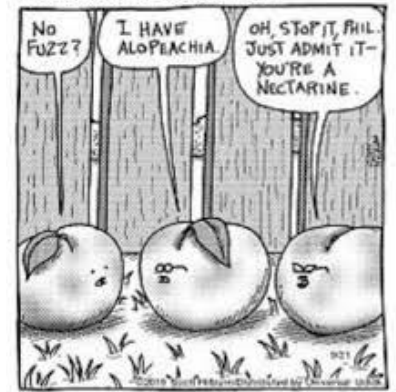
>Beat cream cheese and remaining 1 ½ cups butter with a heavy-duty stand mixer on medium speed until creamy, about 1 minute. Gradually add granulated sugar and remaining 1 ½ cups brown sugar, beating on medium speed until light and fluffy, 3 to 5 minutes. Add eggs, 1 at a time, beating just until yolk disappears. Beat in 1 teaspoon of the vanilla.

>Sift together flour and salt; add to butter mixture alternately with bourbon, beginning and ending with flour mixture. Spoon batter carefully over peaches in prepared pan; level with a spatula.

>Bake in preheated oven until a long wooden pick inserted in center of cake comes out clean, 1 hour and 25 minutes to 1 hour and 30 minutes. Cool in pan on a wire rack until pan is cool enough to handle but still hot, about 25 minutes. Remove cake from pan to rack, and cool completely, about 2 hours.

>Stir together powdered sugar, remaining ½ teaspoon vanilla, and 1 tablespoon of the milk in a small bowl, adding remaining 1 tablespoon milk, 1 teaspoon at a time, if needed to reach desired consistency. Drizzle over cooled cake.

The Argyle Sweater By Scott Hilburn



PICKLED PEACH SALAD

- | | | | |
|--|---|---|--------------------------|
| <input type="checkbox"/> 1/2 cup sugar | <input type="checkbox"/> 1/2 cup light corn syrup | <input type="checkbox"/> 2 tablespoons cider vinegar | <input type="checkbox"/> |
| 1 cup water | <input type="checkbox"/> 2 whole cloves | <input type="checkbox"/> 1 1/2 envelopes (1 Tbsp.) unflavored gelatin | <input type="checkbox"/> |
| 1/2 cup cold water | <input type="checkbox"/> 2 cups sliced peaches, drained | | In a |

saucepan bring sugar, corn syrup, vinegar, 1 cup water, and cloves to a boil over high heat, lower heat and simmer 20 minutes.

> Dissolve gelatin in 1/2 cup cold water. Remove cloves from syrup mixture and add gelatin; stir until dissolved. Add peaches

> Spoon into lightly greased 4-ounce molds, dividing fruit evenly. Refrigerate until set, 4 hours. Unmold and serve on lettuce leaf.

RIESLING PEACH SAUCE

- | | |
|--|---|
| 2 cups peeled and chopped fresh ripe peaches (about 2 large) | <input type="checkbox"/> 1/2 cup dry Riesling wine |
| <input type="checkbox"/> 1 to 2 Tbsp. light brown sugar | <input type="checkbox"/> 1 tablespoon apple cider vinegar |
| 1 teaspoon coarsely chopped fresh thyme | <input type="checkbox"/> 1/4 teaspoon freshly ground black pepper |
| Pinch of kosher salt | <input type="checkbox"/> Garnish: fresh thyme sprigs |

Stir together all ingredients but thyme in a bowl. Cover peach mixture, and chill 3 to 24 hours to let flavors marinate, stirring occasionally. Garnish and serve with a slotted spoon.

CRUNCHY SUMMER SALSA

Stir together 1 c diced fresh peaches, ½ c diced cucumber, 1 seeded & chopped jalapeño pepper, 1 clove minced garlic, 3 T finely chopped fresh cilantro, 2 T fresh lime juice, and ½ t kosher salt in a small bowl.

TOMATO CORN & PEACH SALAD

2 beefsteak tomatoes cut in wedges, 1 cup peach diced, 1 C fresh corn kernels, ¼ t salt & fresh pepper, ¼ c honey vinaigrette, ½ c feta crumbles -- combine tomato, peach and corn sprinkle with S&P, drizzle w/vinaigrette, serve on platter and sprinkle w/feta

Special Days in the month of August:

The first Sunday in August was proclaimed **National Friendship Day** by Congress in 1935. It is now celebrated in several countries around the world with special gifts and acknowledgments for special friends. In 1997 the UN names Winnie the Pooh as the world's Ambassador of Friendship.

sometimes the smallest things
take up the most room
in your heart.



August 4:
National Chocolate Chip Cookie Day
(but it's never

too late!)

And here is a nifty chart to determine how to bake your cookies just the way you want them



The first Friday in August (August 6th this year) is **International Beer Day**

And interestingly enough...

The first Saturday in August is **International Hangover Day!!**



August 9th is **National Book Lover's Day**

(and you know there is a wonderful little used book store in Fort Collins by that name....)

August 12th is Annual Perseid Meteor Shower – peak night. The 2021 Perseid meteor shower will probably produce the greatest number of meteors on the **mornings of August 11, 12 and 13.** On the peak mornings in 2021 – in the early morning hours, when the most meteors will be flying – there'll be no moon to interfere with the show.



August 21st (celebrated on the 3rd Saturday in August) is National Honey Bee Awareness Day
eat more honey!!

August 30th is Frankenstein Day – actually it is Mary Shelley's birthday
She is the creator of Dr. Frankenstein and his monster in 1818





SAINT NEWS:

Fiscal year 2020-2021 ended on June 30, 2021. The Board meeting reviewed what was probably the most bizarre year in SAINT history! The numbers were obviously skewed, and income was a bit unconventional, but the year ended with the books still in the black, and sufficient funds in the reserves. Rides are slowly climbing and we are adding new riders and drivers!



The "new" computer system - Spedsta - has now taken over completely, and we are loving it. It was implemented in March 2020, interestingly right at the beginning of the Pandemic, which provided us the time and lower activity demand to start the conversion and work on the little glitches that are always inevitable. We are still working with the developers on tweaking and improving, but overall things are looking good! And you know you could access your schedules and google maps on your smart phones or ipad, too! Call the office if you're interested!

We are happy to announce that after several months of development, SAINT will have a new and improved Website in September!! I will be heading out to get some promotional photos in the coming weeks - so get ready to SMILE!



Our picnics were a great success (except I forgot the camera - I'm out of practice!) It was so nice to see so many of you again, in a safe open-air environment! The food was delicious and Texas Roadhouse outdid themselves with that fantastic brisket! At this time we are on for the November Banquets as well - the dates are Nov 10th in Fort Collins and Nov 17th in Loveland. More info will be coming on that, but for now Save The Date!

We have attached the letter that Connie has sent to all of the passengers that are currently riding with SAINT. We all are hoping that these requirements will be short lived, and things will return to a pre-Pandemic way of life, but since that is not currently the case we appreciate your patience and help!

