

## A new pie to try while peaches are in season

There are a couple dozen more peaches on my two trees; one tree is a Reliant and the other is a Red Haven and both bore prolifically this year, even after my fairly ruthless fruit-thinning. I'll bet I took a little more than 200 pounds of peaches off those trees (I can account for 140 because I weighed them out as neighbors came to buy them.)

The great luxury of homegrown peaches is that one can wait until the fruit is truly ripe and then pick it at perfection. And this year the weather cooperated beautifully, with warm, reasonably dry days and cool nights. In some years, humidity turns my peaches into grey fuzz-balls in a matter of hours. Not this year, and with many pints canned and put away, and lots of our favorite chutney made, I still have plenty to eat out of hand, under breakfast granola, sliced and surrounded by vanilla ice cream, and in a peach custard pie that Dot Meade sent me from Southwest Harbor in 2013.

Dot collected it from her daughter in Massachusetts, and reports, "The pie was so good and such a breeze to make" that she thought it would be a good addition to my "bulging files." When I poked through those files last winter, I found the recipe and made a note to try it out in peach season.

I suspect there is going to be considerable variability in the peaches that all of us are likely to use. The first time around on this pie, I found my peaches were just too juicy enough that I had a little excess moisture in the middle. My neighbor Cynthia, using some of my peaches, tried the pie, too, with similar results. We two cogitated on the recipe and thought perhaps one peach less and another egg would solve the problem. As usual, I knocked back the sugar a bit, too, because as you all know by now, I don't have as much of a sweet tooth as some.

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## Iced coffee takes back seat to cold brew

BY MAURA JUDKIS  
THE WASHINGTON POST

Every day that a Starbucks runs out of cold brew is a day that is ruined somewhere in America. We know, because every day a plaintive soul cries out into the wilderness on Twitter:

"The Starbucks is out of cold brew excuse me while the basic white girl in me dies."

"One of the Starbucks on campus ran out of cold brew I'm transferring."

"Starbucks: we're out of cold brew \*metaphorically stabs me in the heart\*"

We are too fancy for iced coffee anymore. Now we drink cold brew, the magical caffeinated elixir that is suddenly everywhere, from your fussy, independent coffeshop to the most proletarian of Dunkin' Donuts. It's the drink of young people. It's the drink of summer.

"It's iced coffee taken seriously, rather than iced coffee as an afterthought," said Peter Giuliano, senior director of the Specialty Coffee Association of America.

If only everyone who was ordering it actually knew what it is.

"It's like when people ask for a Kleenex when they want a tissue," said Josh Brodey, a manager at Slipstream, a Washington coffeshop. "The world's just floating around. I think about 50 percent of our customers that use the words 'cold brew' don't think of it any differently than iced coffee."

But it is different. A traditional iced coffee is made with hot-brewed coffee that has been cooled down. But cold brew is steeped in room-temperature or chilled water, allowing the coffee to slowly infuse over time. Fans say the method results in a mellower, less acidic coffee. People

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SARAH WALKER CARON | BDN

Carrot Raisin Muffins are lightly sweetened, filled with a confetti of shredded carrots and dotted with sweet raisins. They have a strong cinnamon element to them — both inside and on top — and are delightful hot from the oven.

# The march toward autumn

### As cooler mornings approach, enjoy making Carrot Raisin Muffins

When you're someone who rises near 5 a.m. many mornings, you notice the changing of the days. They're getting shorter, as they do after the summer solstice. We're now approaching the time of year when the darkness seems to invade our waking hours more and more.

That's probably my least favorite thing about the changing of the seasons.

Only a few months ago, I was lamenting how bright it was when I rose. It was hard to sleep past the early morning hours — on those mornings when I wanted to — when the sun rose so early in May and June and July. But come August, the light waned as it does. The sun rose a little later, and then even later than that. Now it's September.

This morning my son noticed that it's not yet dark when he's waking up, getting ready and eating his breakfast. He rises just after 6 a.m.

"It will be soon, Will. Before you know it, it will still be dark when you have to leave for the bus," I told him.

As the words came out of my mouth, I could barely believe them. It's true, but I am not ready for those dark days. But then, it doesn't really matter if I am ready

### Carrot Raisin Muffins

*Yields 12 muffins*

**1 large egg**  
**1 cup milk**  
**½ cup olive oil**  
**2 cups all purpose flour**  
**⅓ cup granulated sugar**  
**1 tbsp baking powder**  
**½ tsp salt**  
**1 tsp vanilla extract**  
**1 tsp ground cinnamon**  
**1 cup finely grated fresh carrot**  
**½ cup raisins**  
**2 tbsp cinnamon sugar (divided)**

Preheat oven to 400 degrees. Line 12 muffin

slots in a pan with liners.

In a large bowl, whisk together the egg, milk and oil. Add the flour, sugar, baking powder, salt, vanilla extract and cinnamon. Stir to combine until smooth. Fold in the grated carrot and the raisins.

Divide the batter evenly among the lined muffin slots. Sprinkle each with ½ tsp of cinnamon sugar.

Bake for 18-20 minutes, or until a cake tester inserted in the center comes out cleanly.

Enjoy immediately, or (once cooled) store in an airtight container and consume within 4-5 days.

or not. The days will get shorter, the seasons will change, the air temperatures will fluctuate. And all of that happens without any regard for my personal feelings on the matter — it's one of those things that just is.

On the morning after Labor Day, with a chill in the air, the march toward fall seemed so clear. We're nearly there. And while part of me is looking forward to the leggings, sweaters and steaming cups of cider, I'd like to hold onto summer a little longer. There are still parks to play at, and tennis courts to hit balls on. There

are hikes to take and ice cream to indulge in.

But there is so much good that comes with cooler mornings. Baking muffins, for instance, feels like a great idea. The warming of the oven is a comfort, not a groan-inducing hinderance, as it can be in the hot days of midsummer. And the fruits of my labor — the tender, warm muffins with a crispy cinnamon sugar top, broken open and spread with butter — are heavenly with a steaming mug of coffee. Perhaps hot cocoa for the kids.

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# Opening date set for Bangor Chick-fil-A

### Restaurant will be first Maine franchise

BY SARAH WALKER CARON  
BDN STAFF

When is that Chick-fil-A near the mall opening? We finally have an answer.

The new Chick-fil-A in Bangor on Stillwater Avenue is expected to open on Nov. 3, according to the company's website. The company, known for its chicken sandwiches, nuggets and other chicken entrees, added the opening date to its future openings list this week, signaling the impending completion of its building at 663 Stillwater Ave.

The freestanding restaurant is located on the property of the Bangor Mall, and was announced

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A Chick-fil-A restaurant is under construction near the Bangor Mall in Bangor in August.