

## OCTOBER: Fall Harvest Celebrations!

Over the past few months you have been tending your fall garden, and working on protecting it from colder weather – how is it going? What are you harvesting? What is available in your community to harvest right now? Apples, pears, pumpkins and other squashes? What celebrations are in your community that celebrate fall and its harvest?

Fall is here, but that doesn't mean that fresh fruits and vegetables are no longer available! In fact, it is **Fall Harvest** time!! Throughout the US, as leaves change to their beautiful bright fall colors, farmers are preparing for fall harvests – apples, pumpkins, grapes, corn, pecans, cranberries, and many others!!!

Look around your local community. What colors and smells of fall harvests do you observe? Have you seen any orange pumpkin patches, or apple orchards? Have you smelled any warm cider scents in the air? This month, seek out some opportunities to participate in a fall harvest – either from your garden, a community garden, a pick-your-own orchard or pumpkin patch, or take part in the many fall harvest festivals that abound during this season!

Fall Harvest in Your Local Gardens: What did you plant for fall harvest this year? Butternut squash, pumpkins, spaghetti squash, kale or spinach? Enjoy the bounty of your garden this time of year! If you did not plant your own, many Farmers Markets are still open, visit them to find local fall harvest items (check out the [June CHG Newsletter](#) for a refresher on how to find local Farmers Markets. Also, celebrate local fall fruits and vegetables with friends by throwing a Fall Bounty Party at your home or community center (Refer to the [August CHG Newsletter](#) for ideas on some garden party activities!).

Local Fall Harvest Festivals: Lots of communities across the US celebrate the fall harvest with festivals! Some are at farms, others at community centers, parks, churches, and other places where people get together. If you are in an area where corn is grown, find a corn maze to get some physical activity with your family while having fun! Search your local newspaper, community center bulletin board, or the internet to find some local festivals in your neck of the woods! Try: <http://bit.ly/findfallfest>. If you cannot find one to attend, create your own festival and invite your friends to attend, with each bringing a fall harvest item to share!



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Fall Harvest Festivals Across the US: Some people make a point of traveling during October to check out Fall Harvest Festivals across the US!! If you have a chance, drive to some of these famous festivals. Some festivals have huge corn mazes, baking competitions (that you can taste and buy!), picking pumpkins, and other fun fall harvest activities. For some ideas of where to go, check out some of these: <http://bit.ly/BestFallFest>; <http://bit.ly/BestFallFest2>.



Dallas, TX: [dallasarboretum.org](http://dallasarboretum.org)



Circleville, Ohio; [pumpkinshow.com](http://pumpkinshow.com)

### October is National Apple Month!

Check out the great information and fun activities about apples put together by the US Apple Association:

- Kids activities: <http://usapple.org/kids-education/games-for-kids/>
- Recipes for kids and adults: <http://usapple.org/recipe-kitchen-tips/>

