



ERIE GROWN



SEPTEMBER NEWSLETTER

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What's in Season?

This is the time of year when fresh fruits and vegetables are widely available from Erie County farms. In the coming weeks, look for fresh, locally grown leeks, pumpkins, and winter squash as fall harvests begin to fill farm stands and markets. It's also a great time to enjoy the last of the late-summer fruits and vegetables before the season transitions to fall favorites.

Residents can find seasonal produce at farm stands, farmers markets, and u-pick farms across the County. To locate nearby growers, visit [Erie Grown](#) and search by type of produce to find local farms and markets.

The following fruits and vegetables are typically in season in Erie County during September:

- Apples
- Beet Greens
- Beets
- Blackberries
- Blueberries
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Green Beans
- Grapes
- Kale
- Leeks
- Lettuce
- Lima Beans
- Mustard Greens
- Onions
- Peaches
- Pears
- Peas
- Peppers
- Plums
- Potatoes
- Prunes
- Pumpkins
- Radishes
- Raspberries
- Snap Beans
- Spinach
- Squash
- Strawberries
- Summer Squash
- Swiss Chard
- Tomatoes
- Turnip Greens
- Watermelon
- Zucchini

[VISIT ERIE GROWN](#)

Seasonal Produce Highlight

Did you know that one bushel of apples weighs about 42 pounds and can make about 21 pies?

Apples are rich in malic acid which is a beneficial compound in treating conditions such as fibromyalgia, chronic fatigue syndrome, and gallstones.

When selecting apples, look for fruit that is firm to the touch. You can test firmness by grasping with the palm of your hand to avoid bruising the fruit. You should always wash apples before eating by rinsing under water with a produce brush.

Once you've got local peaches, you can try this **Apple Stuffed Acorn Squash** recipe.



Apple Stuffed Acorn Squash

Ingredients

- | | | |
|-------------------------|---------------------|----------------------|
| • 2 <u>apples</u> | • ¼ cup brown sugar | • ½ tsp. salt |
| • 2 <u>acorn squash</u> | • 1 tbsp. cinnamon | • ½ tsp. <u>sage</u> |
| • 1 tsp. lemon juice | • 1 tsp. nutmeg | • 1 cup applesauce |
| • 1 tbsp. lemon zest | • 2 tbsp. flour | • 4 tbsp. butter |

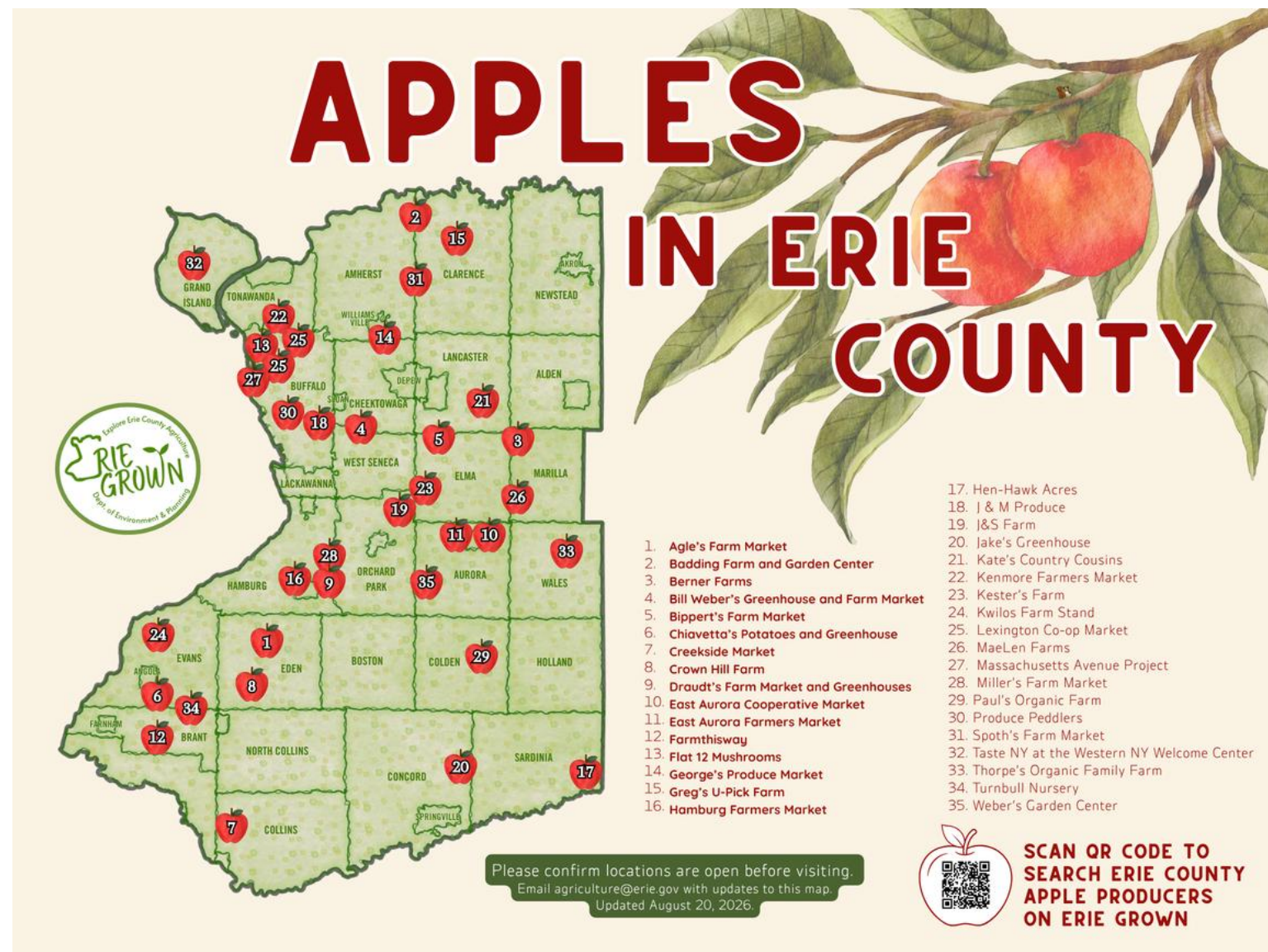
Directions

1. Preheat oven to 400°
2. Cut squash in half horizontally and remove seeds.
3. Place squash halves (cut side up) in a 9x13 inch glass baking dish.
4. Peel, core, and cut apples into one-inch cubes and place in large bowl. Add lemon juice and toss to coat.
5. Combine zest, sugar, cinnamon, nutmeg, flour, salt, sage, and applesauce. Divide evenly between squash halves.
6. Cut butter into four pieces and press one piece into center of each squash half.
7. Pour water into baking dish (about 1/3 of the way up).
8. Cover with foil and bake for 45 minutes.
9. Uncover and bake for 15 minute to brown the top.
10. Remove and serve (do not eat skin).

Recipe courtesy of the Erie County Department of Health.

FIND LOCAL APPLES

Apples in Erie County Map



Erie Grown Passport Reminder

With your [online Passport](#) or printed passport (email agriculture@erie.gov to receive a PDF), each time that you visit a farm, farm-related business, or agricultural festival listed on Erie Grown, simply write the date you visited.

There's still time to earn Erie Grown Passport points this fall season. Don't forget to log your visits to u-pick apple farms or to a local cider mill for a chance to win a prize.

In January 2027, three participants who submit their Passports will win prizes!

VISIT ERIE GROWN PASSPORT



September Events

The **Village of Lancaster Fall Festival** is a family-friendly one-day event held on Saturday, September 19, 2026. The Festival includes handmade goods and artisan crafts, seasonal decor and unique gifts, fresh baked treats and local favorites, live music and entertainment, family-friendly activities and autumn fun.



The Town of Marilla will be hosting the **21st Annual Ag Day** at the Marilla Fireman's Grounds. The event includes an agricultural parade, tractor pull, live music, petting zoo, food, drinks, and vendors. The event will be held September 20, 2026, from 10am- 5pm.

In light of the recent loss of Town Supervisor Earl "Skip" Gingerich, we extend our condolences to the Marilla community. Marilla Ag Day will continue as planned, providing an opportunity for the community to come together and celebrate Marilla's agricultural heritage.

The Erie County Department of Parks, Recreation & Forestry is hosting the annual **Fall Fest celebration** on Saturday, September 26, 2026, from 10am-4pm at Como Lake Park in the Town of Lancaster.



The event will include a vendor and non-profit organization fair, hayrides, free pumpkins for children, live entertainment, face painting, seasonal arts and crafts, and demonstrations by the Erie County Bureau of Forestry.



The Town of Boston Conservation Advisory Council is hosting the **2026 Local Environmental Awareness Fair** on Saturday, September 12, 2026, from 10am-2pm at Boston Town Hall. Visit with local organizations to learn about natural resources, wildlife, and demonstrations by vendors.

Buffalo Niagara Heritage Village is hosting a session on seed saving. Participants can expect to have a hands-on demonstration on how to process, store, and document seed saving. Space is limited and you must register for this event.

Register at bnhv.org/bnhv-events/seedsaving or scan → → →



Farmers Market season is winding down, and September means the end of some local markets for the year. The Alden, Delavan-Grider, Market at the Martin House, Masten's Rooted in the Park, South Buffalo, Springville, West Seneca, and West Shore farmer markets will be ending this month. If you haven't explored these markets this year, September is a great time to visit before they close for the season.

Looking Ahead: October

Fall is just around the corner, and Erie County farms are getting ready for a season full of pumpkins, corn mazes, hayrides, farm animals and more!

Planning a fall farm visit? Check out Erie Grown for farms, agritourism destinations and seasonal activities throughout Erie County. Stay tuned for next month's newsletter, where we'll highlight more ways to enjoy the season on local farms.

Submit an event by emailing agriculture@erie.gov.

Past Editions



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