Greeting Fresh Food Fans,

October is upon us and that means it's time to score the perfect pumpkin(s). Pumpkins are a bit like Christmas trees in that some people are happy just to decorate them, while others savor the satisfaction of harvesting the right pumpkin before sitting down with the carving tools. I enjoy the journey, probably because I'm a gardener. My family couldn't care less. They just want to decorate.



If you enjoy the hunt, you might want to check out SeaLyon Farm's Pumpkin Train. Farmers Market regulars know Marcia as the woman who sells lavender and lavender jams, but this time of year she and her husband open up their farm in Alna for pumpkin picking and starting this Saturday you can ride a train there.

Passengers board the steam-powered Sheepscot Valley Narrow Gauge at Sheepcot station in Alna and ride to Top of the Mountain station where they take a short walk to the farm to pick and purchase a pumpkin, and other farm products. (Ticket Info Here.)



I've never been, but it sounds like a fun expedition for families with younger children.

Happy Pumpkin hunting and see you Thursday!

Amy