

# What's UPstairs?

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## Reference at the Framingham Public Library

### Time for Fall!

New England fall foliage can create a dazzling display of color set against country lanes and mountain roads or against historical landmarks that the area is known for. The season starts in late September, and peak color often coincides with Columbus Day weekend.



The peak foliage time in Western MA is usually about the first week of October. The vivid colors hit Central MA about a week later and the Boston area hits its peak late in the month.

Every region of the area enjoys gorgeous color. Don't be afraid to explore off the beaten path, where you'll find fewer cars and surprising colorful vistas. Be sure to check out the [Massachusetts Dept. of Conservation & Recreation](http://www.mass.gov/dcr/) (<http://www.mass.gov/dcr/>)

Autumn leaf color is specific to the species of tree:

Oaks turn red, brown, or russet

Hickories turn golden bronze

Dogwood turns purplish red

Beech turns light tan

Red maple turns brilliant scarlet

Sugar maple turns orange-red

Black maple turns glowing yellow

Aspen, birch, and poplar turn golden yellow



#### For more information check these books:

[Yankee magazine's ultimate guide to autumn in New England](#) – 917.4 Yankee  
[Autumn rambles : New England : an explorer's guide to the best fall colors](#) – 917.4

Tougias

[Along the Mohawk Trail : a feast of fall foliage and spectacular hill towns](#) – 917.44

McLaughlin

#### And, websites...

Massachusetts Office of Travel and Tourism:

<http://www.massvacation.com/scienceNature/fall-foliage.php>

Massachusetts Travel Journal:

<http://www.masstraveljournal.com/features/0901foliageguide.html>

Yankee *Foliage*:

<http://www.yankeefoliage.com/>

From the editors of Yankee Magazine, The premier Web site for New England fall foliage

The Foliage Network:

<http://www.foliagenetwork.com>


The source for accurate *foliage* information—Providing *foliage* reports for Northeast, Southeast and Midwest US.



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Apple and pumpkin picking

#### Did you know...?

5  
 Holders of a Bank of America Card are entitled to free admission (for one) to the following museums: Danforth, the Decordova, the EcoTarium, Harvard Museum of Natural History and the MFA the first full week-end of each month between now and the end of the year, i.e. 9/4-9/5, 10/3-10/4 etc. Not a cardholder? Book your passes online at [www.framinghamlibrary.org](http://www.framinghamlibrary.org) and follow the link to *Museum Passes*.

## Apple and Pumpkin Picking...

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There are many places in Massachusetts where you can go apple picking. Some of these orchards and farms have additional family attractions you might enjoy. This list was selected from the Commonwealth of Massachusetts Department of Agricultural Resources ([www.mass.gov/agr/massgrown/pick-your-own.htm](http://www.mass.gov/agr/massgrown/pick-your-own.htm)) based on proximity to Framingham. We encourage you to check their web sites or call ahead for the most current information. Have Fun!

#### Belkin Family Lookout Farm

89 Pleasant St. South  
South Natick  
(508) 651-1539  
[www.lookoutfarm.com/](http://www.lookoutfarm.com/)

#### Highland Farm

635 Highland St.,  
Holliston  
(508) 429-8370  
[www.highlandfarmorchard.net/](http://www.highlandfarmorchard.net/)

#### Dowse Orchard

98 North Main Street  
Sherborn  
(508) 653-2639  
[www.dowseorchard.com](http://www.dowseorchard.com)



#### Parker Orchards

11 Spring Road  
Westboro  
(508) 615-7363

#### Honeypot Hill Orchard

144 Sudbury Road  
Stow  
(978) 562-5666  
[www.honeypothill.com](http://www.honeypothill.com)

#### Tougas Family Farm

Ball Street  
Northboro  
(508) 393-640  
[www.tougasfarm.com](http://www.tougasfarm.com)



### Specifically Pumpkins...

#### Hansons Farm

20 Nixon Road  
Framingham  
(508) 877-3058  
[www.hansonsfarm.50webs.com](http://www.hansonsfarm.50webs.com)

#### Verrill Farm

11 Wheeler Road  
Concord  
(978) 369-4494  
[www.Verrillfarm.com](http://www.Verrillfarm.com)



#### Sunshine Farm

135 Kendall Ave  
Framingham  
(508) 655-5022  
[www.sunshinefarmma.com](http://www.sunshinefarmma.com)

### Flu Season



Fall is the beginning of flu season. This year the H1N1 flu, also called the swine flu, is of great concern world wide. There are several simple things we all can do to avoid passing this flu virus around. Frequent, thorough hand washing is most important. If you are not feeling well, stay home from work or school and from the general public. Get plenty of rest and eat a healthy, well balanced diet. Consult with your doctor about getting a flu shot. More information on the flu and what to do about it is on the U.S. Center for Disease Control web site at [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov).