

Autumn Bucket List

Fall is in full swing across Central New York, and there's no shortage of ways to celebrate the season. From lively outdoor festivals and thrilling hayrides to action-packed sporting events, there's something for everyone. Explore these must-do activities to make the most of your fall bucket list!

Did You Know?

Early pumpkin pies were made by baking a mixture of spices, milk, and honey inside a hollowed-out pumpkin, which acted as the "crust."



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Attend a Fall Festival

What better way to enjoy the season than by attending a festival dedicated to it? With numerous events happening across the region, you're sure to find live music, local vendors, and plenty of delicious fall-themed food and drinks.



Hancock Harvest Festival
20 East Main Street, Hancock, NY 13783

LaFayette Apple Festival
2444 Tully Farms Road, LaFayette, NY 13084

Experience Fall Foliage

One of the best parts of the season? The changing leaves! As the foliage shifts from green to brilliant shades of red, orange, and yellow, landscapes across the region become a feast for the eyes. Head to a scenic spot, keep an eye out for the stunning colors of fall, and don't forget to snap a photo to capture the moment.



High Vista Nature Preserve
7556 Vincent Hill Road, Homer, NY 13077

Fall River Cruises
7439 Hillside Road, Baldwinsville, NY 13027

Immerse Yourself in Sports

Get ready for fall sports! Whether it's college, semi-pro, or professional, New York has it all. So throw on your jersey, prep your favorite tailgate recipes, and have a blast cheering on your team. Can't make it to a game? Dive into sports history at one of New York's many sports museums.



National Baseball Hall of Fame and Museum
25 Main Street, Cooperstown, NY 13326

Syracuse University
900 S Crouse Avenue, Syracuse, NY 13244

Navigate a Corn Maze

Think you have what it takes to conquer the twists and turns of a corn maze? Test your skills at a local farm! Will you split up from your group and race to the finish, or stick together and brave the winding paths as a united front? Either way, it's a fun fall tradition that's perfect for all ages.



Long Acre Farms
1342 Eddy Road, Macedon, NY 14502

Stoughton Farm
10898 NY-38, Newark Valley, NY 13811

○ Pay the Zoo Animals a Visit

Any time of year is time well spent at one of the region's remarkable zoos, and fall brings its own special charm! This season, enjoy festive decorations, animal-themed activities, and up-close encounters during a variety of family-friendly events. Don't miss out on the fun for all ages!



Rosamond Gifford Zoo
1 Conservation Place, Syracuse, NY 13204

Utica Zoo
1 Utica Zoo Way, Utica, NY 13501

○ Pick Some Pumpkins

Enjoy a fun-filled day with your family at one of Central New York's many pumpkin patches! Perfect for adding a touch of fall to your home or bringing festive flair to your Halloween decor, pumpkins are a subtle yet charming way to celebrate the season.



Critz Farms
3232 Rippleton Road, Cazenovia, NY 13035

Penny's Country Farm
1540 Gray Road #4100,
Union Springs, NY 13160

○ Stroll Through an Apple Orchard

You know fall has arrived when the scent of apples fills the air! Pick your own bushel of crisp apples at one of Central New York's incredible orchards and spend the day exploring the many varieties grown. Don't forget to check out the other fun activities the orchard has to offer!



Abbott Farms
3275 Cold Springs Road,
Baldwinsville, NY 13027

Behling Orchards
114 Potter Road, Mexico, NY 13114

○ Swing by Some Wineries

Pair the season's scenic views with visits to some of the region's top-notch wine trails! With numerous wineries run by passionate vintners dedicated to crafting world-class wines, you're in for a treat at every stop. Turn your visit into a weekend getaway by staying at one of the charming lodging options nearby!



Cayuga Lake Wine Trail
4565 NY-414, Romulus, NY 14541

Seneca Lake Wine Trail
5435 NY-14, Dundee, NY 14837
(First Stop: Glenora Wine Cellars)



Roasted Pumpkin Seeds

A perfect and healthy snack for anyone. This recipe is gluten-free, nut-free, vegetarian, and vegan.

Ingredients

- Pumpkin Seeds
- Salt

Directions

1. Preheat oven to 350°F.
2. Scoop out pumpkin seeds and place in a large bowl. Remove as much flesh and string as possible—don't worry if some remains.
3. Spray a baking sheet with nonstick spray or line with parchment. Spread seeds in an even layer and lightly salt.
4. Bake for about 20 minutes, stirring halfway, until seeds are light golden brown.
5. Remove from oven and stir to loosen any stuck seeds.
6. Let cool completely before serving. Enjoy!

Find more recipes at [pbs.org/food](https://www.pbs.org/food).