

By ELIZABETH WEBSTER  
Special to the Maine Sunday Telegram

**F**or many Mainers, autumn is truly "the apple of their eye."  
Fall's cooler temperatures and clear blue skies make these outdoor enthusiasts eager to get outside.

However, these folks may want to spring out of the house a tad earlier this fall to take full advantage of picking prime apples and seeing the peak colors that nature has mixed for its foliage fireworks.  
As early as Aug. 25, Laurie Neal, a salesperson

Erin Pierce confirmed that "our apples came in three weeks early this year."

As for the best spot to view the breathtaking fall foliage, Ira Stockwell, arborist and owner of Colonial Tree in Westbrook, picks the Sugarloaf area in western Maine. "Sugar maples with their brilliant yellow, red and orange leaves are my favorite, and the Sugarloaf area has lots of sugar maples. That area always seems to put on a good foliage show, thanks to its higher elevation and more consistent moisture levels," he said.

Closer to Portland, Stockwell likes the Blackstrap Road in Palmyra, which features the ash

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# Harvest on the Harbor celebrates 'Foodiest Town'

The Oct. 21-23 culinary event has been moved and expanded from last year.

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A hearty "Hail to the Chefs" participating in October's third annual Harvest on the Harbor on Portland's waterfront.

This immensely popular three-day cooking demonstration and celebration of wine, beer and spirits - and Maine's culinary cuisine, made with fresh, locally grown and quality made products - is set for Oct. 21-23.

"A number of events sold out early last year, so anyone who enjoys sampling fine cuisine, wines, beers and spirits will definitely want to make their reservations early at [www.harvestontheharbor.com](http://www.harvestontheharbor.com) or by calling 1-888-795-4966," said Courtney McMennamin, Harvest on the Harbor's executive director.

McMennamin said this year's three-day culinary event, presented by the Greater Portland Convention & Visitors Bureau, includes: an expanded ocean-side pavilion on the waterfront (moved off the pier this year); two separate tasting sessions for Saturday's Savory Samplings Marketplace; an increased assortment of wine, beer and spirits from Maine and around the world, showcasing more than 400 dif-



Press Herald file 2009

Aleka Greeley is draped with grapes at a wine tasting that was a major event for last year's Harvest on the Harbor in Portland.



Press Herald file 2009  
Meryl Sesselberg of Cape Elizabeth chooses a McIntosh last year from a tree at Orchard Hill Farms in Cumberland.



Press Herald file/2010

The winning lobster dish at last year's Harvest on the Harbor was Mackenzie Arrington's roasted lobster tail on braised cabbage with corn bread.

ferent wines; and an enhanced Saturday marketplace with hundreds of Maine-made products and a fine assortment of food artisans, epicurean purveyors, live music and cooking demonstrations.

"Portland is truly a Foodie's paradise," McMennamin explained. "There are more than 250 restaurants in the Greater Portland area. Bon Appetit magazine even named Portland the 'Foodiest Small Town

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starts to disappear. According to Ross, the Department of Conservation will once again be offering fall foliage hikes through-out some of the state parks, where a park manager and forester will be on hand. She said that information will be on

"We see a lot of bear peepers on this run," said Meghan Conley, operations agent. Cost is \$14.50 for adult, \$12.50 for senior, and \$7.25 for child.

Elizabeth Webster is a freelance writer who lives in Cape Elizabeth.



Press Herald file/2009

These accessories made from local materials are an example of the items that were on sale at last year's Harvest on the Harbor.

# HARVEST

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In America' last year, thanks to the city's number of innovative and quality restaurants and award-winning chefs."

Harvest on the Harbor kicks off with a new event from 11:30 a.m. to 1:30 p.m. Oct. 21 at Ocean Gateway's Ocean View Room with "The Ultimate Seafood Splash," showcasing a pristine spread of local seafood samplings. Later, from 6-8:30 p.m., is the "Grand Tasting on the Harbor," featuring the area's premier culinary talents and a unique cross-section of wines from around the world.

Friday brings the "Maine Lobster Chef of the Year Competition," from 11:30 a.m. to 1:30 p.m., where three Maine chef finalists hope to win the title by preparing their best lobster dish.

From 5 p.m. to 7 p.m., local James Beard award winning chefs and wineries offer "The Perfect Pairing." McMennamin noted that "This epicurean affair features tips, techniques and cooking demonstrations from some of the very best food and wine professionals in Maine."

She added that Saturday offers two sessions of "Savory Samplings at the Marketplace, an ultimate food and wine experience," at the Oceanside Pavilion at Ocean Gateway, from noon to 2:30 p.m. and from 4-6:30 p.m.

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