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Fall 2024

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Letter from the Editor

Dear Readers,

Crunching leaves, cooling temperatures, and cozy sweaters ... some sure signs that fall is in the air. Now is the perfect time for layering up and sitting by the fire – this issue of *Elegant Lifestyles* features write-ups on both. And if your autumn afternoon wouldn't be complete without apple picking, wine tasting, or pumpkin spice *anything*, we've got you covered.

Look to our Fall Flavors feature to fulfill all of your pumpkin spice cravings – from coffee all the way to after-dinner drinks. And speaking of drinks, our wine article spotlights vintages from the Beaujolais region of France – a great addition to your seasonal table.

Apple and pumpkin picking definitely evoke that fall feeling, and this year's guide offers options for both, as well as two staff favorite pie recipes. If you have a hankering for fun that's a little more *haunting*, our listing of fall festivals and frights spotlights events that are either eerie or for everyone. But if fall football is more your speed, check out our compilation of local sports bars and get ready for game day.

Whether you spend your season as a sports fan, scare-seeker, pumpkin spice connoisseur (or a little bit of each!) I hope you enjoy everything this fall has to offer.

Kara Sibilias, *Editor*

In this issue: special features

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Sweater Weather

Cozy and Comfy Layering

By Naomi Gruer

Hermes photo
by Document Journal



Prada photo by Giovanni
Giannoni/WWD via Getty Images



Sweater weather is around the corner and, with it, comes the need for warmer layers. One of fall's fashion staples has a history. In 1828, sweaters were a verb bundled into a noun: "clothes worn (by man or horse) to produce sweating and reduce weight." In 1882, rowers defined sweaters as woolen vests or jerseys worn to keep warm while training. And in the early 19th century, Irish and Scottish fishermen wore heavy wool sweaters, often with intricate patterns and cable-knit designs, to keep warm while at sea. The year 1926 is said to be the time Lanvin, Schiaparelli, and Chanel transformed sweaters from utilitarian to fashionable, and in 1935, tight-sweater-wearing Lana Turner was 15 years-old when she was simultaneously discovered by a movie scout and dubbed a "sweater girl."

Since then, sweaters have gone from granny to glam, fitted to bulky, embellished to solid, cropped to not, and everything in



Isabel Marant photo
by Filippo Fior/
Gorunaway.com

between. Sweaters for Fall/Winter 2024 continue this year's trend towards (almost) anything-goes. The same can be said for another layering staple—jackets. Designers of both aimed for comfortable, cozy, and wearable styles. "Real, as opposed to fantastical, fashion is the unifying message of the new season," said Bottega Veneta's Matthieu Blazy, who added he was "interested in making a monument out of the everyday." The variety of this year's cooler temp threads means wardrobe choices galore. Consider proportions, fabrics, and colors when styling sweaters and jackets—key pieces in the layering landscape.

Proportions determine aesthetics and looks change depending on how blazers and sweaters are worn. On runways, tailored jackets with shoulder pads atop pleated pants were modeled as chic office wear. The same goes for Chanel (and Chanel-inspired) waist or hip-length tweed jackets and matching

pencil skirts. Slouchy blazers paired with wide-legged pants called to mind an understated Scandinavian feeling. Belted blazers worn over midi or long slip dresses spelled elegant evening while oversized jackets layered over mini dresses and strappy heels paraded as slinky evening wear.

Silhouettes go hand-in-hand with proportions. Wear a long sweater belted at the waist or lower on the hip over a maxi skirt for a refined, country feel, or combine a turtleneck sweater with a mini skirt and knee-high boots for a modish, city vibe. Fall sweaters run the gamut from fitted to oversized and off-the-shoulder to



Rabanne photo by Getty Images

chunky turtlenecks. Relaxed jacket bodies vie for attention with another on-trend look. 1950's era



Veronica Beard photo by Veronica Beard

hourglass silhouettes emphasize waistlines in both tailored and double-breasted blazers.

Fabrics associated with a drop in temperature are typically wool, cashmere and leather. Lighter weight cotton, though associated with spring and summer, still fills a layering role. On its own and blended, cotton's knit and woven into transitional wear. Plush fabric like sherpa and teddy are trending alongside statement pieces made of faux fur. And sweaters and jackets which sport statement details—faux fur collars, fringes, feathers, denim, ruffles, bows, and velvet knots. Miu Miu, David Koma, and Elie Saab added fabric rosettes to their designs, and Stella McCartney and Missoni created clothes with an eye-catching looping technique.

Cont. on page 8

Marc Anthony Salon of Madison

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Fall Fashion

Cont. from page 7

For a polished look, soft or glossy leather blazers in burgundy and brown are an alternative to the black moto jacket. An English country weekend is conjured with herringbones, and argyles, and heritage tweeds and tartans are direct descendants of Ireland and Scotland. Cable-knits inspired by Aran sweaters also establish a sense of time. Aran sweaters originated in Ireland, where fishermen stayed dry and warm wearing pullovers knit from unscoured wool that retained its natural lanolin.

Colors this season echo fall foliage with burgundy, eggplant, iguana green,



Skall Studio photo by Getty Images

evening blue, and multiple shades of tan taking center stage. Neutral soft whites, grays, and black work as bases to deeper tones. Chanel's ready-to-wear includes monochromatic as well as coordinating pattern sets in pink, mauve, muted or-

in contrasting colors. One model wore a purple cardigan over a red crewneck, and another wore a chalky pink cardigan over a pea soup green sweater. Look for leopard and other animal prints at Balenciaga, Versace, Marni,

ange and yellow, gray and white. Ever more popular faux fur inspires different shades of brown and red continues to trend, specifically Pantone colors Cherry Tomato and Scarlet Smile.

Colors complement each other in patterns, checks, plaids, stripes, fair isles, and graphics. Prada illustrated how to create visual color-blocking by layering sweaters

An advertisement for Suburban Shop Shoes. On the left, a woman in a light blue dress and Birkenstock shoes stands in front of a textured wall. The main text reads "SUBURBAN SHOP SHOES" in large, bold, dark red letters, with the tagline "Fine Footwear For The Entire Family" below it. Two circular insets show different styles of Birkenstock shoes: a pair of tan Chelsea boots and a pair of dark brown Chelsea boots. At the bottom left is the Birkenstock logo. The bottom right contains contact information: "5 Waverly Place, Madison", "973-377-2115", "www.suburbanshoes.com", and "Tuesday - Friday 9am-5pm • Saturday 9am - 4pm Closed Sunday and Monday".

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Zimmerman, and Blumarine, to name a few. The “anything goes” style theme of the year translates into an invitation to combine colors not usually seen together, but somehow fresh this fall.

Wrap it Up: Scarf Styling Trends

- **Pin It**—secure a large scarf, shawl, or wrap with a brooch.
- **Pick One Color**—match color tone of scarf to sweater or jacket.
- **Top with Texture**—add interest by wearing scarves embellished with fringe, feathers or pom-poms.

Apple Cider Mimosa

By Meghan McMorro, Fox and Briar

Yields – 4 cocktails

Ingredients:

20 oz sparkling wine, champagne or Prosecco
12 oz apple cider

For the cinnamon sugar rim:

2 tsp granulated sugar
1/2 tsp ground cinnamon
1 tbsp apple cider
Garnish: apple slices

Directions:

Prepare champagne glasses: Mix together the cinnamon and sugar in a small bowl. Pour about 1 tablespoon of apple cider in a shallow bowl or small rimmed plate. Dip rim of champagne glass into the apple cider then lift and allow excess to drip off. Dip wet rim into cinnamon sugar.

Make Mimosa: Pour 2-3 ounces of apple cider into a glass. Top with sparkling wine, champagne or Prosecco. Garnish with apple slice.



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Perfect Picking

By Patricia Lombardo

Photo courtesy of
blog.lexmed.com



Photo:
Fairfieldcountymom.com

Apple and pumpkin picking are surely some of the most enjoyable (and easiest!) autumn activities ... and ones that can more often come with sweet treats in the end! But these seasonal pickings offer a range of benefits that go beyond simply collecting fresh fruit and vegetables. Some of these key benefits include:

Sustenance:

Picking apples directly from the tree and pumpkins straight from their vine ensures the freshest nutriment, which is often more flavorful than store-bought produce.

Apples are a great source of vitamin C, fiber, and antioxidants. They contain small amounts of other vitamins and minerals, such as potassium and vitamin K which can help reduce the risk of heart disease by lowering cholesterol levels and improving heart health. Apples have a low glycemic index, which means they have a minimal impact on blood sugar levels. And the vitamin C

and antioxidants in apples can boost the immune system and help protect against infections and disease.

What did we always hear as kids? “An apple a day keeps the doctor away!” Well, the health benefits of freshly picked pumpkins are a close match. Pumpkins are rich in vitamins and minerals, including vitamin A, vitamin C, potassium, and fiber. They also contain antioxidants like beta-carotene which is essential for good vision and eye health. Beta-carotene, also protects the skin from sun damage and improves skin health. Pumpkins are low in calories and fat but high in potassium, which can help regulate blood pressure and reduce

the risk of heart disease. The fiber content in pumpkins can support digestion by promoting a healthy gut environment which, in turn, is best for an overall well-being including: strengthened immune function, reduced inflammation, and enhanced nutrient absorption.

Physical Fitness:

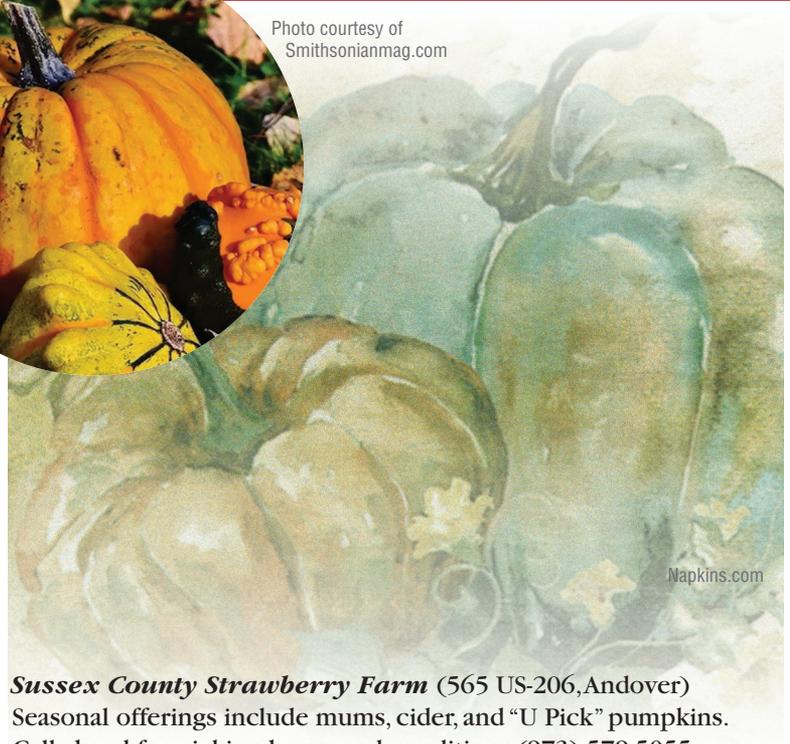
Apple and pumpkin picking can be a great way to get exercise! Walking through the orchard, reaching or stretching for apples, and lugging your haul of gourds, can help burn calories and improve fitness. Spending time in nature can be refreshing and stress-relieving.

Mental Well Being:

For many people, the orchards and pumpkin patches are a cherished seasonal tradition to mark with loved ones, family, and friends. It notes the transition into autumn and can be a fun way to celebrate the season and even ignite your culinary inspiration just by trying new recipes, such as homemade pies, applesauce, cider, or toasted pumpkin seeds. It's an opportunity to enjoy the fruits of your labor in delicious ways. The outdoors allows you to enjoy fresh air and beautiful scenery and it's an excellent opportunity to bond and create memories while working together to fill your baskets.



Photo courtesy of Smithsonianmag.com



Napkins.com

Here is a list of local picking farms for you!

Hillview Farms (223 Meyersville Road, Gillette) is a family-owned farm resting on 53 acres with picking fields open from 9am - 5pm.

Wightman Farms (1111 Mt Kemble Avenue, Morristown) since 1922 offers "Pick Your Own" on Saturdays & Sundays from 9am - 4:30pm.

Sussex County Strawberry Farm (565 US-206, Andover) Seasonal offerings include mums, cider, and "U Pick" pumpkins. Call ahead for picking hours and conditions (973) 579-5055.

Sun High Orchards (19 Canfield Avenue, Randolph) Offers seasonal apple picking and a quaint farm store. Call ahead for picking hours and conditions (973) 584-4734.

Cont on page 12

Bernardsville Farmers' Market



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Perfect Picking

Cont. from page 11

Alstede Farms (1 Alstede Farms Lane, Chester) is a family-owned farm and open daily through all seasons where you can pick fruits and vegetables from 9am - 4:30pm.

Ripple Hill Farm (181 Mountain Road, Basking Ridge) is an adorable, small family farm where apple picking is available on Sundays from 12 - 4pm, September 8th - October 20th.

Snyder's Farm (586 S Middlebush Road, Somerset) is a beautiful family-friendly farm that hosts an Annual Farm Fall Festival. The "Pick Your Own" takes place from October 1st - October 30th from 11am - 6pm on weekends only.

*In need of a recipe?
See an ELS vintage favorite!*



LIBBY'S FAMOUS PUMPKIN PIE

(Makes 8 servings)

Ingredients:

- 1 pkg. (15 ounces) Pillsbury Pie Crusts
- 2 eggs
- 1 can (16 ounces) LIBBY'S Solid Pack Pumpkin
- 3/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 can (12 fluid ounces) *undiluted* Carnation Evaporated Milk



Photo courtesy of Pinterest

PREPARE Pie crust according to package directions for filled one-crust pie using 9-inch (4-cup volume) pie pan. Twist edge as shown. * Preheat oven to 425°F.
BEAT eggs lightly in large bowl. Stir in remaining ingredients in order given. Pour into pie crust.
BAKE for 15 minutes at 425°F. Reduce temperature to 350°F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack.

*Trim dough even with outside edge of pan, brush edge of crust with egg white. Cut six 1/4"-wide strips from remaining dough. Twist two strips together and place along edge of crust, pressing lightly to secure.

NOTE: If using a metal or foil pan, bake on preheated *heavy-duty* baking sheet.

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Old-Fashioned Apple Pie

by Martha Stewart

Photos courtesy of Rachel Marek

Ingredients:

- 2 tablespoons all-purpose flour, plus more for dusting
- Pâte Brisée (Pie Dough)
- 12 Granny Smith apples, peeled, cored, and sliced
- ¾ cup sugar, plus additional for pie top
- Zest and juice of 1 lemon
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- Pinch ground cloves
- 2 tablespoons unsalted butter
- 1 large egg, beaten



Directions:

Preheat oven to 375°F. On a lightly floured surface, roll out pâte brisée into two 1/8-inch-thick circles to a diameter slightly larger than an 11-inch plate. Press one pastry circle into the pie plate. Place the other circle on waxed paper and cover with plastic wrap. Chill all pastry until firm, about 30 minutes. In a large bowl, combine apples, sugar, lemon zest and juice, spices, and flour. Toss well. Spoon apples into a pie pan and dot with butter. Place remaining pastry over filling and cover pie with remaining pastry circle to create top crust. Cut vents in top crust and crimp edges. Cut several steam vents across top. Seal by crimping edges as desired. Brush with beaten egg, and sprinkle with

additional sugar. Bake until the crust is brown and juices are bubbling, about 1 hour. Let cool completely on a wire rack before serving.



Photo courtesy of candlescience.com

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Board-certified veterinary dentistry specialist, Ellen Scherer, DVM, DAVDC explains, "VDS is a privately-owned veterinary practice that specializes in advanced dentistry and oral surgery using exceptional service as standard care. We understand that a pet's health concerns can be stressful for pet parents and of course, pets. We offer a comprehensive suite of state-of-the-art procedures to optimize oral health and provide services to treat dental disease at any stage. It is our privilege to provide the time and attention to ensure our patients and clients are supported."

Scherer notes, "We differ from many practices in that we have an in-clinic veterinary anesthesiologist and offer a medical team that includes two board specialists, making for the safest procedures and best possible outcome."



Dr. Ellen Scherer
DVM, DAVDC

Choosing Madison was effortless. "The team at VDS and I saw an opportunity to provide accessible veterinary dentistry to the region. Madison is a community with many strong, small businesses supported by surrounding communities - this was the perfect area to bring our practice."

Dr. Scherer strives to create a work environment for her team where everyone truly has a passion for what they do. "When my team feels respected, I know they are bringing their best selves to the pets and clients. I couldn't do what I do without my team."

Dr. Scherer partners with primary care veterinarians throughout the region to provide advanced oral care when needed - just like the human healthcare model. When the expertise of an expert is needed, you can count on Dr. Scherer to provide her skills to the pets of Northern New Jersey.

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Beaujolais and its Cru Vineyards: Perfect for the Fall Season

By Christopher Cree, *Master of Wine*

With the cost of vineyard land and ever-rising prices of wine from Burgundy's prime vineyards of the Cote d'Or, the Beaujolais region has emerged as one of the best wine regions to fill that gap. Dozens of talented young wine-makers have set up their own domains over the last decade or so, and there is an abundance of affordable, delicious, and soulful wines - many organic and biodynamic. These wines can easily rival their pricier counterparts from just to the north in Burgundy proper, and they are perfect for fall menus and entertaining.

But it hasn't always been this way. For centuries, this region quietly produced wines from the Gamay grape, made into wines to be consumed locally, and more recently, in bistros and restaurants from the Mediterranean to Paris. The completion of the harvest typically was celebrated with the barely fermented new wines, or "nouveau" Beaujolais with street fairs and parties. Sometime in the 1970s, this celebration caught on outside the region, first in the Bistros of Lyon, then Paris, then around the world. With the regulation that the new (nouveau) wines could not legally be released until the 3rd Thursday of November, racing to become the first to sell them became all the rage.

In the beginning, this was a huge boon to the growers. The "Nouveau Beaujolais" short fermentation period - just a few weeks from grape to market compared to months or years for most red wines, allowed producers to clear their inventory and get paid within months of the harvest. Nicknamed "Château cash flow," this caused production to soar, but quality suffered, and the region was staking its reputation on a cheap, mediocre fad wine.

When the bubble burst and the fad became passé, it left a bad taste in the mouths of many consumers. But a handful of growers saw the danger early, and never bought into the Nouveau craze. They believed that traditional winemaking focused on quality over quantity was the best path forward. Following the lead of biodynamic pioneers like Jules Chauvet, they began with a move away from the methods that they felt resulted in bland, generic wines and moved "back to nature" with organic, biodynamic, and natural grape growing and winemaking.

Today many more are following the trend. The top wines from these growers are highly sought after by connoisseurs and top sommeliers, and Cru Beaujolais' are now found on the lists of some of the best restaurants in the world.



Photo's Courtesy of
Cree Wine Company



Photo by Cree Wine Company

There are several levels of Beaujolais production, starting with the catch-all Beaujolais AOC region, producing lighter, fruitier wine mainly from vineyards in the south, which is flatter terrain with sandstone and clay soils. These are typically soft, fruity wines for early consumption.

North of Villefranche is the Beaujolais-Villages AOC, with steeper hills, higher altitude, and soils composed of sandstone, schists, granite, and some limestone. The wines here are a step up in terms of body while maintaining a fresh, fruit-driven nature.

The best sites are the hillsides where the soils are mainly granites and schists in vineyards surrounding the ten Cru Villages of Saint-Amour, Juliéenas, Chéenas, Moulin-à-Vent, Fleurie, Chiroubles, Morgon, Régnié, Brouilly, and Côte de Brouilly. Each has its own subtle stylistic nuances, with more structure and complexity than simple Beaujolais.

The best can age for a decade or more, yet most are medium-bodied and accessible when they are young. They are food-friendly and versatile, and work with food much like Pinot Noir. Pair them with poultry, game birds, grilled meaty fish, and lighter meats like pork or veal, all the way up to burgers, steaks and chops.

Some of my favorites for sheer value are Mont Verrier Beaujolais-Villages 2023, just \$18.99, and Jean-Marc Lafont's Morgon Cote du Py 2022, a magnificent Cru Beaujolais from one of the top vineyards in the region at just \$19.99. Wines from the Cote de Puy can be as much as \$60 from other growers!

I especially love the wines from two women winemakers who craft soulful, elegant Cru Beaujolais that are an absolute pleasure to drink! Anne Sophie Dubois' Fleurie "Les Labourons" 2022 is \$39.99, and Mee Godard's Morgon "Corcelette" 2022 at \$45, are both simply stunning. With a series of excellent vintages on the market it is an excellent time to explore a region very much on the move. Feel free to call, email or stop in at Cree Wine to explore this amazing region and its wines - Cheers! Chris Cree, MW *Insert previous bio here (in italics).*

Master of Wine Christopher Cree is the founder and managing partner of the Cree Wine Company, a wine bar, wine school, event space and online wine seller located in the historic Perryville Inn in Hampton, NJ. In 1996, he became only the thirteenth American to have passed the Master of Wine Examination since it was first given in London in 1953. Today, there are 414 active Masters of Wine worldwide, with only 56 working in the United States. For more information about Chris Cree and Cree Wine Company, visit: www.creewine.com



Hearth & Home

By Isabella Bickenbach



Photo: houzz.com, Rosemary Merritt Design



Photo: easthamptonstar.com

As we try to stretch out the last days of summer and prepare for another year, repairing a fireplace is probably the last thing on your mind. However, unless we get another strange-ly warm October, the cold is coming. So, it's time to start patching up that hearth so you can enjoy all your up-coming fall memories beside a cozy fire. Hopefully this article will transition you into the fall zone and load you with maintenance tips and tricks!

Benefits of fireplace maintenance:

- **HEALTH**

Regular maintenance doesn't just keep your fireplace looking fabulous, but is also essential to the safety of you and your home. Cleaning your chimney will prevent buildup of soot and creosote, both harmful to your health. Soot parti-

cles are small and toxic, and contain carcinogens such as arsenic, cadmium, PAHs, and chromium. Creosote is a wood preservative pesticide, and has been found to cause skin irritation and cancer.

- **EFFICIENCY AND FUNCTION**

Sometimes I'm so concerned with ordering and rearranging my mantle decorations (I think I spend too much time on the Pottery Barn website, though it's not my fault they send me 100 emails a day) that I forget what a fireplace is actually for. Function. Constant maintenance will provide you with an easy-to-use hearth. It will be simpler to light, save you money on fuel costs, and lengthen the lifespan.

- **SAFETY**

Frequently cleaning out your fireplace can eliminate any ash buildup, protecting you from a potential fire hazard. Remind yourself to sweep away debris

after every use to avoid any issues. Gaining popularity are special ash vacuums, which can withstand hot temperatures and filter even the smallest ash particles. However, allow enough time for the ashes to cool down before disposing of them. It takes a lot longer than most realize for the ashes to cool down, and removing them too early could result in a fire.

Some Pointers:

- **LOVE THAT CHIMNEY**

Your chimney should be checked at least once a year to ensure everything is running properly. A lot can go wrong with a chimney that isn't even visible to the plain eye. For example, brick and mortar deterioration may start small and innocent. However, if left unattended, it can allow water to move in and then freeze and expand, amplifying the deterioration. Leaky chimneys are another common problem. They occur when a

seal between the chimney and roof is damaged, allowing water access into the house structure. Similarly, brushing aside a leaky chimney can perish the whole system, requiring a complete and costly chimney rebuilding.

• WOOD

When selecting wood, opt for hardwood as it is more dense and less resinous than softwood. Hardwood will burn for longer, create a better flame, and reduce the buildup of creosote. Getting the proper wood will also help ward off maintenance repairs for a while. You should store firewood in a place that's dry and contains air flow so it will burn properly. If you store it inside, I recommend transferring it to a dry location outdoors. We don't want any pests!

• DECORATE

After repairing the technical side of things, it might be time to design some tasteful updates. Think about adding a new screen and mantle, or re-doing the tile and stone. Updates can even be as simple as a new coat of paint or a new mantle adornment. As we transition into the fall season, might you try decorating with leaf garland or fall scented candles. Regularly switching mantle photos or art can also provide a sense of a makeover.



Photo: houzz.com, Brownhouse Design

Sit by the Fire and Enjoy!

Apple Cider Sangria

Courtesy of RecipeGirl.com

Yields – 6 Servings

Ingredients:

- 2 small pears thinly sliced
- 2 small apples thinly sliced
- 1 medium lemon cut into wedges
- 1/2 cup pomegranate seeds
- 2 cups apple cider
- 1/2 cup apple whiskey or regular whiskey
- 1/4 cup brandy
- 1 1/2 cups sparkling white wine or Prosecco
- Cinnamon sticks for garnish

In a large pitcher, add pears, apples, lemon wedges and pomegranate seeds. Pour apple cider into pitcher followed by apple whiskey and brandy. Refrigerate for a few hours and then add sparkling wine or Prosecco right before serving. Pour chilled sangria into glasses.



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Fall Flavors: Pumpkin Spice & Everything Nice

By Judy Palermo

It's still warm outside, but the leaves are turning, the kids are back in school, and pumpkin spice is everywhere!

No matter what time of day you crave that heady mix of cinnamon, cloves, ginger, and nutmeg—sometimes with a bit of cardamom or cumin thrown in for good measure—we've got you covered. From breakfast through after dinner drinks, you can sample the best tasting fall classics in every corner of the highlands. And, we'll tell you where you can purchase the freshest of spices to create pumpkin specialties of your own.

Coffee, Muffins, and Donuts

Looking for a rich cup of pumpkin spice latte that pairs perfectly with a yummy pumpkin muffin or apple cider donut? Many local coffee shops throughout the region will serve up these selections throughout October and November. Long Valley regulars can't wait to sample the offerings at the **Coffee Potter** whether enjoying it in the cozy interior, or hitting the rode by bike or car. At **Maria's Coffee Shop** in charming downtown Chester, customers have difficulty deciding between Pumpkin Chais and Pumpkin Lattes, but are happy to sip either one along with their pumpkin flavored treats. **Roosters Coffee House** in Ledgewood is a relatively new business, but their pumpkin spice coffees and treats are already making fans for life.

- **The Coffee Potter**
24 Schooleys Mountain Rd, Long Valley, NJ
- **Maria's Coffee Shop**
56 Main Street, Chester NJ
- **Roosters Coffee House**
202 Main Street, Ledgewood, NJ

Gluten-Free Sweet Treats

If you're gluten-free, dairy-free, sugar-free, or vegan, **Starseed Bakery** in Rockaway will still come through for pumpkin lovers. Pumpkin pies are created for all of these allergy sufferers, without skimping on taste. Gluten-free pumpkin spice sugar cookies will roll out for the holidays, along with vegan pumpkin raisin muffins.

- **Starseed Bakery**
100 Hibernia Avenue, Rockaway

Breakfast

For something a little more filling, try the scrumptious pumpkin pancakes at **Gronsky's Milk House** in High Bridge, only available in October and November, yet they are their best-selling pancakes every year! At Morristown's **Committed Pig**, patrons love the fluffy pumpkin pancakes with a cream cheese glaze.

- **Gronsky's Milk House**
125 West Main Street, High Bridge, NJ
- **The Committed Pig**
28 West Park Place, Morristown

Lunch and Dinner

Customers at beautiful **Il Monello** in Peapack, NJ look forward to fall nights when Pumpkin Ravioli created in the traditions of classic Abruzzese cooks is on the specials' menu. And for Vegans and Gluten-free diners who like their pumpkin with a bit of heat, **Pandan Room** in Hackettstown offers a creamy and tangy Masamam Curry, simmered with pumpkin and other seasonal vegetables, as well as a Pumpkin Kale Crab Cake Curry.

- **Il Monello**
89 Main Street, Peapack NJ
- **Pandan Room**
100 East Moore Street, Hackettstown, NJ

After-Dinner Drinks

Dismal Harmony Distillery in Morristown creates innovative and delicious drinks using spirits distilled on site, and served in their beautiful tasting room. Their fall menu includes a Pumpkin Spice Latte Espresso Martini, and all year round they offer perfect-for-sipping Vidisha Masala, with notes of cumin, cinnamon, and star anise adding a hint of heat. Vidisha Masala is also available for purchase by the bottle.

- **Dismal Harmony Distilling**
77 Morris Street, Morristown NJ

Pumpkin Beers and Ciders

With locations in Madison and Basking Ridge, **Gary's Wine and Marketplace** offers a large assortment of pumpkin beers and ciders to whet any appetite. If you prefer to go right to the source, Morristown's **Glenbrook Brewery** will once again brew its award-winning Jockey Hollow Pumpkin Ale and serve it in the tasting room.

- **Gary's Wine and Marketplace**
100 Morristown Road, Basking Ridge
121 Main Street Madison
- **Glenbrook Brewery**
95 Main Street, Morristown

Do-It-Yourself

Looking to go beyond supermarket spices to create your own fall favorites? A drive out to **Randolph's ZiFiti Fresh** located in College Plaza on Route 10 will reward you with a plethora of spicy choices, from whole nutmeg and cinnamon sticks to ginger syrups or ginger cubes, cinnamon oil, and ground spices including cardamom and cumin.

For those who don't want to make the trip, you can order online at www.zifiti.com. High-end spice company **Burlap and Barrel** is available online at burlapandbarrel.com, but their products are also available at local farms, such as **Flocktown Farm** in Pittstown NJ, or stores including **Sheep Hill Herbals** in Boonton, NJ.

- **ZiFiti Fresh**
477 NJ-10, Randolph NJ
- **Flocktown Farm**
552 Pittstown Road, Pittstown, NJ
- **Sheep Hill Herbals**
919 Main Street, Boonton, NJ

Grab your pumpkin treats while you can! In a few short months, as fall gives way to winter, menus will begin to focus on eggnog, cranberries, peppermint, and other warm flavors. And then—we'll wait another forty weeks for pumpkin spice mania to return.



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Trick or Treat:

Local Fall Festivals and Frights

By Naomi Gruer

Fall is the yellows, oranges, and reds of foliage. It's the crunching of leaves underfoot. It's the scent of hay and fallen leaves. It's the taste of apples, honey, pumpkins, and root vegetables. And it's the touch of cooler air as seasons change. Senses combine as we spend time outside riding on hay wagons, walking through corn mazes, carving pumpkins, raking leaves, and readying our communities and yards for winter. Living in the Garden State also guarantees plenty of fall festivals and fright nights to choose from and, whether you experience events with family or friends, core memories are being made.

Tricks



Clinton

Haunted Red Mill: Unidentified Frightening Objects—Break out in a sweat in a maze, on a trail, on a hayride along a river, and in a haunted building. Not Recommended for Children under 10 at parents' discretion.

When: Fridays and Saturdays in October

Hours: Doors open at approximately 7:15pm

Where: 56 Main Street, Clinton

Details: theredmill.org, (908) 735-4104

Flemington

Farm of Horrors—Get the heebie-jeebies on a horror-filled hayride, in a maze, at an evil carnival and more.

Recommended for ages 8 and up.

When: Varied Fridays and weekends in September and October

Hours: Friday and Saturdays 7 - 10pm, Sundays 7 - 9pm

Where: Schaefer Farm, 1051 Country Road 523, Flemington

Details: farmofhorrors.com, (908) 782-2705

Hackettstown

Hayride of Horrors & Corn Maze—Quake in your boots at attractions such as Haunted Hayride, Haunted House, and Corn Maze. Appropriate for families. Children under 15 must be accompanied by an adult.

When: Friday, Saturday, and Sunday evenings

Hours: Parking lot available starting at 6pm, ticket booth opens at approximately 6:30pm

Where: Corrado's Farm, 671 Mount Bethel Road, Hackettstown

Details: hayrideofhorrors.com, (973) 942-4448

Hillsborough

Scarefarm—Jump out of your skin at attractions that include Creepy Hollow, Paranoia Walking Trails, and The Slayride - Hayride. Recommended for adults and teens 13 years and older.

When: Fridays, Saturdays, and Sundays from September 27 - October 27

Hours: Fridays and Saturdays 7 - 10pm, Sundays 7 - 9pm

Where: Norz Hill Farm, 120 South Branch Road, Hillsborough Township

Details: norzhillfarm.com, (908) 371-2697

Long Valley

Boo Bash—"Trick-or-treat" in costume at craft tents, food trucks, and the farm store while listening to live music.

Fall Festivals & Frights

Jersey Girl Brewing on tap for adults.

When: Saturday, October 26 - Sunday, October 27

Hours: 10am - 6pm

Where: Ort Farms, 25 Bartley Road, Long Valley

Details: ortfarms.com, (908) 876-3351

Treats



Clinton

Happy Haunts—Ride a wagon, tour a portion of the Haunted Red Mill, paint a pumpkin and more at this low/no scare family friendly event.

When: Saturdays in October

Hours: Daytime hours, check website for specific times

Where: 56 Main Street, Clinton

Details: theredmill.org, (908) 735-4104

Madison

Bottle Hill Day—Listen to live music, play outdoor games, and support local restaurants, shops and vendors at Madison's annual fall festival.

When: Saturday, October 5

Hours: 10am - 5pm, rain or shine

Where: Throughout downtown Madison

Details: rosenet.org

Tewksbury

Tewksbury Harvest Festival—Taste pies being judged in a contest, check out Vendor Village, and dine from food trucks.

When: Saturday, September 21, rain date Sunday, September 29

Hours: 12 - 5pm

Where: Christie Hoffman Farm Park, 108 Fairmount Road W., Califon

Details: tewksburyharvestfest.com

Whippany

The Pumpkin Patch Train—Dress up and take a trip on a train from Whippany to Roseland and back. Pick a kid-sized pumpkin and take home a pumpkin decorating kit, while supplies last.

When: Two weekends, October 5 - 6 and October 12 - 13

Hours: 12 - 4pm, Train departures: 1:00, 2:00, 3:00 & 4:00

Where: Whippany Railway Museum,

1 Railroad Plaza, Whippany,

Details: whippanyrailwaymuseum.net



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FALL FOOTBALL: SPORTS BAR GUIDE

By Isabella Bickenbach

Everything in the bar suspends mid-action as a player is close to making a touchdown. By then, everyone knows that the player will score, but are still waiting for that final validation from the scoreboard. But as soon as that scoreboard lights up, the bar seems to close in on you and you are riding a wave of energy and cheers.

Before we get that excited (the season has only just begun after all), we have to go over the best places to watch the games. As football continues to rank as Americans' favorite sport, it won't be going away any time soon. I hope that you will feel the energy for the future games as you read this article, getting you ready to enjoy the season at these top sports bars in the area.

River Grille:

What better place to kick off the football season than at the River Grille in Chatham? Embrace the start of the season at this charming little spot with its great atmosphere and food. This bar can cook up just about anything, as you can tell by their hearty menu. You can order appetizers to share, such as their famous disco fries, buffalo chicken dip, grilled pizza, and nachos. Or, if you are in a hungry mood, can order some of their delicious entrees such as their burgers, tacos, or sandwiches.

The Office Tavern Grill:

Increase your excitement for football season at The Office Tavern Grill in East Hanover. It's easy to find fans in this stylish and spacious bar, with its fun atmosphere, late closing times, and friendly service. The Office Tavern Grill features a mouthwatering menu and forty rotating beer, prosecco, and root beer taps. Unique to this restaurant, on their menu they spotlight a special section called "Road Trip USA", which is a list of dishes from the state of the month.



Photo: pinterest.com



Photo: keytomylime.com



Franklin Steakhouse and Tavern:

When you get kicked out of the house for cheering too loud, don't worry because you can head to Franklin Steakhouse and Tavern. This steakhouse, located in Fairfield, gladly welcomes noisy football fans. A family restaurant since 2012, the spot has been serving customers for years with care and diligence. They have 36 beer taps that rotate weekly, and all of their drinks are made fresh by talented bartenders. When it comes to dining, the giant Bavarian pretzels, waffle fries, and obviously their steaks are a smart pick.

On top of it all, they have 36 TVs with surround sound, live music and entertainment, and freestyle dance nights.

54 Main Bar & Grill:

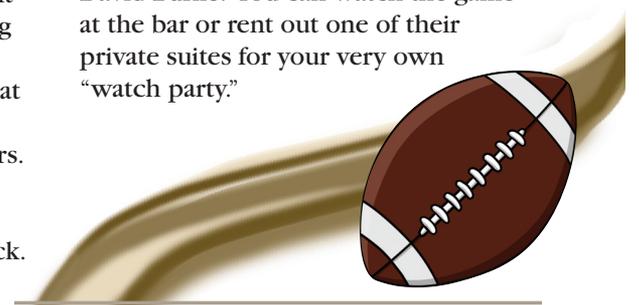
You know that you're bound to have a great game night experience as soon as you step foot inside 54 Main, located in downtown Madison. Warm and welcoming, yet at the same time exciting and energizing, you'll be drawn inside right away. 54 Main is equipped with a family-friendly dining area, along with a beautiful bar that can seat many. So, enjoy a 360° vision of flat screen TVs, live music, and their specialty lava cake at 54 Main.

Tommy's Tavern + Tap:

Tommy's Tavern + Tap has ten locations scattered throughout New Jersey, and the one in Morris Plains is immense and entertaining. They have special deals on drinks during the weekdays and during happy hour Monday through Friday, 3 - 6pm. This bar also has a great selection of food, with guacamole, wings, meatballs, nachos, and ribs. Additionally, they have special sections dedicated to pizza and sushi.

1776 by David Burke:

For one of the coolest experiences you could have, hit up 1776 in Morristown with a group of friends. 1776 by David Burke, is a modern and classy restaurant and bar featuring Topgolf Swing Suite. Enjoy a breathtaking setting with indescribable food and international drinks, designed by world-renowned chef, David Burke. You can watch the game at the bar or rent out one of their private suites for your very own "watch party."



Apple Cider Margarita

Courtesy of Erin Lives Whole
Yields 2 cocktails



Ingredients:

3 oz blanco tequila
5 oz triple sec
1.5 oz lime juice
8 oz apple cider
Salt & cinnamon OR sugar & cinnamon for rimming
Garnish: apple slice or cinnamon stick

Wet rim of 2 glasses and then rim with salt/cinnamon or sugar cinnamon. Fill glasses with ice.
In a shaker, add tequila, triple sec, lime juice and apple cider.

Instructions:

Shake well.
Pour into glasses and top with apple slices and cinnamon sticks.

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I cannot recommend "Neat By Natalie" highly enough! Her expertise and efficiency made our decluttering process before the move an absolute breeze! In just a short time, she worked wonders, helping us clear out and organize our space for the movers to pick up. Her professionalism and skill are unmatched, and she made what could have been a stressful experience incredibly smooth and even enjoyable. If you're looking for someone to help declutter and organize, Natalie Niemeyer is the absolute perfect choice! You will be glad you hired her and her team! - NaMO (Old Bridge, NJ)

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