



NEW YORK STATE SENATOR

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## Have a Healthy Fall -- Support Your Local Apple Grower!

MARTIN J. GOLDEN October 2, 2013

The autumn season is a great time to take advantage of some of the best things the Empire State has to offer, including fall foliage, football and apple farms.

Did you know that New York is the #2 apple producer in the country?

With 2013 shaping up to be one of the best years yet for New York State's apple growers, I encourage all New Yorkers (and tourists!) to visit a local apple orchard this autumn.

There are 654 apple orchards around the state offering a variety of apple products, including cider, doughnuts, wine and, of course, apples. To find the nearest u-pick orchard, visit [www.nyapplecountry.com/pick.php](http://www.nyapplecountry.com/pick.php). It's a great way to support our local farmers.

P.S. It's true that "an apple a day keeps the doctor away." To read more, click here:

<http://www.nyapplecountry.com/cancer.htm>