

ERIE GROWN AUGUST NEWSLETTER

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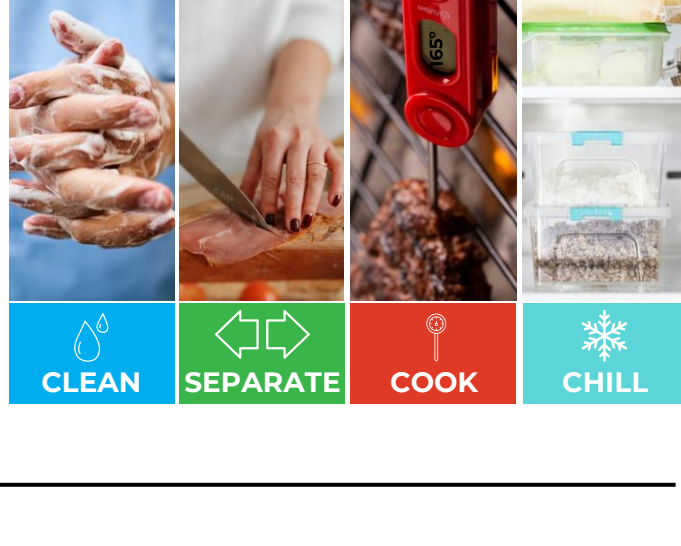
Notes on Food Safety

Buy Local. Know Your Food.

With a recent multistate outbreak of cyclosporiasis linked to fresh produce, more people are asking: where is my food coming from? One way to feel more confident about what's on your plate is to buy local.

Choosing fruits and vegetables grown in Erie County means a direct connection to the farmers who grow your food. While no single source has been linked to current cyclosporiasis cases, past outbreaks have often been linked to produce like herbs, berries, and bagged salad mixes.

The New York State Department of Health recommends thoroughly washing all fresh produce under running water before eating, cutting or cooking to help reduce the risk of foodborne illness like cyclosporiasis. Continue reading to find out what's in season and where to buy local produce.



What's in Season?

August is a great time to buy local fruits and vegetables in Erie County. Farms have a wide variety of fresh produce available. Blueberries are finishing up for the season, while peaches are starting to come in. Sweet corn is at its best in August and is a summer favorite in Erie County.

You can find local produce at farm stands, farmers markets, and u-pick farms across the County. To find nearby farms and markets, visit [Erie Grown](#) and search by the type of produce you're looking for.

The following fruits and vegetables are typically in season in Erie County during August:

- | | | | |
|----------------|-------------------|------------------|------------------|
| • Apples | • Celery | • Leeks | • Radishes |
| • Beans, Dry | • Collard greens | • Lettuce | • Spinach |
| • Beans, Green | • Corn | • Mushrooms | • Squash, Summer |
| • Beans, Snap | • Cucumbers | • Mustard Greens | • Squash, Winter |
| • Beet Greens | • Currants | • Onions | • Swiss Chard |
| • Beets | • Eggplant | • Peaches | • Tomatoes |
| • Blackberries | • Eggs | • Pears | • Turnip Greens |
| • Blueberries | • Farmers Markets | • Peas | • Turnips |
| • Broccoli | • Flowers | • Peppers | • Zucchini |
| • Cabbage | • Grapes | • Plums | |
| • Carrots | • Herbs | • Potatoes | |
| • Cauliflower | • Honey | • Prunes | |

[VISIT ERIE GROWN](#)

Seasonal Produce Highlight

Did you know that August is peak season for stone fruits? This is one of the best times of year to enjoy stone fruits locally.

Peaches, plums and nectarine are a nutrient-dense fruit, providing fiber, vitamin A, C, E and K, calcium, and potassium, while being low in sodium and fat-free.

When selecting stone fruit, look for fruit that soften but not mushy with smooth, unbroken skin and a deep color. Store unwashed in a cool, ventilated area. For best flavor, serve at room temperature.

Once you've got local peaches, you can try this **Peach Salsa** recipe.

Peach Salsa

Prep time: 15 minutes

Ingredients

- 1 cup chopped fresh [peaches](#)
- 1 large [tomato](#), chopped
- 1 bell [pepper](#), chopped
- 1/2 cup chopped [onion](#)
- 1/2 cup chopped [cilantro](#)
- 1 Tablespoon lime juice
- 1/4 teaspoon each salt and pepper

Directions

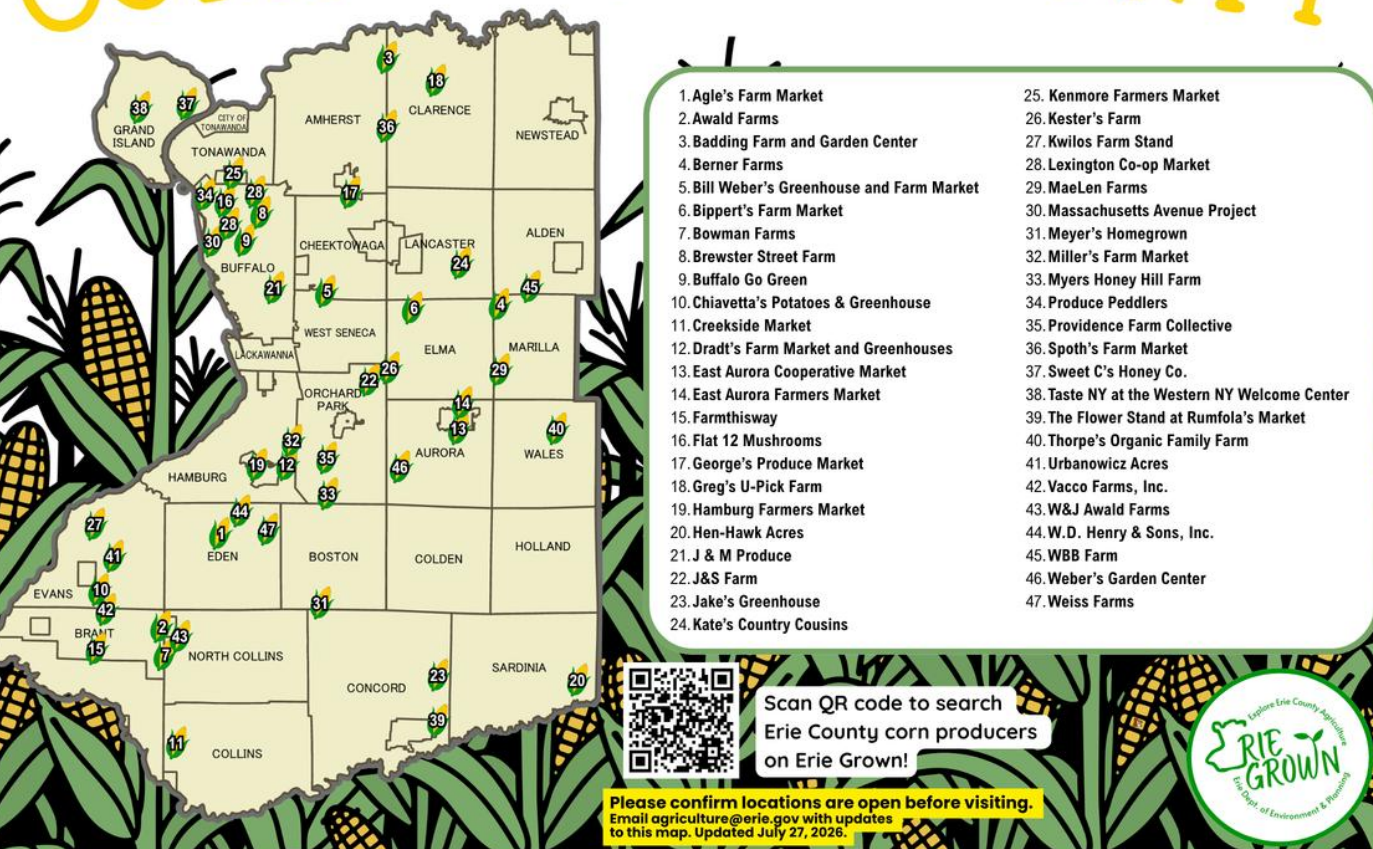
1. Wash hands with soap and water.
2. Combine peaches, tomato, bell pepper, onion and cilantro in a large bowl.
3. Add lime juice, salt and pepper and stir gently to mix.
4. Cover and refrigerate until ready to serve.
5. Refrigerate leftovers within 2 hours.

Recipe adapted from MedlinePlus.



[FIND LOCAL PEACHES AND PLUMS](#)

Corn in Erie County Map



Erie Grown Passport Reminder

With your [online Passport](#) or printed passport (email agriculture@erie.gov to receive a PDF), each time that you visit a farm, farm-related business, or agricultural festival listed on Erie Grown, simply write the date you visited.

In January 2027, three participants who submit their Passports will win prizes!



[VISIT ERIE GROWN PASSPORT](#)

August Slate

The **Erie County Fair** has been an annual tradition since 1841, except for 1943 and 2020, when the Fair was not held due to World War II and the COVID-19 pandemic. It is held at the Erie County Fairgrounds, located at 5600 McKinley Parkway in the Town of Hamburg.

The Fair showcases local agriculture through livestock exhibits, 4-H and youth agricultural programs, educational displays, and demonstrations, alongside classic fair attractions including rides, games, and food vendors. Erie County government agencies will also be tabling in the Marketplace Building throughout the event to share information about county services and programs.

The Fair will be held August 12 - 23, 2026.



[LEARN MORE ABOUT THE FAIR](#)



The **Eden Corn Festival** is a long-standing summer tradition held in the Town of Eden, celebrating local agriculture and the sweet corn harvest. The festival features food, rides, games, a craft show, live entertainment, and of course - corn. It is held at the American Legion Towns on Legion Drive.

The 2026 Eden Corn Festival will be held August 6-9, 2026

[LEARN MORE ABOUT THE FESTIVAL](#)

Urban Farm Day is a one-day self-guided event celebrating food gardens large and small in urban and suburban communities. There are also talks and activities scheduled throughout the day at participating locations.



Urban Farm Day is on August 15, 2026 from 10am-3pm.

[LEARN MORE ABOUT URBAN FARM DAY](#)



Food with Dignity: An Evening with Clancy Harrison and Providence Farm Collective is an event focused on building a more equitable food system through community.

Food with Dignity is on August 4, 2026 from 7pm-8:30pm at the Kavinoky Theatre.

[REGISTER FOR FOOD WITH DIGNITY](#)

Looking Ahead: September

- Marilla Ag Day and Parade
- Boston Local Environmental Awareness Fair
- Seed Saving Workshop



Register at bnhv.org/bnhv-events/seedsaving or scan the QR code: You can submit events by emailing agriculture@erie.gov

Past Editions



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