

Fall is in the air

... even though it's 70 degrees and sunny

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Autumn is here, and so the days of sweaters, pumpkin spice lattes and the occasional crunchy leaf have once again hit the San Diego scene. In the lull between beach and snowboarding seasons, the fall grants an opportunity for exploration away from the sand. From workout buffs to nature lovers to food and drink connoisseurs, San Diego opens its outdoors to everyone, hosting a number of fall activities. The following suggestions are local affordable getaways for students to enjoy the mild season and San Diego's natural side.

TAKE A HIKE Torrey Pines State Reserve, located between La Jolla and Del Mar, just north of UCSD and west of Highway 101, has several different walking and hiking trails. The park overlooks Torrey Pines State Beach, and its one-of-a-kind coastal wilderness

features pine trees, sandstone canyons and a variety of wildlife.
12600 North Torrey Pines Rd., La Jolla.

PICK APPLES Known for its apple pie, historic Julian is a day-trip away from the beaches, presenting a completely different setting. Amid Julian's peaceful nature lie several apple orchards, open in the fall for a festival and available to the public for apple-picking until late October. Gastil Orchards, Peacefield Orchard and Raven Hill Orchard are all still open for business this fall. The famous Julian Pie Company, located on Julian's Main Street, makes numerous varieties of apple pies, fresh and ready to take home.
2225 Main St., Julian.

EAT OUTSIDE Patio furniture and candlelit tables fill the lawn of 5119 Cass St., where Rafaela's Italian Restaurant hides in a mostly residential area. Customers get free Parmesan bread and dessert, and may bring their own wine into the restaurant with no

"My favorite fall memory would have to be playing in the raked-up leaves in my backyard when I was a kid."
-Senior Megan Menconi



JENNA JAY/THE VISTA

American Barnyard Company in Escondido gives customers the opportunity to hand-pick a pumpkin for the holiday festivities.

corkage fee.
5119 Cass St., Pacific Beach.

SEE A MOVIE First opened in 1958, the Santee Drive-In Theatre is slightly worn-down but well worth the \$7 movie price and the best seat in the house: car-side, of course. The drive-in is currently showing The Game Plan and Mr. Woodcock or The Heartbreak Kid and Superbad.
10990 Woodside Ave. N., Santee.

GO CAMPING The Kumeyaay Campground at Mission Trails Regional Park is open for weekend camping and hosts activities such as a trail guide walk around Kumeyaay Lake, twilight walks, bird watching and stargazing. Campsites include a picnic table, restrooms and running water. The park is a popular place for hiking, biking and horseback riding.
2 Father Junipero Serra Trail, off Mission Gorge Rd.

VISIT A PUMPKIN PATCH Inland North County is home to pumpkin patches at outdoor farms like Bates Nut Farm or American Barnyard Company. At the American Barnyard Company, pre-picked pumpkins and fresh produce cluster around the front of the property, while customers also have the option of clipping their own pumpkin from the patch. Clippers and wheelbarrows come free with the experience and pumpkins are only 30 cents per pound.
2115 Miller Ave., Escondido.

PICNIC IN THE PARK Balboa Park's luscious lawns are ideal for picnics. Though tourists swarm the museums during the summer, the fall cool-off offers seclusion for a romantic picnic. The grassy hill across from Spreckels Organ Pavilion is a perfect area to lay a blanket and enjoy a packed lunch.
Park Blvd., off 10th Ave. exit from I-5.

WATCH A SPORTS GAME With football season in full swing, Qualcomm Stadium, home to the San Diego Chargers, is a popular destination for sports fans. The Chargers host two conference opponents in the next month: the Houston Texans on Oct. 28 and the Indianapolis Colts on Nov. 11.
9449 Friars Rd., Mission Valley.

Fall Events

Calendar of upcoming fall activities in San Diego

OCT. 26- NOV. 4
Día de los Muertos Festival in Old Town
www.gothere.com/sandiego/oldtown

OCT. 29, 4 TO 11 P.M.
Gaslamp Quarter Fall Back Festival in Downtown
www.gaslamp.org

NOV. 3, 9 A.M.
San Diego Pumpkin Patch 5K Run at Oma's Pumpkin Patch in Lakeside
www.pumpkinpatchrun.com

NOV. 4, 8 A.M. TO 4 P.M.
Carlsbad Village Street Faire in North County
www.carlsbad.org



JENNA JAY/THE VISTA

A cat lounges on a bale of hay at the entrance of American Barnyard Company, near a variety of pumpkins already picked from the patch in the rear of the country store.

"I love fall because of pumpkin pie, pumpkin spice lattes and pumpkin scones from Starbucks; I love pumpkins"

-Freshman Bernadine Locsin

Pumpkin Chip Cookies Recipe

INGREDIENTS:

- 1/2 cup shortening
- 1 2/3 cups flour
- 1 cup granulated sugar
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1 cup pureed, cooked pumpkin
- 1 cup cinnamon chips

DIRECTIONS:

1. Cream shortening and sugar.
2. Add eggs and mix well.
3. Add dry ingredients, mix well.
4. Add pumpkin and mix.
5. Add cinnamon chips and mix.
6. Set oven at 350°.
7. Grease muffin tins or use liners.
8. Bake at 350° for 20-23 mins.

www.pumpkinnook.com

Pumpkin Pie Recipe

INGREDIENTS:

- 1 1/2 cups cooked, strained pumpkin (or canned)
- 2/3 cup sugar
- 1/4 cup brown sugar
- 1 1/2 cups evaporated skim milk
- 3 eggs
- 3/4 teaspoon cinnamon
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ginger
- 1 teaspoon grated orange peel
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 unbaked pie shell

DIRECTIONS:

1. Preheat oven to 425°.
2. Mix pumpkin, sugars, orange peel and spices in large bowl.
3. Add evaporated milk and eggs.
4. Mix all ingredients well.
5. Pour pumpkin filling into pie shell.
6. Bake at 425° for 15 mins.
7. Reduce heat to 350° and bake for 45 mins more.

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Apple Crisp Recipe

INGREDIENTS:

- 8 medium Cortland or other cooking apples
- 1 cup flour
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 tsp. cinnamon
- 1/2 cup butter or margarine

DIRECTIONS:

1. Preheat oven to 375°.
2. Peel, core, and cut the apples.
3. Place them in a 9 by 13 in. dish.
4. Mix remaining ingredients.
5. Sprinkle mixture over the apples.
6. Bake until apples are tender.
7. Bake at 375° for 30-35 mins.
8. Can be served warm or cold.

www.foodnetwork.com