

FOR IMMEDIATE RELEASE  
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### **COME CELEBRATE "WALKTOBER" AT THE FARMER'S COW FARMS**

**Lebanon, Connecticut, September 28, 2009** – As the days get cooler and the leaves change it becomes the perfect time to get out and enjoy all that nature has to offer. The farms of The Farmer's Cow are opening their lands for a series of Walktober events this October.

"This is a great time of year to see the changing leaves, get some exercise, and learn about life on the farm," says Robin Chesmer, Managing Member with The Farmer's Cow. "We're happy to be teaming up with The Last Green Valley ([www.thelastgreenvalley.org](http://www.thelastgreenvalley.org)) to offer three tours that will allow people to experience the beauty of the farms and learn how milk is produced."

The events are:

#### **October 3 - 2pm**

##### **Moos and More at Cushman Farms in Franklin**

Visit the cows at milking time and take a walk and enjoy the fall foliage and visit the calves.

#### **October 11 - 2pm**

##### **Over the Hill and Through the Woods at Fort Hill Farms in Thompson**

Stroll the farm's extensive gardens and see the fields of crops that feed the cows. Enjoy a historic farm and breathe in the brisk fall air.

#### **October 12 - 2pm**

##### **Cows and Fields at Graywall Farms in Lebanon**

Tour the barns and fields and Graywall Farm's acres of rolling farm land. Learn about the milk production and enjoy the great views of surrounding maple trees in their peak foliage display.

All events are free and no reservation is required. Information about the events and directions to the farms is available on The Farmer's Cow website at [www.TheFarmersCow.com](http://www.TheFarmersCow.com). For more information call 866-355-COWS or email [farmers@TheFarmersCow.com](mailto:farmers@TheFarmersCow.com).

**About The Farmer's Cow**

The Farmer's Cow is a group of six Connecticut dairy farms that produces fresh, hormone-free milk, and other dairy products for Southern New England. They also sells Connecticut-sourced, all-natural eggs, apple cider, and seasonal beverages. The Farmer's Cow's mission is to promote Connecticut agriculture and show that "Local is Fresh!" For more information visit [www.TheFarmersCow.com](http://www.TheFarmersCow.com) or call (866) 355-2697.

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