Moisture on Nantucket

What do you call a weekend on Nantucket dedicated to all things beef, beer, and boat racing? Hubrisfest, of course. Chef Michael Lavelle of the Island's American Seasons restaurant and chef/owner of President's Day's Lila's Lariats team up for this fourth annual event celebrating whole-animal cutting, butchering, and cooking. The weekend opens with "The Little Piggy," a back-of-house, head-to-tail carving demo ($25) that teaches how to harvest and use each part of the animal. Enjoy a beer and charcuterie tasting ($30), pork perk-cocktails and hors d'oeuvres, a 3-course meal ($135), and a cocktail book party and Sunday's Nantucket Rose Cup, a boat regatta through the Harbor. The race is free but your wharf will support all the tasty food. newbedfordfoodie.com

Food and Wine in Italy

In October, Pulpo Trains debuts its new-look food-truck tour designed to celebrate Italy's rich culinary reputation. Mangia e Bevi combines the exploration of Italian regional cuisines with visits to UNESCO heritage attractions. Guests stay in Rome, Siena, and Bolonga and visit Chianti, San Gimignano, Florence, and Pisa. Visit a Parmigiano cheese factory, sample prosciutto in a Parma ham factory, and taste wine in Tuscan vineyards. Oct. 11-14: from $2,490 per person, double occupancy, includes first-class accommodations, airport transfers, most meals, and more. 800-477-3535, pulpotrains.com

20 Heritage Walks

 Lace up your walking shoes and lace into the 11th annual Heritage Walks, Oct. 12-14, sponsored by the Upper Housatonic Heritage Association in partnership with other regional organizations. Choose from 20 informative and educational guided tours that celebrate the history, culture, and natural heritage of the upper Housatonic River watershed, from Kent, Conn., to Litchfield, Conn. Led by historians, naturalists, and environmentalists, the tours include nature walks and trail hikes in recreational areas, ruins that were once thriving industrial sites, historic estate gardens and town districts, and behind-the-scenes tours of historical and cultural venues including the Norman Rockwell Museum. 43-2999-9772, heritagehka.org

Maple Syrup in New York

Nothing evokes the fall season more brightly than colorful foliage and sweet maple syrup. Expanding operations at Medwol Farms, in Dutchess County, N.Y., home of Crown Maple Syrup. MAPLESYRUPINNEWYORK.com

Make Way for Baby on the Jetway

So Mom and Dad won't be grounded, Wolf gets his wings

By David Abel

Over a few weeks, we bought last-minute tickets to fly from Logan to Dulles, which was about an hour's drive from where we were in the trunk. After getting clearance from our pediatrician, we bought last-minute tickets of only about an hour's drive from where we were driving. And the pacifiers... we were in the trunk. We got to our tickets, gently put him back in the car seat, and pushed the stroller through metal detectors. As a security agent escorted us to the front of the line, and with the baby in the stroller, we were unable to bring liquids to keep him hydrated, and the baby car seat was in the trunk. We had to take Wolf out of the car seat, put him on the floor, and put that stroller through the X-ray machine, but our boy kept sounding as if he were back in the womb. We were relieved, but oddly, with our boy in the stroller, we didn't appear to notice when the security agent asked us about security at the airport. After we passed, the baby car seat was in the trunk. So Wolf got his wings at about an hour's drive from where we were in the trunk.

The author and his son, Wolf, just two weeks in this world, had first seen some adventurous at 25,000 feet above it all on route to a family reunion. Below, Wolfe recuperates after strenuous and audible exercises.

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Farms, in Dutchess County, N.Y., home of Crown Maple Syrup. MAPLESYRUPINNEWYORK.com

People and Places with Food Allergies

HELP FOR HOSSES WITH FOOD ALLERGIES

Eating out can be difficult for people with food sensitivities or allergies. “Let’s Eat! Out of Allergy’s way” is a how-to guide on avoiding problems while dining out. It provides a full range of allergy treatment options and popsicles. (American, Chinese, French, Indian, Italian, Mexican, and Thai, including those for the 10 most prevalent food allergens: wheat, gluten, tomatoes, dairy, eggs, fish, peanuts, shellfish, soy, nuts, and fish. Find more than 175 menu items, 200 breakfast and beverage suggestions, 300 questions to ask, names of allergen-free dishes, 120 monster and light meal ideas, and hundreds of gluten-free and dairy-free recipes. $19.99-$29.99, planforyourplate.com

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