

MAKE THE MOST OF SEASONAL Fall Produce

As you're planning dinners and desserts for chilly autumn evenings and packed holiday gatherings, it's important to prioritize in-season fruits and vegetables. **Why?**

- Seasonal produce is usually at its peak of **taste and flavor**.
- Seasonal produce typically hits grocery stores in abundance, making it **cost-efficient**.
- Seasonal produce is typically richer in **nutritional value**.
- Buying seasonal produce allows you to **support local farmers** and your nearby community.
- Seasonal produce doesn't have to travel as far to reach you, giving it a **reduced carbon footprint** and environmental impact.

Consider these tips for tapping into all that autumn has to offer!

- 1. Know what to look for.** The first, and most important step is familiarizing yourself with what produce will be freshest this time of year. The full list is long and comprehensive, but a few examples include apples, eggplant, squash, potatoes, cabbage, onions, pears, pumpkin, broccoli, pomegranates, mushrooms, garlic, Brussels sprouts, radishes and cranberries.
- 2. Store your produce properly.** Many of the specifics vary on a case-by-case basis, so it's important to know what's best for your nutritious choices. For example, onions and garlic should not be refrigerated. Instead, store in a cool, dark place with low humidity, air circulation and limited proximity to other non-refrigerated veggies like potatoes

(sweet and otherwise). In contrast, cabbage should be refrigerated, specifically in sealed containers once cut.

- 3. Spice up your recipes with seasonings.** Spices like cinnamon and nutmeg just scream "autumn," so don't be shy about adding them to classic recipes. While cloves are most commonly used in baked goods due to their sweetness, they can also be a unique addition to soups and marinades. And sage doesn't have to be limited to Thanksgiving stuffing — try sprinkling it on meats, especially pork and poultry.
- 4. Try your hand at preserving.** If you find yourself in possession of a produce surplus, there are various methods available to help you keep enjoying it longer. If it's cucumbers and cabbage filling your kitchen, you could ferment

them with kosher salt and water to make some delicious pickles and sauerkraut or kimchi. Or, if you bought a few too many fruits at the farmers market, you could try out a recipe for making jam, like [this one](#) using apples.

There's no better way to enjoy the fall season than by experiencing the whole spectrum of its harvest, and as the weather gets colder, there's nothing more comforting or enriching than a warm meal packed with fresh ingredients and diverse nutrients. We hope you're ready to embrace the produce of the season.

"Why Eat Seasonally?" Seasonal Food Guide, seasonalfoodguide.org, accessed Sept. 9, 2024.

"How to Keep Your Produce Fresh for Weeks (Hint: It's Not Always in the Fridge)," Lesley Stockton, nytimes.com/wirecutter, Aug. 8, 2023.

"6 Fall Seasonings to Spice Up Your Kitchen," whatsfordinner.com, accessed Sept. 9, 2024.

"Preserve your fall harvest with these tips and tricks," Paula Thomas, red.msudenver.edu, Sept. 29, 2022.



3 WAYS TO PLAY THIS AUTUMN HALLOWEEN-THEMED OUTDOOR GAMES FOR KIDS

From discipline to dedication, mental resiliency and more, team sports can help kids grow with lessons that can support their thriving for a lifetime. Some of the overall wellbeing benefits of team sports include:

Supporting emotional intelligence and mental resiliency:

Players practice the art of mentally bouncing back after a missed play or lost game in order to determine what improvements can be made in the future. This also calls on quick emotional processing to move on to the next play.

Boosting academic performance and future income earnings:

Research shows athletic adolescents perform better academically and have greater overall cognitive performance. Some studies show athletic youth are more likely to earn higher incomes in adulthood. Participating in team sports stimulates skill mastery (at any age), which is how players develop and progress. This can boost confidence and self-esteem, too.

Enhancing social wellbeing:

Being part of a team can support relationship growth, help build a support network and enhance one's sense of belonging. In general, social interaction elevates overall wellbeing.

Let's enjoy the fall season by playing outside! Here are some ideas to get your started!

1 WITCHES AND ZOMBIE TAG

Depending on the size of your group, choose two to four players to be the witches in this fun Halloween twist on tag. You'll want to use pool noodles for the witches' brooms they will "ride" while "flying" around to tag other players. Once tagged, players turn into zombies. Zombies help the witches tag more players, but they must drag a hula hoop

with one foot and use outstretched arms. You might add a little twist by selecting one player to be a doctor who can administer the zombie antidote that can save tagged runners, returning them to their human state to keep playing.

2 GHOSTS, GHOULS AND GOBLINS

To get started, three players are chosen to be the "Triple G Busters" while the rest are moved to the ghost, ghouls or goblin teams. The "Triple G Busters" can use pool noodles or similar items for tagging. Each group is called separately to run from one side of the "cemetery" to the other and avoid being tagged. If tagged, players will sit in that spot and can help tag from their stationary position. Gym teachers recommend playing each round for two minutes and switching teams to keep things moving.

3 SCORPIONS AND SPIDERS

Pick four players who will be on the scorpion team and the others will make up the spider team. Those playing as scorpions must crawl on their hands and knees while the spiders crab walk (on hands and knees with bellies up). The scorpions' job is to move around and sting (tag) the spiders. Once tagged, spiders must pick one arm or leg to stick up in the air and hold the position. Another spider can help free them by simply tagging the downed spider.

For more seasonal fun, you can also create teams to try **pumpkin-rolling relays** or **ghost bowling** (use a Sharpie marker to make ghost faces on plastic bowling pins).

"Five Spooky PE Games for Halloween," Heidi Gollub, marathonkids.org, accessed Sept. 10, 2024.

"10 Halloween Games for PE," keepingkidsinmotion.com, Oct. 29, 2017.

"Elementary PE Games," elementarypegames.weebly.com, accessed Sept. 10, 2024.

Guilt Free Healthy Pumpkin Pie

Prep Time: 30 minutes • Cook Time: 1 hour
Total Time: 1 hour 30 minutes • Serves: 9

Ingredients

- 1 pie crust*
- 1 (15 ounce) can pure pumpkin puree
- 3 eggs
- ¼ cup pure maple syrup
- ¼ cup coconut sugar (or organic cane sugar)
- ¼ cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ¼ teaspoon salt

Instructions

1. Make the pie crust as directed on packaging (or omit) and preheat your oven to 350°F.
2. In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar, almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour the mix into the pie pan.
3. Bake the pie for 50 to 60 minutes, until the filling is set and no longer jiggly. Check the pie every 20 minutes to ensure the crust isn't burning. If it starts turning too golden brown, cover the edges with foil or use a pie shield.
4. Allow the pie to cool for at least an hour before serving. Your pie should be kept in the fridge once completely cooled. Try light toppings like whipped cream or dairy free ice cream for an extra treat! Store pie in fridge for up to three to four days.

**You can make this pie without any crust, and it still comes out delicious!*

Nutrition Info

Serving: 1 slice, Calories: 229 cal, Carbohydrates: 28g, Protein: 4.6g, Fat: 11.9g, Saturated Fat: 6.7g, Fiber: 2.8g, Sugar: 13.3g

Recipe adapted from: ambitiouskitchen.com

