

Fall Harvest



With all the beautiful foods harvested in the fall, it is a great opportunity to spend time with your family in the kitchen.

- * Visit a corn maze or a sunflower maze. Then have your children create their own maze on paper. Look at some intricate corn mazes to inspire your older children.
- * Shuck your corn and freeze it for the winter. I loved having Aunt Helen's corn at Christmas. It tasted just like summer corn on the cob.
- * Learn how to can tomatoes for those winter Italian dishes.
- * Pick your own berries. Enjoy some delicious smoothies or desserts.
- * Make grape jelly or any other fruit of your choosing. This was something my mom and Aunt Pat did every September. I like to carry on that tradition. The smell brings back those childhood memories.
- * Go apple picking. Make some wonderful goodies with all those apples; applesauce, apple bread or apple pie. Everyone has a favorite apple dish, try making it at home.
- * Make caramel apples with your favorite topping.
- * Try a new recipe with all the vegetables you harvested from your own garden.



Always do your best. What you plant now, you will harvest later.

Today's Moments are Tomorrow's Traditions

Mary Rose