



Welcome Fall!

By: Kendra Angus, BS, dietetic intern at Marshall University; Edited by: Kaylyn Crosier, MS, RD, LD

Fall has officially arrived! The air is beginning to cool, the leaves are changing from dark green to deep shades of red and orange, and the days are getting shorter. Before the cold is here to stay, what better way to enjoy this beautiful season than to get out and be active? Many people wait until the New Year to set goals to be active, but why not get a jump start and take advantage of this wonderful weather and beautiful scenery? Here are some great ideas to get outside, get your bodies moving, and enjoy the crisp fall air:

- Find trails at your local park or in your neighborhood and go for a walk, hike, or bike ride. Take your camera with you for the trip and snap some pictures of the fall foliage along the way.
- When the leaves begin to fall, grab the rake and do some yard work. Raking up the leaves also gives opportunities to use them for fun fall crafts and decorations.
- Go to your nearest pumpkin patch and spend some time walking around to pick out the most perfect pumpkin to take home and carve.
- West Virginia is filled with corn mazes, haunted trails, fall festivals and farms. Find one nearby and make plans with friends or take the whole family out for the evening to enjoy apple picking, fresh produce, and all the festivities this season has to offer.



While spending the day at your local farm for hay rides, corn mazes, and pumpkin picking, check out the in season produce they have to offer. Here is a list of some fresh produce to be on the lookout for this fall:

Vegetables

- Pumpkins
- Winter squash
- Sweet potatoes
- Brussel Sprouts
- Cauliflower

Fruits

- Apples
- Figs
- Pears
- Mangos
- Persimmons

Try this [Apple Crisp](#) recipe to add to your list of favorite fall desserts!

Ingredients:

4 medium tart apples, peeled & thinly sliced
1/3 cup all-purpose flour
¼ cup sugar
2 tsp lemon juice
3 tbsp. ground cinnamon
2/3 cup oats
½ cup packed brown sugar
3 tbsp. cold butter



In a large bowl, combine the apples, 1 tablespoon flour, sugar, lemon juice and ¼ teaspoon cinnamon. Pour into a greased 9-in deep dish pie plate.

In a small bowl, combine the oats, brown sugar, and remaining flour & cinnamon. Cut in butter until crumbly; sprinkle over apple mixture.

Cover with waxed paper. Microwave on high for 5-7 minutes or until apples are tender.

Yield: 6 servings.