

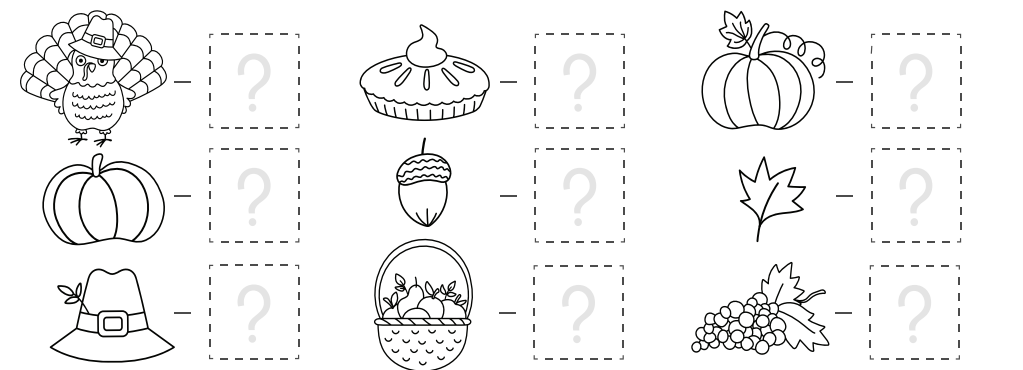


# FUN THINGS YOU CAN DO THIS FALL

- Go apple picking
- Make caramel apples
- Carve or paint pumpkins
- Roast pumpkin seeds (see the recipe on page 3)
- Go on a hayride
- Wind your way through a corn maze
- Get crafty and make Halloween decorations
- Plan a group Halloween costume with friends
- Visit a haunted house (if you dare!)
- Go for a hike or bike ride in a local park
- Take pictures of the leaves changing colors
- Help make a dish for Thanksgiving
- Make a centerpiece to put on your Thanksgiving table

## I SPY FALL GAME

Color all of the fall items below, and then see if you can count how many of each there are.



Answers: Turkeys = 3, Pumpkins = 9, Hats = 6, Pies = 7, Acorns = 8, Baskets = 1, Pumpkins with leaf = 4, Leaf = 2, Grapes = 5.

## PIZZA ROASTED PUMPKIN SEEDS

After carving your pumpkin, keep the pumpkin seeds for a fun and healthy snack!

- 1/2 cup clean and towel-dried pumpkin seeds
- 1 teaspoon olive oil or avocado oil
- Pizza seasonings: 1 tablespoon grated parmesan cheese, 1/2 teaspoon basil, 1/2 teaspoon oregano, 1/4 teaspoon sea salt, 1/8 teaspoon garlic powder

Directions:

1. Preheat oven to 300°F. Line a baking sheet with parchment paper, and set aside.
2. Clean the seeds - after removing them from the pumpkin, pick out large chunks, fill a medium-size bowl with warm water, add the seeds and swirl around to dislodge any pumpkin "gunk." Let rest for five minutes, then remove the seeds onto a kitchen towel and pat dry.
3. In a small bowl, mix together your seasonings.\*
4. Toss the seeds with the oil, then add the seasonings and toss until each seed is well-coated.
5. Spread on the baking sheet in one layer. If you need to move to a second baking sheet, do so.
6. Roast for 20-30 minutes, stirring every 10 minutes, or until they are golden brown.
7. Let the seeds cool completely (they will crisp up as they cool).

\*For more seasoning ideas, go to <https://wholefully.com/roasted-pumpkin-seeds-six-ways/>



## JOKER'S CORNER

1. WHY WAS THE SKELETON AFRAID DURING A THUNDERSTORM?

2. WHERE DO GHOSTS GO DURING THE HOLIDAYS?

3. HOW DO YOU KNOW VAMPIRES LOVE BASEBALL?

4. WHAT DO YOU CALL TWO WITCHES SHARING AN APARTMENT?

5. WHY DIDN'T THE ZOMBIE GO TO SCHOOL?

1. It didn't have any guts; 2. The Boohamas; 3. They turn into bats every night; 4. Broomates; 5. It felt rotten.