

Seasonal Fall Recipes

Overview

September is National Fruits and Vegetables month! Celebrate with students through the fall months by eating healthy snacks made with seasonal foods.

Use the recipes below for healthy classroom celebrations, a fun twist to science or farm-to-school lessons, or to simply enjoy seasonal fruits and veggies.

Grape Turtles

Ingredients:

- Kiwis
- Grapes: Choose plump, firm grapes that are firmly attached to the stem.
- Knife

Directions:

- Peel or cut kiwi skin.
- Slice kiwis into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices. These will become the body of the turtle.
- Keep several whole grapes in a bowl off to the side.
- Cut several grapes into quarters. These will become the legs of the turtle.
- Assemble the kiwi slices in the middle of a plate, place two cut up grapes on each side (to create 4 legs), and place one whole grape at the end of the kiwi (to create the head).
- Take two kiwi seeds and place them on the head for eyes.
- Eat and enjoy!

Pear Salsa

Ingredients:

- 1 Pear. Choose firm pears. Apply gentle pressure to the neck of the pear with your thumb. When the pear gives in to the pressure, it is ready to eat.
- 1 Apple
- 2 Kiwis
- 1 Orange
- 2 tablespoons of honey
- 1 teaspoon lemon juice
- Cinnamon graham crackers or other whole grain crackers
- Mixing bowl
- Cutting board
- Serving spoon
- Knife

Directions:

- Core and/or chop all fruit into fine, bite-sized pieces.
- Combine chopped fruit in a medium bowl.
- Pour honey and lemon juice over the fruit and gently toss.
- Scoop bites of fruit salsa on crackers.
- Eat and enjoy!

Healthy Scarecrow

Ingredients:

- Cauliflower: Choose cauliflower that is compact with white flowers and bright green, firmly attached leaves. Avoid brown spots or loose sections.
- Broccoli
- Radishes

- Carrots
- 1 Cucumber
- Whole grain crackers
- 1 oz container of low-fat Greek yogurt
- Various spices
- Large plate
- Knife

Directions:

- Cut cauliflower, broccoli, and radishes into bite size pieces.
- Cut carrots into sticks.
- Cut cucumber into slices.
- Spoon low-fat Greek yogurt into a container and spice according to taste.
- Place two cucumber slices near the top of the container and place two small pieces of broccoli in the center of the cucumbers. This will create the scarecrow's eyes! Place a triangle piece of carrot in the center for a nose, and place several pieces of carrot toward the bottom to create a mouth. Get creative!
- Place yogurt container in the middle of the plate.
- Place whole grain crackers above the yogurt to create the scarecrow hat.
- Place cauliflower, broccoli, radishes and carrots along the sides to create a scarecrow head.

Tips



Parent volunteers can chop fruits and vegetables for the recipes above for your healthy classroom celebration or taste test.



Recruit a local farmer as a volunteer to teach a lesson to students about local, seasonal foods.



Have a local chef volunteer to demonstrate how to make a delicious and healthy meal or snack with seasonal foods.

Related Activities

New Year, New Smoothies

Make the New Year a healthy one by trying these recipes as part of a smoothie taste test with your students or family.

Superhero Up with Superfoods!

This summer, be your own superhero by challenging yourself and those around you to choose nutrient-packed superfoods and participate in physical activities that get the whole group up and moving!

Valentine's Day Recipes

Swap out the sweet treats for Valentine's Day with these healthier (and fun to make) alternatives.