



**AUTUMN**





## Autumn

is the season of harvest and gratitude, as temperatures drop and days shorten, signaling a time of transformation and thankfulness.

In the autumn garden, blooms fade as nature's palette shifts from vibrant greens to muted earthy tones, and the falling leaves begin to cover the ground. Seed to Stomach will celebrate this beautiful transformation with garden activities, especially for the autumn season...

September: Trees

October: Harvest

November: Gratitude

The change of season is also apparent in the kitchen, where our fall harvest inspires warm comfort foods made with wholesome, healthful ingredients served with love and gratitude featuring:

September: Apples

October: Pumpkins

November: Sweet Potatoes



## Add a Song

### Autumn Song

**Original Author Unknown**

*Sung to the tune of London Bridges  
Falling Down)*

Autumn winds begin to blow  
Colored leaves fall fast and slow  
Twirling, whirling all around  
Until, at last, they touch the ground





## September: Exploring Trees in the Garden



### Read a Book

What Do You See When You Look at a Tree?  
Full of finely drawn forest scenes, this gentle picture book encourages children to explore their connections with nature.

### Activity: Leaf Scavenger Hunt



#### Gather Supplies:

- Brown paper bags
- Pictures of different types of leaves from trees in your area.

#### Explore

- Enjoy the cooler weather and set out for a fall walk outdoors.
- Stop along the way so that children can fill their bags with fallen leaves they find on the ground.
- Talk about what kinds of trees are dropping their leaves, identifying the different colors and sizes.



### Did You Know?

Trees communicate with each other by emitting natural chemicals or sending messages with fungi through their root systems, especially if their lives are in danger



### Add a Song

#### Leaves are Falling

*Original Author Unknown*

*Sung to the tune of Are You Sleeping?)*

Red Leaves Falling, Red Leaves Falling  
On the Ground, On the Ground  
Autumn Time is Coming  
Autumn Time is Coming  
All Around, All Around.

Orange Leaves Falling, Orange Leaves Falling  
On the Ground, On the Ground  
Autumn Time is Coming  
Autumn Time is Coming  
All Around, All Around.

Brown Leaves Falling, Brown Leaves Falling  
On the Ground, On the Ground  
Autumn time is now here  
Autumn Time is now here  
All Around, All Around.





### Activity: Apple Stamp Painting



Apples are a fruit that grows on trees. The apple fruit begins on the tree's branches as an apple blossom flower in the spring and grows into the apple fruit over the summer, ready to harvest and eat in the fall.

#### Gather Supplies:

- Fresh apples, one needed for every two children. Teachers/Parents: cut the apples in half.
- Large sheets of plain white paper
- Red, yellow, green craft paint
- Paint brushes, foam brushes

#### Explore:

- Pour the paints into paper plates.
- Children dip the apple halves into the paints and stamp them on their paper.
- They can add their own artwork to stamp apples into a tree they paint, or a basket, or anything their imagination dictates.



## Add a Song

### Way Up High in the Apple Tree

**Original Author Unknown**

*Sung to the tune of Twinkle, Twinkle, Little Star*

Way up high in the apple tree  
Five little apples smiled down at me  
I shook that tree as hard as I could  
Down came the apples  
Mmmmm, they were good!  
...4,3,2,1... All Gone!





## September: Enjoy Apples in the Kitchen



Apples are one of the most versatile and popular fruits available. The Clayton Cooks Apple Cinnamon Smoothie recipe (on the next page) can be enjoyed as a great breakfast, snack, or dessert. It's also a great way to sneak in some extra leafy green vegetables like spinach or kale.



## Read a Book

[How Do Apples Grow?](#) A charming board book that teaches toddlers all about how apples grow—from seed to sapling to tree to applesauce.



## Add a Song

### I Love Apples

*Original Author Unknown*

*(Sung to the Tune of You Are My Sunshine)*

I love red apples. I love red apples.  
And I could eat them every day.  
I love the sweet ones, and I love the tart ones.  
Please don't take my apples away.

I love green apples. I love green apples.  
And I could eat them every day.  
I love them sour, they give me power.  
Apples keep the doctor away.

I love yellow apples. I love yellow apples.  
And I could eat them every day.  
I love them crunchy. I love them munchy.  
Please don't take my apples away.



# Apple Cinnamon Smoothie

5  
Mins

## 8 Ingredients

- ½ ripe banana
- 1-2 cup(s) favorite nondairy milk or cow's milk
- 2 sliced fresh apples, 2 cups applesauce, or 1 can of sliced apples
- 1 handful of spinach
- 3 Tbsp. pure maple syrup
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- Ice Cubes (optional)



## Directions

1. Put all ingredients in a blender.
2. Mix until the smoothie is at the desired consistency adding more milk if needed.
3. Pour in a glass or lidded container and sprinkle top with cinnamon.





## October: Exploring Harvest Time in the Garden

Harvest time holds opportunities for lessons and connections like working together, taking care of our earth, and the spirit of giving.

### Activity: Harvest Sensory Bin



As the name implies, sensory bins are a great way for little fingers to explore the changes occurring in the garden. It also provides opportunities to practice fine motor skills like scooping, digging, and pouring, all of which will support them in family-style dining.

#### Gather Supplies

- A large plastic tub or edged table
- Dried leaves (real and/or faux)
- Sticks, dried stems, dried flowers from your garden or yard
- Seeds from garden plants (sunflowers, for example)
- Small pumpkins or gourds
- Scoops
- Salad tongs
- Small containers

#### Explore

- Allow children to touch, sort, count, and identify all of the various items in the bin.
- How many pumpkins can they find?
- What are the colors in the bin?
- Do dried leaves make noise?



## Field Trip

Anderson Farm Get lost in the 25-acre corn maze, or take a tractor-drawn wagon ride to the pumpkin patch and pick from over 100 varieties of pumpkins, squash, and gourds. Located in Erie, Colorado, the farm is open on a limited, seasonal basis.





### Activity: Roots or Shoots Game



This is a great fall theme for indoor circle time, outdoors in the garden, or even a neighborhood field trip to a produce market.

Play a search game in which children will find and identify fruits and vegetables as either:

- Root vegetables that grow underground, like sweet potatoes, carrots, beets, or onions.  
OR
- Shoot fruits and vegetables that grow above ground on vines, like zucchini, eggplant, pumpkin, or butternut squash.

• Help children track their findings with a large chart – how many roots and how many shoots? What are the different colors? Let each child name their favorite.



## Play & Learn

Make a farmers' market by providing baskets, real or plastic fruits and vegetables, crates, brown lunch paper bags, a scale, a cash register, play money, straw hats, and flannel shirts.



## Add a Song

### Harvest Time

*Original Author Unknown*

*(Sung to the tune of Are You Sleeping)*

Harvest time, harvest time  
 In the garden, in the garden  
 Fruits and vegetables, fruits and vegetables  
 Harvest time, harvest time  
 We are growing, we are growing  
 Tall Yellow Corn, Tall Yellow Corn  
 Now we'll harvest them to eat, now we'll  
 harvest them to eat  
 Yummy, delicious, and good!  
 Yummy, delicious, and good!



## Read a Book

How Does My Garden Grow? Vegetables come from the supermarket, right? A visit to a country farm tells the story of how things grow!





### October: Exploring Pumpkins



#### Activity: Knuckle Pumpkin Painting

##### Gather Supplies:

- Orange, brown, and green paint
- Paintbrushes and sponges
- Large sheets of paper
- Green and brown markers

##### Explore:

- With the paintbrushes or sponges, paint the backs of children's hands from the first knuckle to the middle of their finger with orange paint, and have them make a fist.
- Help them press the painted part of their fists onto the paper to form pumpkin shapes.
- Using the brown and green markers, let children draw stems, leaves, and vines to complete their own pumpkin patches.



#### Tip

Make ice cubes with hydration station water to use all the time, mix with other flavors, or add to the intensity of the flavors.



#### Add a Song

##### **I'm a Little Pumpkin Song**

**Original Author Unknown**

*(Sung to the tune of I'm a Little Teapot)*

I'm a little pumpkin  
Orange and round  
I grew up from the ground  
When I get all cut up  
Don't shout  
Just open me up  
And scoop me out



#### Read a Book

[From Seed to Pumpkin: A Fall Book for Kids](#) Learn how pumpkins grow from a tiny yellow seed to a big orange pumpkin in this colorfully illustrated nonfiction picture book.



## Enjoying Pumpkins in the Kitchen



The Pumpkin Overnight Oats recipe from Clayton Cooks (on the next page) is a delicious fall spin on a breakfast classic. Get the children involved and make enough for delicious, nutritious breakfasts for the busy week ahead.



## Add a Song

### Ten Little Pumpkins

**Original Author Unknown**

*(Sung to the tune of Ten Little People)*

1 little, 2 little, 3 little pumpkins  
4 little, 5 little, 6 little pumpkins  
7 little, 8 little, 9 little pumpkins  
10 little pumpkins in the pumpkin patch



# Pumpkin Pie Overnight Oats

5  
Mins

## 7 Ingredients

- ½ cup rolled or steel cut oats
- ¼ cup canned pumpkin puree
- 1 cup favorite nondairy milk or cow's milk
- 1-3 Tbsp. pure maple syrup
- 1 tsp pumpkin pie spice
- ½ tsp vanilla extract
- 1 Tbsp. chopped nuts (optional)

This will keep in the refrigerator for 2-3 days.



## Directions

1. Add oats to a mason jar or other lidded container.
2. Add pumpkin puree, milk, maple syrup, pumpkin spice, and vanilla to the jar.
3. Stir ingredients until completely mixed.
4. Optional: Top with chopped nuts, shredded coconut, or chocolate chips.
5. Seal container and refrigerate for 6-8 hours or overnight.
6. Serve cold or warm for the full fall pumpkin experience.





## November: Exploring Feelings of Gratitude

Gratitude is about focusing on what's good in our lives and being thankful for the things we have by pausing to notice, reflect, and appreciate when something good happens, no matter how small. Children can begin to learn concepts of gratitude starting as young as 18 months of age, and by the age of two, children will begin saying “thank you” to others.



### Did You Know?

Expressing gratitude can have benefits such as supporting physical and mental well-being, boosting self-esteem, and enhancing sleep quality; all of which contribute to happier, healthier children.

Here are some gratitude prompts to begin conversations in your classroom, and in your home.

- I am grateful for...
  - A person
  - Something a sibling or friend does for you
  - An activity
  - The weather
  - Favorite food
  - Favorite book
  - A pet
  - A song
  - Something you use every day



### Talk About It

Go around the table at meals and invite each person to share one thing for which they are grateful.

## Activity: Gratitude Chains

### Gather Supplies:

- Colorful construction paper cut into strips
- Markers
- Glue or tape

### Express Gratitude

- Make one for each child and one for the classroom or family.
- Pause each day to ask children what brings them joy, what makes them happy, or what they are thankful for.
- Using the paper strips, write a short note about each child's gratitude each day.
- Help the children loop their gratitude strips together to create chains of thankfulness.
- Add to the chains during the day as children naturally express or see moments of gratitude.
- Continue this activity all month long, and see how the gratitude grows and inspires new acts of kindness and joy.





## Activity: Grateful for Nature Garlands



### Gather Supplies:

- Medium-weight cardboard into wreath shapes.
- Glue
- Nature materials – leaves, pine cones, sticks, etc.

### Explore:

- Take a nature walk outdoors and invite children to collect fallen leaves, acorns, pinecones, and sticks.
- Items gathered on the walk are then glued onto the cardboard wreaths.
- This a wonderful sensory experience and also a great opportunity to prompt a discussion about giving thanks for what nature provides.



## Talk About It

Cultivating gratitude or a profound appreciation for the world often starts with mindfulness, a practice that can be introduced to children by encouraging them to engage their senses. For instance, during a nature walk, children can be prompted to observe, listen, smell, and touch their surroundings.



## Add a Song

**With a Grateful Heart We Sing**  
**Original Author Unknown**  
*(Tune of Farmer in the Dell)*

I'm thankful for the sun so bright,  
I'm thankful for the day.  
I'm thankful for the stars at night,  
That guide us on our way.

With a grateful heart we sing,  
With a grateful heart we bring,  
Thankfulness in everything,  
For the joy that it can bring.

I'm thankful for the food we eat,  
And all the love we share.  
I'm thankful for the world so sweet,  
And all the beauty there.





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## November: Enjoying Sweet potatoes in the Kitchen



Sweet Potatoes are root vegetables, meaning they grow underground beneath the soil. Adding sweet potatoes to a favorite comfort food, like chili, is a great way to pack in extra vitamins and minerals. Clayton Cook's Sweet Potato Black Bean Chili recipe (on the next page) will add a sweet and filling twist to this fall favorite.



# Sweet Potato and Black Bean Chili

40  
Mins

## 14 Ingredients

- 1-2 ripe avocado(s), sliced
- 1 large sweet potato, diced
- 1 large onion, diced
- 1 large bell pepper, diced
- 2 15 oz. cans of diced tomatoes
- 2 cups vegetable broth
- 1 15 oz. can black beans, rinsed
- 2 Tbsp. coconut or olive oil
- 3 Tbsp. chili powder
- 1 Tbsp. onion powder
- 1 Tbsp. Garlic powder
- Salt and pepper to taste
- Cheese of your choice (optional)
- Roasted corn salsa (optional)

This chili will keep in the refrigerator for 2-3 days.



## Directions

1. In a large stock pot heat oil on medium heat.
2. Add diced onion, bell pepper, and sweet potato and sauté until onion is translucent and bell pepper and sweet potato are softened.
3. Add vegetable broth and continue to simmer on medium heat for 10 minutes.
4. Add canned diced tomatoes, rinsed black beans, and spices and stir to combined.
5. Let simmer on medium heat for 20 minutes and remove from heat.
6. Let sit for 5 minutes before serving.
7. Top with sliced avocado, cheese, or roasted corn salsa.

