

Fall

Activity Book



Crossword Answer Key:

- | | |
|-------------------|--------|
| 1 Brussels sprout | 5 |
| Cabbage | |
| 2 Onion | |
| 6 Sweet Potato | |
| 3 Carrot | 7 Beet |
| 4 Pumpkin | |

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Make Your Friends and Family Laugh!

Share these Fall jokes with someone you love

Q: Who helped the pumpkin cross the road?
A: the crossing gourd

Q: What do you get when you drop a pumpkin?
A: squash!

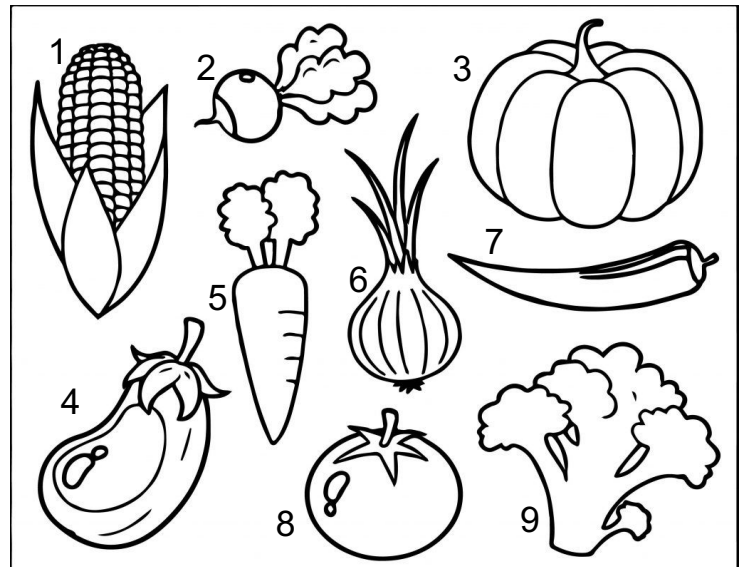
Q: What kind of table can you eat?
A: a veg-table!

Q: How do vegetables defend themselves?
A: carrotée

Q: Why did the cabbage win the race?
A: because he was a-head!

Q: Why was the cucumber mad?
A: because it was in a pickle!

Color These Beautiful Vegetables!



Can you name them all?

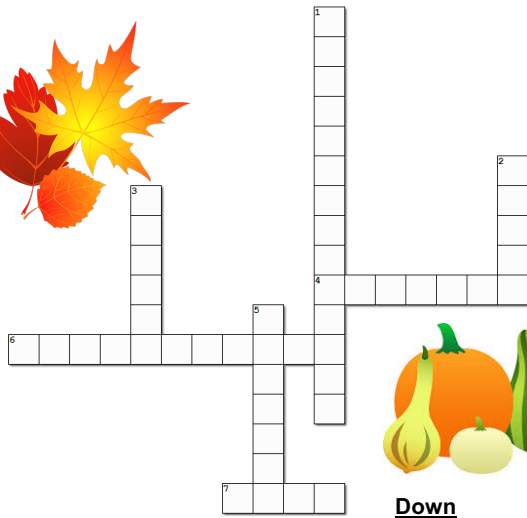
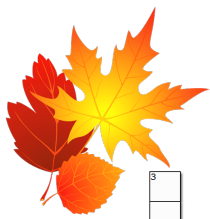
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

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Knock Knock
Who's there?
Lettuce
Lettuce who?
Lettuce in and you'll find out!

Knock Knock
Who's there?
Bean
Bean who?
Bean a while since I last saw ya!



Autumn Vegetable Crossword Puzzle!

Across

4. a large orange squash used to make pie and decorate for Halloween
6. a root vegetable that is orange, sweet, and can be made into delicious fries!
7. a purple root vegetable with a sweet earthy taste, but watch out! It might stain your fingers!

Down

1. a small, circular green vegetable that looks like a mini cabbage!
2. a circular white vegetable that has lots of flavor and layers! Chopping these makes some people shed a tear!
3. a root vegetable that is orange, crunchy, and perfect for dipping in hummus!
5. a leafy green is used to make coleslaw

Answer key is on the back of this booklet

Easy Fall Breakfast Cookies

Ingredients:

- 2 ripe medium bananas
- ½ cup unsweetened applesauce
- ½ cup nut butter
- 2 Tbsp coconut oil
- 1 tsp vanilla extract
- 3 Tbsp agave, maple syrup, or honey
- 1 ½ cup rolled oats
- ½ cup pumpkin seeds
- ½ tsp baking powder
- ½ tsp baking soda
- ½ cup dried cranberries or raisins
- 2 tsp ground nutmeg
- 2 tsp ground cinnamon



Instructions:

1. Preheat oven to 350 F
2. Mash bananas with a fork. Add in applesauce, nut butter, coconut oil, vanilla, and sweetener. Stir until well combined
3. Add in oats, pumpkin seeds, baking powder, baking soda, cranberries, nutmeg, and cinnamon. Stir until well combined
4. Drop spoonfuls of batter onto a greased baking sheet and bake for 15-17 minutes, until golden brown

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Sweet Potato Fries!

Ingredients:

- 4 medium sweet potatoes
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper*
- 1 Tablespoon olive oil



Instructions:

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Line baking sheet with parchment. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes or until fries are tender.

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Fall Scavenger Hunt

Can you find these fall items on your next walk outside?

