



### Week of 10/07

This week in our program, we explored the reasons behind celebrating the fall harvest and Indigenous Peoples' Day. We also discussed how traditions like Halloween, Thanksgiving, and visiting pumpkin patches are part of fall harvest celebrations. We talked with the children about the importance of staying hydrated and the different methods to achieve this. Additionally, we took them outside to enjoy our homemade apple cider, crafted with lemon, apples, mint, honey, cinnamon, and cloves, explaining how fall produce can be utilized to maintain hydration. This was complemented by a sugar cookie adorned with pumpkin cream cheese.

In the icy grip of Mother Nature, our harvest has officially gone on a winter break, clocking in at a whopping 0 pounds this week!

# WHY DO WE CELEBRATE FALL? <sup>HARVEST</sup>

THE Indigenous people celebrate  
Fall Harvest AS THE END OF THE  
SEASON. For growing produce,  
they round up what's left  
and store it for winter.

Plants also taste better  
for winter by storing  
carbohydrates or energy.

SEASONALITY:

COLD STRATIFICATION:







