



Fall is a Great Time to be Active

The leaves are changing, and the air is crisp. Autumn will go by as fast as the leaves fall from the trees, so be sure to take advantage of family time in the fall! Here are ways you can enjoy time together under blue skies and fall foliage:

- Visit a local Farmer's Market! This is a fantastic way to learn more about foods grown locally, talk with the grower and try new foods! The food at Farmer's Markets changes with the seasons making each visit unique. There is so much to see and do! For more information about Farmer's Markets in Nebraska, check out <https://food.unl.edu/farmer-market>
- There is still lots to do outside together as the days get shorter, from raking leaves to cleaning up the garden. Have your children help you plant your fall flower garden. Let them dig the holes for your fall mums and see color grow all around!

- Pick a pumpkin! Family fall fun at pumpkin patch farms is tons of fun and a terrific way to get outdoors on a cool, crisp fall day, and share with youth how pumpkins are grown and harvested. Pumpkin farms offer different activities you can do together from hay rack rides and corn mazes for enjoying laughs together. Get outside and get moving in the Pumpkin Patch!
- There is nothing like the taste of a freshly picked apple. Visit a nearby apple orchards! Pick your own apples, make some apple crisp, caramel apples, or bob for apples to celebrate harvest! When you get the apples home, try new recipes together to create delicious fall treats from the apples your family may have picked! Share baked goods with a neighbor for some fall fellowship!
- Not sure where to go for family fun in the fall? Search "Local Orchards" or "Local Pumpkin Farms" online and find weekend family fun near you.

Looking for fun apple recipes?

- Apple Filled Squash: <https://go.unl.edu/apple-filled-squash>
- Campfire Apple Pie Packet: <https://go.unl.edu/apple-pie-packet>

Article originally written by Amy Peterson. Reviewed and updated in 2024.

For more information check out Family Fun on the Run: <http://go.unl.edu/familyfun>

