

# Falling (in love) with the Fall

By: Kristin Ritter, Holistic Health Coach

Warm pumpkin soup, cozy sweaters, roasted root vegetables, chai tea, holding babies in warm blankets, crisp fall breezes, finding a cozy corner to practice yoga or meditate, running into piles of newly raked leaves ... it is certainly a time to celebrate.

The fall provides an amazing opportunity to reflect, let go, get clear and turn inward. Taking time out for yourself (even if only for a few minutes a day) can provide incredible growth, peace and connection, enabling the flow and ease to make the changes you want to make in your life. These changes could be to your diet, your life goals, your yoga practice, your shifting energies or your world.

Time out could include curling up with a good book (you might be the author or reader), a deep yoga practice and/or meditation, and especially cooking some truly nourishing food full of Fall's newest harvest.

Autumn brings some amazingly healthy and delicious fruits and veggies to market. If you can spend time in the garden (a friend's, neighbor's, school's, a CSA, or hopefully your own), you can truly appreciate all the foods that are ready to be picked. Eating these local and seasonal gems reduces our carbon footprint, supports the community and provides the nutrients our bodies were meant to thrive on. All the beautiful colors in the fruits and veggies have an exact meaning, representing powerful antioxidants that help to protect them as they grow. These antioxidants will help protect you too, keeping you strong, healthy, energized and free to enjoy the season's treasures.

Here are 7 of my favorite fruits and veggies that you can't miss this season. Each can be found right around the corner and are ready to be enjoyed.



## APPLES (AUGUST TO NOVEMBER)

### BENEFITS:

- Antioxidant-Rich
- Mood Enhancing
- Improves Digestion
- Promotes cardiovascular health
- Helps to protect against heart disease

### FUN IDEAS:

- Slice and serve with your favorite nut butter
- Slice and warm with cinnamon, serve over your favorite dish (oatmeal, veggies)

### LOOK FOR:

Fuji Apples (highest concentration of antioxidants) and Honey Crisp (amazing taste and texture)-the more vibrant the color, the better.

## BRUSSELS SPROUTS (SEPTEMBER TO MARCH)

### BENEFITS

- Packed with Vitamin A & C
- Makes you feel full longer, reduces the appetite
- Promotes bowel regularity
- Helps to prevent colon cancer

### FUN IDEAS

- Roast with a little olive oil - yum!
- Shred raw and add to a salad with cranberries and nuts

## PEARS (AUGUST TO FEBRUARY)

### BENEFITS

- Stimulates white cells to fight infection, directly kills many bacteria and viruses
- High in soluble fiber which helps lower the bad cholesterol
- Moistens the lungs and throat
- Used in the treatment of Diabetes, injuries to the skin, constipation, and loss of voice

### FUN IDEAS

- Enjoy raw - so delicious!
- Slice and top on toast with honey and a soft cheese such as goat, ricotta or feta.

## PUMPKIN (OCTOBER TO FEBRUARY)

### BENEFITS

- Rich in potassium
- More than 20% of your DRI of fiber
- Good source of B vitamins

### FUN IDEAS

- Make a nourishing soup with some spices, onion, garlic and a little coconut milk
- Add to a smoothie with almond milk, your favorite protein, cinnamon and banana

## POMEGRANATES (AUGUST TO DECEMBER)

### BENEFITS

- High in antioxidants, potassium and vitamin C
- A great source of fiber
- Fun to eat

### FUN IDEAS

- Peel and pop in your mouth
- Add to your favorite salad - they provide an awesome punch of juicy flavor

## SWEET POTATOES (SEPTEMBER TO DECEMBER)

### BENEFITS

- Excellent source of vitamin A
- Good source of iron
- Anti-inflammatory benefits

### FUN IDEAS

- Slice and bake- enjoy with cinnamon
- Mash up and make some delicious mash potatoes

## GRAPES (JULY TO SEPTEMBER)

### BENEFITS

- Contains valuable cell salts known to build and purify the blood and improve the cleansing function of the glands
- Used to treat rheumatism and arthritis
- Great energy snack for kids

### FUN IDEAS

- Serve with cheese as an easy snack
- Crush up (with your tootsies) and make your very own wine

Here is to enjoying the beautiful bounty of this wonderful new season and living for the fall. As always, stay and be well!

Kristin Ritter is a Registered Yoga Instructor and Holistic Health Coach. She works with passion-seekers looking to set out on a new path, whether it be transitioning to find one's place in their work, relationships and/ or overall well-being. Kristin works in private or group sessions, helping her clients find their authentic selves by setting goals and action steps that align with their true nature, providing a wealth of support and love along the way. Kristin can be contacted by email at [Kristin@nourishingstorm.com](mailto:Kristin@nourishingstorm.com) or you can see a list of her upcoming classes and workshops at [www.NourishingStorm.com](http://www.NourishingStorm.com).