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Beyond Pumpkin Spice: Five Other Fall Flavors

Pumpkin spice is awesome and for a brief time, every year the market is full of foods and drinks celebrating it in all its glory. Some love it so much they've created pumpkin spice chips, dog treats, and soap. However, while everyone is drinking their pumpkin spice latte, or PSL, and eating treats full of pumpkin pie spice goodness, there are other quintessentially fall flavors that sit uneaten in the supermarket aisles.

What flavors are also great for the autumn?

APPLE CINNAMON

There was a time that apple alone was the flavor of the

fall. Especially in the American northeast, the common fall family event before pumpkin picking was apple picking. Apples were synonymous with going back to school and the leaves changing colors. However, with the rise of pumpkin spice, treat enthusiasts are looking for more complex flavor profiles to enjoy.

Apple Cinnamon is perfect for fall treats. Apple cinnamon might not be great for the coffee house latte treat, but the time is always right for a nice hot cup of apple cider. It hits the sweet spot for everyone and there are no endless amount of stuffing, dressing, and casserole recipes

combining apples, cinnamon, and something else to make a delicious treat.

One great way to mix together the fall flavor into a wonderful lunch time meal is to use apples and cinnamon to put a new twist on Waldorf salad. Simply swap out the grapes of the traditional recipe for a cup of cubed cooked chicken breast and add in a ½ teaspoon of cinnamon and enjoy an autumn chicken salad.

CRANBERRY

Cranberry is the silent hero of Thanksgiving. It's tart and cuts through the cream, meat, and carb filled Thanksgiving meals. However, cranberry doesn't quite get its full celebration. Many people are already happy with just using the canned cranberry sauce, when there are so many wonderful cranberry sauce recipes. Cranberry pairs well with almost any other fruit or vegetable and an inventive cook can use cranberry in many recipes for a unique twist.

Cranberries taste great with chocolate. Cranberry and chocolate chip cookies are a delicacy that few people have tried. Let's not forget all the different cocktails that feature cranberry juice.

One way to dress up a nice fall meal would be to add jellied cranberry sauce to a typical turkey meatball recipe. This offers a brand-new way to enjoy meatballs and ground turkey. For those who prefer meatloaf, cranberry makes a great add-in for turkey meatloaf. Pair that with stuffing and green beans and you have a quick easy meal that everyone can enjoy.

PEAR

Fresh pears saturate the market between October and November and are delicious treats for anyone, especially raw. The great thing about pears is they are so versatile. Mixed with any other fall flavor, pears will enhance your favorite fall recipes.

What's so great about pears? There are so many different varieties. Anjou pears, both red and green, are deliciously soft and sweet. Bosc pears are moderately sweet but crisp, which makes them perfect for cooking to reduce the heat in a spicy and savory recipe. Seckel pears are also crispy with a slight sweetness that works well in alcoholic drinks. These pears are simply scratching the surface. There are so many more that will provide variety to fall drinks and

foods.

A great quick meal idea is to combine steak, pear, and arugula on a grilled pizza using Gorgonzola cheese. To keep it quick and easy used a prebaked pizza crust. Sprinkle the pizza with salt and pepper to taste and glaze it with a mixture of olive oil and balsamic vinegar. It is a perfect treat for a cool autumn evening.

MAPLE

If you're from the American northeast, maple candy was one of the best parts of the changing leaves. Maple doesn't have to remain a topper for your pancakes. There are so many treats that could use the great taste of maple.

Pumpkin pie spice doughnuts might be amazing, but a pumpkin pie spice doughnut with maple-flavored icing is a taste of heaven. For those that can't wait until the pumpkin spice latte makes its annual debut, a maple latte might be a welcome addition.

Could a maple syrup latte be the next pumpkin spice latte (PSL)?

The greatest thing about maple is how well it pairs with meat. Maple glazed ham and bacon are

regular staples in a lot of home. Maple also works great as a glaze with mustard for salmon. You could easily swap the maple flavoring in any treat that's available with pumpkin spice and be just as pleased.

POMEGRANATES

The pomegranate is a difficult fruit to handle, due to the over 600 juicy seeds on the inside. There are multiple methods on how to retrieve them, but the best method is to buy a container of prepared seeds from your local grocery store.

Starting in September pomegranates are plentiful, making pomegranate a wonderful unique and unexpected fall flavor

One great way to use pomegranate with another overlooked fall flavor is in a cranberry sauce. Pomegranates work very well with cranberries and will vastly liven up a plain cranberry sauce. It also would taste great as a hard candy and makes an excellent addition to more adult targeted candy treats.

Overall, there are so many uniquely fall fruits and vegetables out there looking for incorporation into your favorite

treats. If these five don't satisfy your craving for new and interesting fall flavors, look at produce like quince, mushrooms, sage, sweet potatoes and Brussels sprouts to incorporate into unique treats as you gaze at a landscape transformed into a painting by the changing leaves.



Pumpkin Pancakes? 7-Ways-to-Incorporate-Fruits- and-Veggies-into-Pancakes

Pancakes are easily one of the most popular breakfast foods, but they aren't all that healthy. Since pancakes contain only simple carbohydrates, they won't keep you full for long, and the lack of nutrients may leave you feeling tired and groggy. And let's not forget that most people prefer their pancakes slathered in syrup, which offers no nutritional value. While an unhealthy breakfast is fine now and then, it's best to enjoy a nutritionally-rich meal every morning. This article offers seven

ways to incorporate fruits and vegetables into pancakes, so you can enjoy your favorite breakfast food in a healthier way.

Pumpkin Pancakes – Pumpkin-flavored everything is fast becoming popular in the health food world. Add some pumpkin to your pancakes for a heart-healthy, immune-boosting twist. These are especially festive in autumn.

Carrot Cake Pancakes – If you think you can't have dessert for breakfast, try a breakfasty twist on this favorite cake. Not only are carrot cake pancakes delicious, but it's also a great way to incorporate some veggies into your breakfast. Carrots are good for your eyes and they're a great source of beta-carotene.

Butternut squash Pancakes – Similar to pumpkin pancakes in taste and texture, squash pancakes will provide you with a myriad of vitamins and minerals. Butternut squash also supports a healthy metabolism and helps the immune system.

Zucchini pancakes – Zucchini is a mild vegetable with a taste that is easily disguised, while at the same time boasting endless health benefits. It is high in potassium, vitamins, and antioxidants. If you

don't like the taste of zucchini or the sight of little green flecks in your pancakes, disguise your pancakes with a few tablespoons of cocoa powder for a delicious, dessert-like breakfast.

Banana pancakes – Any fan of banana bread will love banana pancakes, slathered with butter. Bananas contain potassium for a healthy heart, and they're also a natural source of energy to fuel you through your day.

Blueberry pancakes – Blueberry pancakes have long been a classic breakfast choice, but adding blueberries to your pancakes also adds a healthy twist. Blueberries are full of antioxidants and memory-boosting chemicals, and they are thought to ward off dementia.

Coconut Pineapple pancakes – In the Hawaiian mood? Some unsweetened, shredded coconut and some fresh or frozen pineapple can add a healthy and tropical twist to your breakfast. Coconut provides healthy fats and fiber, while pineapple is high in thiamine, a vitamin that helps produce energy, as well as other vitamins.

Don't worry if the suggestions above don't appeal to you. The list of fruits and vegetables that can be mixed into pancakes is inexhaustible. Keep experimenting with add-ins until you've found your favorite, and then sit down to enjoy a healthier version of your favorite breakfast.




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Sept 24 Through Nov 5

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Sept 30 – Oct 31

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Please note that Friday and Saturday nights are our busiest nights. Our highest volume nights are the last two weekends in October. Please plan ahead.

Fear the Woods is located at Yule Forest!

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2017 Georgia Apple Festival

The Georgia Apple Festival brings two exciting weekends to Ellijay, Georgia every year with hundreds of vendors offering food, art, crafts, and more, as well as visitors from all over.

The Ellijay Lions Club, the Gilmer County Chamber of Commerce, the cities of Ellijay and East Ellijay, and Gilmer County invite everyone to come and enjoy the 46th year of the Georgia Apple Festival. There are over 300 vendors with handmade, hand-crafted items, as well as many on-site demonstrations of how selected types of crafts are made. This year promises many new crafts as well as favorites from past festivals. There is a parade and antique car show each year. The antique car show is held at the Civic Center on October 14th. The parade is on October 21st and begins at 10 AM in historic downtown Ellijay.

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www.georgiaapplefestival.org

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Through – Oct 8th

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October Events

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www.mainstreetnewnan.com

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Chili Fest & Competition

Oct 28

Public is invited to taste competitor's chili's, starting at Noon. Other activities in conjunction with Main Street Fayette. Food and drink will be available for a small donation that will support the Shriners' Hospitals for Children. Registration 8 am. Cooking begin at 9 am Judging begins at 12 pm. Public is welcome. Food and drink will be available and Chili tasting will begin at noon. On the Historic Courthouse Lawn in downtown Fayetteville

www.atlantahistorycenter.com

Fayette Market Day & Trick or Treat on Main Street

Oct 28 10 AM. - 5 PM

Enjoy the jack-o-lanterns around the Fayetteville square and the Fayette Family Market Day around the gazebo. The traditional Trick-or-Treat at participating businesses and around the gazebo to all the vendors will start at 3:30 p.m. and end at 4:00 p.m. Costume Contest will begin with age 4 and under, 5 - 8; and 9-13 at 4:00 p.m. and end at 5:00 p.m. Location for both contests will take place at the fountain area near the stage. Call 770-719-4173 for more information
www.fayetteville-ga.gov/events

Hooch Hike and Paddle at Chattahoochee Bend State Park in Newnan

Oct 28 8:15 AM to 2:30 PM

Get the best of both worlds at the Bend - a 5.5 mile hike up the Riverside Trail to the bend boat launch where we'll break for lunch. Then, a short instruction session to get you on your way; a nice, easy paddle back down the Chattahoochee. Boats are available to rent or bring your own. Register in advance, space is limited. Ages 10+ \$12 per person plus \$30 boat rental. \$5 parking. 770-254-7271. Chattahoochee Bend State Park
425 Bobwhite Way • Newnan
www.gastateparks.org

"Not So Spooky" Halloween Fest at The Rock Ranch

Trick or Treat, costume contests, and don't forget to bring your dog (on a leash) to participate in treat or treating and the costume contests!

The Rock Ranch • The Rock, GA
www.therockranch.com

Munchkin Masquerade in Newnan

Oct 31 10 AM - 12 PM

The Munchkin Masquerade occurs every year on the morning of Halloween from 10 a.m. - 12noon, and is a daytime trick-or-treating event for young children. During the Munchkin Masquerade, preschool aged children from around the greater Newnan- Coweta area gather in downtown Newnan around the courthouse square to collect treats from downtown businesses. Costumes are always welcomed and encouraged. This event typically hosts a crowd of around 1,000 children and lasts around 2 hours. Free parking is available along downtown streets, and in the City of Newnan's Public parking lots, located at: 13 Lagrange Street, 22 Spring Street, 6 First Avenue, 50 East Broad Street, 65 East Broad Street, 41 East Washington Street, and 22 East Broad Street.
www.mainstreetnewnan.com

Lend Me A Tenor

Sept 29 - Oct 22

It's 1934 and World famous opera star, Tito Morelli is appearing for one night only with the Cleveland Grand Opera. But-when he can't perform, characters scramble to somehow save the evening and their opera company. A sensation on Broadway and in London's West End, this madcap, screwball comedy is guaranteed to leave audiences teary-eyed

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Do you have an event for our calendar?

Email to deb@4fd.com



Why Do We Go Trick or Treating?

Whether you welcome trick or treaters on October 31, or lock the door and turn off all the lights, you may be wondering how the custom originated. And if you stock up on candy every October, you aren't alone – after Easter, Halloween is the holiday during which the most candy is bought and consumed, about \$2 billion worth each year.

Some form of trick or treating has been around for longer than you might think; children in ancient Greece were fond of dressing as birds or animals and demanding money and food from houses, although the custom had little to do with Halloween. The concept of Halloween as we know it today has

its roots in the Celtic holiday of Samhain, about 2,000 years ago in what is now the United Kingdom. It was believed the dead returned to the world and could only be appeased with offerings of food and drink.

Trick or treating as practiced today, and the other trappings of Halloween, evolved over time from this celebration. The practice of calling at houses, asking for a treat or threatening consequences was known as mumming in 15th and 16th century Scotland. Adults joined in the fun too; in areas of Wales, men dressed up pretending to be the dead returning to life to ask for food and to generally be

mischievous.

During the 16th century, Catholics in England visited homes asking for soul cakes, in exchange for praying for the souls of the dead. This custom was practiced in parts of Europe too, and was even referred to by Shakespeare in one of his plays, Two Gentlemen of Verona. Some variation of this continued in Britain throughout the 18th and 19th centuries, and waves of immigrants to America brought some of the traditions with them.



In the United States, trick or treating has been common since the 1920s, and today is one of the highlights of Halloween. The term trick or treat was first mentioned in a Canadian newspaper in 1927, and during the 1920s Halloween postcards were produced showing children playing tricks. Kids were depicted as trick or treating on television and radio programs during the 1940s, and the custom became more widespread.

A more organized form of trick or treating, known as trunk or treating is practiced today by many community groups, schools and churches. Many parents see it as being safer for their kids than walking the neighborhood streets in the dark, and many churches see it as a way of reaching out to the community, and perhaps attracting newcomers.

There are plenty of variations on trick or treating in North America and Europe. In parts of Canada, children ask for Halloween apples instead of candy, and in Portugal children carry carved jack-o-lanterns and smear ashes on their faces. In Italy, households prepare a feast for those who have departed, and in Germany all the knives in the house are hidden away to prevent the dead from using them.

Children all over the world still enjoy the custom of dressing up and asking for treats, and many adults seem to enjoy it just as much. It's easy to see trick or treating, regardless of its pagan roots, is really just good fun.

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