

2022
OFFICIAL

**LEAF-
PEEPING
ACTIVITY
GUIDE**



Hello, Leaf Peepers!

There is something special about people who are passionate about the fall and we are happy you share our enthusiasm of all things autumn. This Leaf Peeping guide is for folks who enjoy the sights, sounds, smells, and tastes of fall.

Come Alive Outside is a 501c3 nonprofit founded in 2014 that works closely with partners in healthcare, public health, outdoor recreation, and the landscape profession to connect individuals, families, and entire communities to the health and wellness benefits of outdoor spaces where they live, work, and play.

Our mission is to inspire collaborative community systems that create the awareness, intention and opportunity for people to live healthier lives outside.



Come Play With Us!

Fall Events 2022

-  Creemee Mile September 17th 11AM-12PM (Pine Hill Park, Rutland)
-  Plaid Peeping Promenade October 15th 11AM-1PM (Pittsford Village Farm, Pittsford)
-  Area 802 Scary Trail (Pine Hill Park, Rutland) October 28th 4PM-9PM
-  Pumpkin Decorating and Movie (White Rocks Inn) October 30th 4PM-6PM
-  Stick Season Celebration Hike (Aitken Park, Killington) November 19th 11AM-1PM



More information at comealiveoutside.com

Peepers, we got you.



Get your leaf-peeping swag at comealiveoutside.com or by visiting one of these fine retailers:

- GreenSpell Plant Shop (Rutland, VT)
- Baird Farm (Chittenden, VT)
- Sparkle Barn (Wallingford, VT)
- Sugar and Spice (Mendon, VT)

For every shirt sold, an adult or child gets a year of our free nature-focused programming.





COME ALIVE
OUTSIDE

PLAID

PEEPING

PROMENADE

SATURDAY,
OCTOBER
15TH
11AM-1PM



PITTSFORD FARM
42 ELM STREET
PITTSFORD, VT 05763

PLEASE RSVP ON OUR WEBSITE OR BY
EMAILING ARWEN@COMEALIVEOUTSIDE.COM
MORE INFO AT COMEALIVEOUTSIDE.COM

GROUP WALK HOT BEVERAGES CIDER DONUTS FREE EVENT

Covered Bridge Explorer

Many leaf peepers find themselves drawn to the quaint beauty of a wooden covered bridge. Most of America's covered bridges were built between 1825 and 1875. The original reason for the cover was to protect the bridge's trusses and decks from snow and rain, preventing decay and rot.

Covered Bridge Facts:

- ◆ More than 10,000 covered bridges were built across the United States between 1805 and the early twentieth century.
- ◆ As of January 1980, only 893 covered bridges remain in the US.
- ◆ Covered Bridges are also called "Kissing Bridges"
- ◆ Although New England is known for covered bridges, 30 U.S. States have them!

Visit three covered bridges and list them here:

- 1.
- 2.
- 3.

Take a photo and tag us at #LEAFPEEPINGSOCIETY

Bonus: If you like ghost stories, read about the haunting of Emily's Bridge (Gold Brook Covered Bridge) in Stowe.

Fall Bingo

**Tacky
Halloween
Decorations**

Pinecone

**Remnants
of a Fire**

**Plastic
Pumpkin**

**Haughty
Squirrel**

**Mushroom
Shaped Like
a Mushroom**

**Actual
Spider's
Web**

**Animal
Tracks**

**Murder
of Crows**

**Gorgeous
Sunset**

**Rock that
looks like
Guy Fieri**

**Leaf
Pile**

**The
Moon**

**A Beetle
Named
Herve`**

**Real
Pumpkin**

Sasquatch

50 Miles, 50 Days Walking Challenge

Oct. 7th–Nov. 25th

for more information and to register:

WWW.COMEALIVEOUTSIDE.COM



Register Today!



VNA & HOSPICE
of the Southwest Region
for Aging, End-of-Life and Palliative Care

casela

 PARTNERS FOR
PREVENTION

 Heritage Family
CREDIT UNION

 Rutland Regional
Medical Center

 Killington

 Community
Care Network
improving communities, empowering lives

 COMMUNITY
HEALTH
MEDICAL • DENTAL • BEHAVIORAL HEALTH

Fantastic Foliage Drives

As Vermont residents, we can certifiably say that fall in Vermont is incredible and each drive you take is a delight to the senses in peak foliage season. However, there are plenty of scenic routes in New England for peak peeping, and here are some of the most popular:

Road trip: VT Rte 100

216 miles of road that winds through some of Vermont's best attractions and most beautiful views. Also called Skier's Highway and Vermont's Main Street, Route 100 has a big fan-base and plenty to offer.

Road trip: Park Loop in Maine

It's 27 miles of road that takes you around Acadia National Park and is close to Bar Harbor, another one of our favorite places in Maine. Popular spots like Otter Cliffs, Thunder Hole, and Sand Beach are all on view during this breathtaking drive.

Road Trip: Route 112 Kancamagus Highway in New Hampshire

This highway, known affectionately as "the Kanc" rolls through the White Mountains, offering foliage, critters, campsites and covered bridges. It is a popular foliage drive for a reason: it's absolutely beautiful.

Road Trip: Route 2 The Mohawk Trail in Massachusetts

Route 2 is called the Mohawk trail because Native Americans used this route for trade and travel, as it connects the Hudson and Connecticut River valleys. This 60 miles trek is beautiful and easily adaptable to any itinerary, with opportunities for side trips in historic towns and cultural centers.



Zero Gravity presents “Meeting of the Grinds”, a gravel & MTB festival hosted by Slate Valley Trails and Mountain Bike Vermont.

Slate Valley Trails is partnering with MTBVT to host the second annual Meeting of the Grinds, a cycling festival that melds the eclectic cultures of gravel and MTB into a come-one-come-all party on bikes. Held on September 16th and 17th, 2022, this event is also one of Slate Valley’s biggest annual fundraisers, with proceeds going towards trail maintenance and construction.

The Meeting of the Grinds brings together mountain bikers and gravel enthusiasts with group rides for each genre and all abilities. Join us at the Fairgrounds Trailhead in East Poultney, where riders can access more than 35 miles of purpose-built singletrack and an extensive network of quiet gravel and class four roads.

A Possible History of the Jack-O'-Lantern

The jack o' lantern is a staple of the fall season and it has roots in Irish and Celtic culture. In 17th century Britain, any random guy was called jack, and thus any random guy with a lantern became known as "Jack with the lantern" or "Jack of the lantern." Jack o' lantern is also a name for marsh gasses or will-o-the-wisps which approximate the light of a lantern held at a distance.

Why a Pumpkin?

One possible origin story goes that a guy named Jack fooled the devil and was sentenced to wander the earth for eternity carrying a turnip with a piece of burning coal inside as a lamp. Folks would carve faces into turnips or beets to frighten away Jack and other wandering spirits. In America, Celtic newcomers continued the tradition, but they used pumpkins which were plentiful in the new world.

Grown by Travis Gienger (USA), the heaviest jack o'lantern was carved from a pumpkin that weighed 2,350 pounds (1,065.9 kilograms), as confirmed at the 47th Safeway World Championship Pumpkin Weigh-Off held in Half Moon Bay, California, USA, on 12 October 2020.

From history.com, guinnessrecords.com and mirriam-webster.com

Autumnal Equinox Celebrations

This year, the autumnal equinox is Thursday, September 22. The equinox is the time of year when day and night are the same length. Cultures around the world celebrate the fall equinox in beautiful and surprising ways.

A Visit from the Mayan Serpent God

Every equinox, the feathered serpent deity Kukulcàn visits the ancient Mayan city of Chichen Itza. On the spring and fall equinox, a shadow resembling the god's snake form slides down the side of the pyramid, bringing the god Kukulcàn down from the heavens and onto earth. Kukulcàn is the Mayan creator god who brings wind and rain. His return to earth means good health and a bountiful harvest for his worshippers.



Leaf Rubbing

It's an activity you probably did when you were a kid, but leaf rubbing can produce a beautiful piece of art that might be suitable for framing!

The concept is simple: find a leaf or some leaves, place some light paper on top of it and rub a crayon, pencil or chalk over the top of the paper. The results are beautiful! Don't be afraid to experiment with different papers. Wax paper, parchment, tracing paper are all great as is printer paper, aluminum foil and coffee filters. Use whatever you have on hand.

Tips:

- ❖ Darker colors make for a better result.
- ❖ Place leaf vein-side up.
- ❖ Take the paper off your crayon to create a larger coloring surface area.
- ❖ You can use many leaves of different types or stick to one leaf shape or go minimal with only one leaf.
- ❖ Have fun with color! If using many different leaves, sticking to one color creates cohesion, but colors are a lot of fun. Rainbow leaf, anyone?
- ❖ You can also make a leaf stamp by coating your leaf lightly in paint and pressing it gently on your paper.
- ❖ Make it an event. Pour yourself a beverage, turn on some jazzy tunes and color your cares away.

Leaf Votive Holders

You'll need spray adhesive, colorful leaves and a clear glass vessel of some sort for this craft. You can pick up cheap glass candle holders at a thrift store or repurpose ones from around your house. Smooth jars also work for this idea.

- ◆ Use leaves fresh from the tree, as dried leaves will break rather than bend.
- ◆ Apply spray adhesive (or MOD podge or hot glue, if you're feeling confident) to the backs of your leaves, then wrap the leaves around your glass vessel, letting the stem of each extend slightly past the base.
- ◆ Cut excess pieces off the bottom of the candle holder. Don't worry if it's not perfect!
- ◆ Place a candle in your holder after it dries for a classic fall decoration.



Pile In!

What says “fall” more than jumping into a freshly raked pile of leaves? There are many reasons not to jump into a pile of leaves: if you have allergies or are afraid of crawly things like ticks. If either applies to you, maybe skip this one. BUT! If you can pop a Claritin and apply some bug spray, join in (then check for ticks after)!

This one is simple: rake a pile of leaves and jump in them! As an adult, we often reserve silliness for kids, but we ask that you let yourself get super silly and fling yourself into a bunch of leaves. If you have kids, make them do the raking. Or you can challenge them to a leaf-collecting race. Give them buckets, set a timer, and see who gets the most leaves before the timer goes off. Dump the leaves into a pile. The winner gets the first jump! After leaf jumping is over, challenge them to see who can clean the leaves up fastest. Everyone wins!

*By the way, dead leaves make great compost.
Thumbs up for composting the leaves instead of
tossing them in trash bags.*



Mad for Plaid!

Nothing says fall like plaid! Originating in Scotland, Tartan plaids helped distinguish clan heritage. At its core, a plaid pattern is crisscrossing vertical and horizontal lines of varying widths. Plaid as we know it today was first used in Scotland in the 1700s and became something of a national symbol when the invading English attempted to ban Scottish people from wearing it. The word plaid even comes from a Gaelic word for a blanket!

Popular plaids you might recognize:



Buffalo Plaid

Synonymous with lumberjacks, the bold, large squares of this classic American design became a symbol of American strength and independence.



Glen Plaid

Glen Plaid became famous when the Countess of Urquhart castle used the design as a winter staff uniform. King Edward VII saw the staff in their stylish uniforms and adopted the pattern for some of his own suits!



Madras Plaid

Madras plaid is a lightweight cotton printed with fun designs that originated in India. This fabric also had great popularity in the Philippines in the 1800s, where women used it to make cooling saya skirts and loose pants.



Black Watch

Scottish military units wore Black Watch plaid kilts to set themselves apart from other Scottish clans and organizations. In fact, various Scottish military units wore the Black Watch plaid for more than 250 years!

JOIN US FOR A

SIP

+

SHOP



DOWNTOWN RUTLAND

5-8 PM | THURS, NOV. 3

An evening to celebrate Downtown businesses, Vermont food & beverage producers, art, and music. Visit more than a dozen stops to shop, sip, and snack on something new!

DOWNTOWNRUTLAND.COM | [f](#) [@](#)  

DOWNTOWN RUTLAND PARTNERSHIP | 802.773.9380 | INFO@DOWNTOWNRUTLAND.COM



Graveyard Scavenger Hunt

The rules are simple: find a graveyard, grab a friend, set a time limit and see how many things you can find. The person with the most points wins. 50 points are possible! Please be gentle with the graves and try not to wake the deceased. Take a photo of this sheet and tag #LEAFPEEPINGSOCIETY

- 2 Angels (4pts)
- 3 American Flags (6pts)
- Oldest birth year (2pts)
- A picture of a lamb or the word "lamb" (4pts)
- A heart (3pts)
- The letter Z (2pts)
- Born on Halloween (5pts)
- An obelisk (2pts)
- 5 crosses (5pts)
- A Civil War veteran (5pts)
- The word "loving" (3 pts)
- Name that sounds like a Harry Potter character (3pts)
- A broken tombstone (2pts)
- Something written in another language that's not a last name (4pts)



Total Points: _____

61ST ANNUAL



HALLOWEEN PARADE

*Save the
Date!*

DOWNTOWN RUTLAND, VT
OCTOBER 29TH, 2022 @6:30PM

**WATCH THE PARADE DOWNTOWN OR
WATCH THE PARADE
BROADCAST LIVE ON PEGTV!**

New England Scary Spookfest!

New England is a great setting for scary stories. Some of the most famous horror authors are from New England, including Nathaniel Hawthorne, Shirley Jackson, and Stephen King.

Why is New England such a great place for horror writers? It's dark and cold most of the year, and writers can create their masterpieces undisturbed in the gloom.

To be fair, New England is a great place for writers in general, though the chilly air, isolation and barren winter landscape make it particularly appealing for horror writers.

Finally, a lot of strange and ghastly things have happened in New England. You've probably heard of the Salem witch trials, but have you heard of the New England Vampire Panic of the 1800's?



New England Vampire Panic of the 1800's

During the 19th century, the spread of tuberculosis claimed the lives of entire families in Rhode Island, Connecticut, Vermont and other parts of New England.

“Typically, a rural family contracted the wasting illness, and—even though they often received the standard medical diagnosis—the survivors blamed early victims as “vampires,” responsible for preying upon family members who subsequently fell sick. Often an exhumation was called for, to stop the vampire’s predations. This spurred a grim practice of digging up the dead and burning their internal organs.

Often these rituals were clandestine, lantern-lit affairs. But, particularly in Vermont, they could be quite public, even festive. One vampire heart was reportedly torched on the Woodstock, Vermont, town green in 1830. In Manchester, hundreds of people flocked to a 1793 heart-burning ceremony at a blacksmith’s forge: ‘Timothy Mead officiated at the altar in the sacrifice to the Demon Vampire who it was believed was still sucking the blood of the then living wife of Captain Burton,’ an early town history says. ‘It was the month of February and good sleighing.’”

- *Smithsonian Magazine*, October 2012

Stay Alive Inside!!

Let's make some popcorn and watch a scary movie! Sometimes it's nice to stay in and watch a flick when there's a chill in the night air and things are feeling a little spooky.

Be warned: some of the scary adult films may make you sleep with the lights on!

Check off the ones you've seen below:

Kid and Scaredy-Cat Friendly:

- Hocus Pocus
- Hocus Pocus 2
- Beetlejuice
- Casper
- ParaNorman
- Coraline
- The Addams Family

For Adults:

- Misery, It, The Shining or anything else from Stephen King
- The Witch
- Get Out
- The Witches of Eastwick
- The Ring (or the original Japanese movie, *Ringu*)
- The Conjuring
- The Birds
- The Babadook

Stay Alive Inside with a Good Book!

Looking for some family-friendly fall reading? We recommend reading these outside by a bonfire or firelight while roasting marshmallows or drinking hot cider. Better yet, take a walk outside to a place in nature that gives you all the fall feels and read these stories onsite.

Spooky picture books:

- *There Was An Old Lady Who Was Not Afraid of Anything* by Linda Williams
- *We're Going on a Pumpkin Hunt* by Goldie Hawk
- *There's a Ghost in this House* by Oliver Jeffers
- *Big Pumpkin* by Erica Silverman
- *Room on the Broom* by Julia Donaldson

Leaf Peeping/Fall picture books:

- *The Runaway Pumpkin* by Kevin Lewis
- *Leaves* by David Ezra Stein
- *A Fall Ball for All* by Jamie A. Swenson
- *Tiny, Perfect Things* by M.H. Clark
- *Yellow Time* by Lauren Stringer

Books recommended by the Rutland Free Library

Why Do Leaves Change?

My four-year-old just asked me this question, and I had no answer! Simply put: chlorophyll is the reason leaves change. As fall approaches, the days get shorter and cooler. Less daylight and cooler temps send a signal to the trees to stop making chlorophyll. Chlorophyll makes the leaves green, so as it decreases, leaves begin to change into the brilliant fall colors of red, yellow and orange. The pigments that make fall colors are always there in the leaves: the green chlorophyll simply overpowers the other hues. But once the chlorophyll declines, both yellow and orange pigments are on display. Red pigments called anthocyanins are not present in the green leaves, and only appear in autumn under certain conditions. Not all trees make red pigments, but sugar maples do, which are found throughout the Northeastern U.S.

Xanthophylls: Yellow



Carotenoids: Orange



Anthocyanin: Red



RUTLAND FREE
LIBRARY



Stick Season

CELEBRATION

November 19, 11AM-1PM

**Aitken State Forest,
Killington, VT**

Join Rutland Free Library and Come Alive Outside for a book reading, short hike, and celebration of the season!

**MORE INFORMATION AT
WWW.COMEALIVEOUTSIDE.COM**



100 Creemees 100 Days 100 Miles

**September 17
11AM-12PM**

**Walk from Pinehill
Park
to Village Snack
Bar
Rutland, VT**





**PARTNERS FOR
PREVENTION**

presents

4 SCARY FACTS ABOUT VAPING



- 1.** Vaping is marketed as being harmless to young people, but it is not. Most vapes contain addictive nicotine, plus more than 30 harmful chemicals, and dangerous heavy metals
- 2.** Nicotine is very addictive and can harm adolescent brain development, especially the parts of the brain that control attention, learning, mood, and impulse control
- 3.** Vapes are the most used tobacco products among teens.
- 4.** If you smoke or vape, it's never too late to quit. There are resources that can help if you are ready to quit, and it makes a powerful impression on kids. 802Quits offers free, customized help to quit smoking and other tobacco, including tailored quit plans. Call 1-800- QUIT-NOW

AREA 802

THIS HALLOWEEN WEEKEND, WE DARE YOU TO STAY ALIVE OUTSIDE...

OCTOBER 28TH AT PINE HILL PARK, RUTLAND VT

4PM-5PM FAMILY FRIENDLY TRAIL

6PM-9PM AGES 13+

FREE EVENT BUT TICKETS REQUIRED

PRIZES * SNACKS * FUN



MORE INFORMATION AND TICKETS
AT: WWW.COMEALIVEOUTSIDE.COM



SPARKLE ON THE ROCKS
PRESENTS

PUMPKIN DECORATING AND SPOOKY MOVIES

10.30.2022 3PM-7PM BARN AT WHITE ROCKS, WALLINGFORD, VT

FREE EVENT. PUMPKIN DECORATING. SNACKS. FAMILY FRIENDLY. SHORT FILMS. COSTUMES ENCOURAGED.



MORE INFORMATION AND RSVP AT
WWW.COMEALIVEOUTSIDE.COM

SPARKLE BARN

Candy Corn- Yuck or Yum?

Whether you love it or hate it, candy corn is a fall staple. 35 million pounds of the sweet stuff is made each year, according to the National Confectioners Association. But what is candy corn? It's basically sugar and corn syrup (and a few other ingredients) colored to look like corn kernels. Candy corn is a fat-free food, and 19 pieces of Brach's corn is about 140 calories.

It's a surprisingly old candy, as it was first made in the 1880's. Back then, making it was a labor-intensive process. Men called "stringers" had to walk backwards and pour the candy into cornstarch trays imprinted with the kernel shape. Each stringer had to make three rounds with the liquid candy in order to get the white, orange and yellow colors into the molds. Today, candy corn is made by machine.

Residents of seven states — Alabama, Idaho, Iowa, Michigan, Nevada, New Mexico, and Rhode Island — named candy corn as their favorite Halloween candy, based on sales data from 2007 to 2017.

Does candy corn contain bugs and bones? Kind of. Confectioner's glaze, an ingredient in most candy corn, is made from the secretions of the lac bug. The glaze gives candy corn its hard waxy coating, and is found in other candy like jelly beans and Milk Duds. Candy corn also typically contains gelatin, which is usually made from the skin, bone, tendons, and/or ligaments of cows or pigs.

From vox.com, howstuffworks.com and greenmatters.com

Pumpkin Spice: Love it or Hate it?

Call it “tasty” or call it “nasty,” pumpkin spice is here to stay. As reliable as the migration of Canadian Geese, the pumpkin-spiced items arrive in droves to supermarkets, coffee shops and even bars in late August. But what is pumpkin spice? It’s a combination of “warm spices” like cinnamon, nutmeg, and cloves. Some recipes also have allspice and ginger as well.

- ❖ Pumpkin Spice officially became a “thing” in the 1950’s when spice magnates McCormicks released their pumpkin spice blend to supermarket shelves across the U.S.
- ❖ In 2003, Starbucks has sold more than 424 million Pumpkin Spiced Lattes
- ❖ Weird pumpkin spiced items are more than a joke: they’re real. SPAM makes pumpkin spiced meat. There’s also pumpkin spiced deodorant, hummus, mac-n-cheese and dog treats.
- ❖ Even though they’re everywhere, only 37% of the U.S. population buys pumpkin-spiced items.

Cookie and Kate’s Pumpkin Spice Recipe:

You’ll need:

- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice or cloves

Directions:

In a small bowl or jar, combine all of the spices. Stir to combine. PThat’s it! Enjoy pumpkin spice wherever you’d like a taste of fall flavor. Or, if you hate pumpkin spice, check out our other recipes.

From <https://cookieandkate.com/pumpkin-spice-blend-recipe/>

Apple of My Eye

One of the quintessential fall activities is apple picking, but how much do you really know about the U.S.'s favorite fruit?

There are a whopping 7,500 varieties of apples world-wide, with 2,500 grown here in the U.S. Kind of amazing, right? The really interesting thing is that all the varieties started with just one type of apple. Called the "Malus sieversii," this **original wild apple is native to Central Asia**, specifically to the Tian Shan Mountains of Kazakhstan, where they have been growing over millions of years and can still be found today. Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.

Other than the wild crab apple, **apples are not native** to North America. Seeds were brought to the colonies by the Puritans in the Massachusetts Bay Colony.

The United States grows approximately **200 unique apple varieties**. The top 10 varieties in the U.S. are Red Delicious, Gala, Granny Smith, Fuji, Golden Delicious, Honey Crisp, McIntosh, Rome, Cripps, Pink/Pink Lady and Empire (U.S. Apple Association, 2018). Newton Pippins are one of the oldest American varieties of apple you can still buy. Coincidentally, they were also the first American variety exported from the colonies, when, in 1768, a batch was sent to Benjamin Franklin while he was in London.

The United States is the second largest producer of apples in the world, behind the People's Republic of China. Apples are a **member of the rose family** and are the most consumed fruit in the U.S., followed closely by oranges or bananas, depending on whom you ask.

Apple Adventures!

How many different varieties of apple have you eaten?
Place a checkmark next to the apple varieties you've
tried this year along with if you liked it or not:

- | | | |
|--|------------------------------|-------------------------------|
| <input type="checkbox"/> Red Delicious | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Honeycrisp | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Pink Lady | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Granny Smith | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Cortland | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Macoun | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Fuji | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Northern Spy | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Braeburn | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Cortland | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Gala | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |
| <input type="checkbox"/> Empire | <input type="checkbox"/> Yum | <input type="checkbox"/> Nope |

Kudos to anyone who eats 6 different varieties!

Big kudos to anyone who tries them all!

If you can find and eat Newton Pippin apple, let us
know how it tastes!

Take a photo of this page and tag [#leafpeepingsociety](https://twitter.com/leafpeepingsociety)
or email Arwen@comealiveoutside.com

Coconut Curry Chickpeas With Pumpkin and Lime Recipe

Ingredients:

Yield: 4 to 6 servings

3 tablespoons neutral oil, such as sunflower or canola

1 large onion, chopped

2 jalapeños, seeded or not, thinly sliced

1 bay leaf

1 knob ginger (about 1 inch), minced

4 garlic cloves, minced

1½ teaspoons garam masala

1 teaspoon ground cumin

½ teaspoon ground turmeric

2 (15-ounce) cans chickpeas, rinsed

1 (13.5-ounce) can coconut milk (do not use light coconut milk)

1 (13.5-ounce) can pumpkin purée

1½ teaspoons fine sea salt, more as needed

¾ cup chopped cilantro, more for serving

2 to 3 tablespoons fresh lime juice, plus wedges for serving

Cooked rice or couscous, for serving (optional)

Directions:

Heat oil in a large skillet over medium-high heat. Stir in onion, jalapeño and bay leaf. Cook, stirring occasionally, until onion is golden on the edges, about 8 minutes.

Add ginger and garlic and cook until fragrant, about 2 minutes, stirring frequently. Stir in garam masala, cumin and turmeric; cook for an additional 30 seconds.

Stir in chickpeas, coconut milk, pumpkin, ½ cup water and 1½ teaspoons salt. Bring to a simmer and continue to simmer for 10 minutes, stirring occasionally. (Add more water if it starts to look too thick.) Stir in cilantro and lime juice to taste. Taste and add more salt if necessary. Serve over rice or couscous if you like, and top with more cilantro and lime wedges on the side.

Baird Farm's Rosemary Waffles Recipe

Ingredients:

1.5 cups All-purpose Flour

1 Teaspoon Salt

1 Teaspoon Baking Powder

1/2 Teaspoon Baking Soda

1/2 cup Corn Starch

Chopped Rosemary to taste (a little goes a long way) We use anywhere from a teaspoon to a tablespoon-all depends on how herbaceous you feel.

2 Cups of Buttermilk (in a pinch you can sub whole milk with lemon juice)

2 eggs

2/3 Cup Vegetable Oil

2 Teaspoon Vanilla Extract

2 Tablespoons Maple Sugar or Granulated Sugar

Baird Farm Maple Syrup for Topping



Note: A waffle iron or grill pan is required. However, feel free to make pancakes with the batter instead of waffles.

Directions:

In a large mixing bowl, combine all dry ingredients.

After the dry ingredients have been mixed, slowly add in wet ingredients.

Pour waffle batter over waffle iron - cook and enjoy with Baird Farm Maple Syrup!



BENNIE AND THE JETS: AN ELTON JOHN TRIBUTE

Saturday, October 1 - 7pm

BUDDY: THE BUDDY HOLLY STORY

Thursday, October 14 - 7pm

JIM BRICKMAN: BRICKMAN ACROSS AMERICA

Saturday, October 15 - 7:30pm

EAGLEMANIA

Friday, October 21 - 7:30pm

SIDEWALK PROPHETS - I BELIEVE IT NOW TOUR

Sunday, October 23 - 7pm

KIP MOORE: FIRE ON WHEELS TOUR

Saturday, October 29 - 8pm

THE FRONTMEN

Saturday, November 5 - 7:30pm

AMERICAN BALLET THEATRE: STUDIO COMPANY

Saturday, November 12 - 7:30pm

PHILLIP PHILLIPS: WHERE WE CAME FROM TOUR

Friday, November 18 - 8:00pm

More information and tickets can be found at:

<https://www.paramountvt.org/>

Connecting communities to the health and wellness benefits of the outdoors.

Come Alive Outside Programs



This hyper-local program gives participants added incentive to stay active and take advantage of access to nearby nature. Children and their families and adults earn points and win prizes for visiting local parks, farmers markets and community events to complete tasks.



Mile a Day is a walking challenge that encourages individuals and teams from worksites and organizations to establish and track healthy walking habits. There has never been a more important time to get outside and spend time walking in nature.



NatureRx is a national movement for doctors and healthcare providers to initiate the conversation with patients about the health benefits of connecting with nature and outdoor physical activity. Our take of this program involves 12 week cohorts with 1:1 health coaching.



The Come Alive Outside Design Challenge creates the opportunity for college, high school, elementary and preschool students to work together with landscape professionals to design and build natural schoolyards and playgrounds in communities across North America!



Not a program, but a marketing initiative to build awareness around the importance of unstructured outdoor play, during a Green Street Challenge (GSC) temporary parks are created prominent streets in communities across North America! A GSC can be hosted by any community that has the resources to use our GSC toolkit!



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