



WellNYS
Everyday

WellNYS Daily To-Do

2021 October

Enjoy the Fall Harvest

In 2021, participate in **THE THREE** every day by doing the following

1. Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the **Go Beyond the Challenge** starting October 22nd.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>.
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

NOVEMBER						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

UPCOMING MONTHLY CHALLENGES

November	Practice thankfulness.
December	Start each day with a positive affirmation.



Once you've completed the To-Do, check the box!

- 1. Today is the first day of the Monthly Challenge to enjoy the fall harvest. Register at: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm.
- 2. From A to Z, apples to zucchini, here is a guide to when produce is ready to be harvested in New York State: <https://agriculture.ny.gov/system/files/documents/2019/03/harvestchart2016english.pdf>
- 3. Fall is apple season. It's time to go apple picking. For a variety of apple recipes for appetizers, bread, breakfast, entrees, salads, smoothies, and snacks go to <https://www.applesfromny.com/recipes/>
- 4. Pumpkin flavor is used in many different foods and beverages. Pumpkin flavor can remind us of coziness and comfort foods. It can be found in coffee, protein bars, yogurt, cookies, and even breakfast cereal. What is your favorite pumpkin-flavored food or beverage?
- 5. Baked acorn squash is easy to make and has a delicious, nutty, earthy flavor. Cut the squash in half, remove the seeds, sprinkle with olive oil, brown sugar, and cinnamon. Place on a baking sheet cut side up. Roast at 400 degrees for one hour. Enjoy!
- 6. Pears are a delicious fruit harvested in the fall. Try a Comice pear. It's a cross between a Bosc and an Asian Pear. It has a fruity aroma and is not as grainy as other pears.
- 7. Onions have a variety of different flavors from strong to mild. Store onions in a cool place in a vented basket. Do not store onions with potatoes as the gas from the onions will cause your potatoes to sprout.
- 8. Did you know that a medium size sweet potato has 4 grams of fiber? An apple has 4.4 grams, which is only slightly higher. Sweet potatoes are delicious fried, mashed, in baked goods, and as baked chips.
- 9. Mushrooms are widely available in the fall. Since many mushrooms are poisonous, it's best to get mushrooms from a reputable source. Did you know the Cremini mushroom is the most popular? What is your favorite way to serve mushrooms?
- 10. Gourds are small vegetables used for decoration during Halloween and Thanksgiving. A fun fact is that you can eat them, but they are hard to cook and hard to eat. You'd be better off using them for a craft or to decorate your home.
- 11. What's your favorite fall vegetables? Squash, pumpkins, potatoes, onions, broccoli rabe, kale, and beets. What is your favorite way to prepare it?
- 12. Cabbage is harvested in the fall. Besides shredding it for coleslaw, try it stuffed, cooked with corned beef, grilled, in egg rolls, or borsht. Cabbage is low in carbohydrates and can be used in place of tortillas and bread.
- 13. Garlic is harvested in the fall and adds flavor to many recipes. Besides chopping and adding it to recipes, have you tried roasting it?
- 14. Pectin is a fiber found in apples that slows digestion and promotes a feeling of fullness. Have you had an apple today?
- 15. Do you know where the closest farmer's market is located near your workplace and/or home? Go to WellNYS Everyday and click on "Find a NYS Farmer's Market." <https://wellnys.goer.ny.gov/>
- 16. Canning is a safe and economical way to preserve quality food at home. If you are new to canning fruits and vegetables, click on the link for a guide from the USDA. https://nchfp.uga.edu/publications/publications_usda.html
- 17. The apple is the official state fruit of New York. What is your favorite type of apple?
- 18. Pumpkins is considered a fruit. There are approximately 500 seeds in each pumpkin. A fun activity to do with a child is open a pumpkin and count the seeds.
- 19. Freezing food is a way to keep fresh food longer. Visit the following website to learn about which vegetables freeze best, proper packaging, avoiding freezer burn, storage time, and safe thawing. <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/freezing-and-food-safety>
- 20. Try this simple and delicious spaghetti squash with tomatoes, basil, and parmesan recipe: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/spaghetti-squash-tomatoes-basil-and-parmesan>
- 21. Are you interested in making jellies, jams, or preserves? Click here <https://naldc.nal.usda.gov/download/CAT40000392/PDF> to review the 1965 booklet from the USDA that is still relevant today.

GO BEYOND THE CHALLENGE

- 22. For a healthy fall harvest dinner, cut different types of squash into bite size pieces, sprinkle with salt and pepper, and spray with olive oil. Bake in the oven at 400 degrees for one hour and enjoy.
- 23. Pumpkin seeds, also known as pepitas, are a high fiber healthy snack. Scoop them out of the pumpkin, soak for a few hours to remove the pulp, then layer on a baking sheet. Bake for 15-20 minutes at 350 degrees. Enjoy warm or cold.
- 24. Apples can only last for a few days on the kitchen countertop, but can stay fresh for months in the refrigerator. Apples, in fact, ripen six to 10 times faster at room temperature!
- 25. Fresh herbs can be available all year long. Bring your portable herb garden inside and place in a sunny spot or starts on a pot on sunny windowsill.
- 26. Soups are a great way to use root vegetables. Butternut squash, carrots, onions, sweet potatoes, and white potatoes are all great to use chopped or blended into soups. Why not make soup with the weather cooler.
- 27. As you are raking and cleaning up your garden to plan next year's garden? Keep a notebook on what worked well in your garden this year, and what would you like to add next year?
- 28. Fun fact: Hardy mums planted in the ground can grow back year after year. So, instead of pulling out the plant, trim, water, then spread mulch around the base, and cover with burlap before winter.
- 29. Check out the national website <http://usapple.org/>, it's a good resource for all things apple; recipes, kitchen tips, and health and nutrition.
- 30. Try having an apple taste test with your family or office. Grab a variety of New York State apples, cut them into slices, and have everyone vote on which one they like the best.
- 31. Today is the last day of October. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

NUMBER OF
DAYS COMPLETED