

### "Seasonal Eating for Fall"

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#### Thoughts about Fall...

Early this morning before I began writing this post I went out for a walk. I noticed the morning air felt cooler and I am beginning to see a hint of yellow appearing in the leaves of the trees. I can tell that the fall season is upon us.

Fall is my favorite season in Colorado because I truly love to abundance of fresh foods that are harvested at this time of year. My favorite fall fruits and vegetables include cantaloupe, watermelon, peaches, plums, zucchini, green beans, beets, tomatoes, cucumbers and corn.

For this blog I decided to include a quick and easy zucchini muffin recipe. This recipe only takes about 15 minutes to prep and 18 minutes to cook.

I love having fresh or frozen muffins on hand for days that I'm frantically trying to get out of the house in the morning, on my way to work or campus.

#### Grab- N- Go Zucchini Muffins for Busy College Students

Serving Size = 1 Muffin 162Kcal

Carbohydrates 28g, Protein 4g, Fat 5 g, Saturated fat 3g  
Cholesterol 37mg, Sodium 158 mg, Potassium 207mg, Fiber 3g, Sugar 14g, Vitamin A 241 IU, Vitamin C 8mg, Calcium 40mg, Iron 1mg

##### Ingredients:

2 Cups Shredded fresh zucchini (2 medium)  
4 Tbsp unsalted butter  
½ cup mashed ripe banana  
½ cup Honey  
1 tsp vanilla extract  
1 tsp cinnamon  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt

1 ¾ cup whole wheat or all-purpose flour

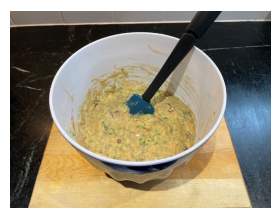
\* Optional ½ cup nuts or chocolate chips

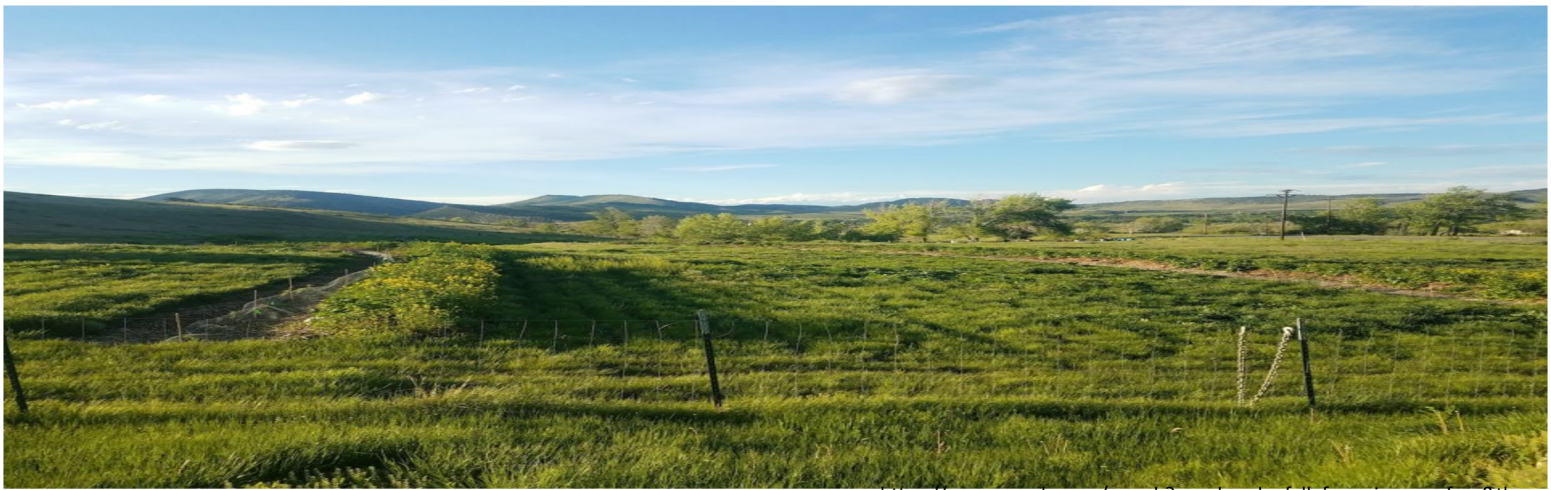
Preheat oven to 350 F

- Spray muffin tin with cooking spray
- Shred and wrap zucchini in a clean paper towel – squeeze out excess water
- In a mixing bowl add melted butter, mashed banana (or applesauce), honey, vanilla and eggs. Whisk all ingredients to combine.
- Add cinnamon, baking powder, baking soda, and salt. Whisk again to combine make sure there are no clumps of baking soda or powder. Add flour and mix with a spatula. Then add zucchini and optional nuts or chocolate chips. Do not over mix the batter.
- Scoop the mixture evenly into a muffin tin then bake 16-18 minutes or until a tester toothpick comes out clean.
- Cool for 5 min then transfer from tin to wire rack to finish cooling.

Can store in airtight container for 3 days or in freezer up to 3 months

Recipe credit: Kristine's Kitchen





<https://www.google.com/search?q=colorado+fall+farm+images+free&tbm>

For me personally, shopping seasonally is not just about obtaining foods that are high in nutrient density, shopping for seasonal foods grown in the state or region means that I am supporting my community and the people who work and live here. The picture shown below is from Palizzi farm located in Brighton CO. This farm has been supporting the community and employing local workers since 1929.



My family has shopped at Palizzi farm for years. This image was taken at the Cherry Creek farmer's market.



This picture was taken in 2015. My mom, my kids and I were canning cucumbers picked at Palizzi farms to make dill pickles.

## Colorado Fall (Aug- OCT) Seasonal Fruit and Vegetables

### Fruits:

Apples  
Apricots  
Cantaloupe  
Grapes  
Honeydew Melon  
Peach  
Pear  
Plums  
Raspberries  
Tomatoes

### Vegetables:

Arugula, Mustard, Radish & Turnip Greens  
Beets  
Bell Peppers  
Broccoli/Cauliflower  
Cabbage  
Carrots  
Celery  
Chard, Collards, Kale  
Chili peppers  
Cucumbers

Eggplant  
Green beans  
Lettuce  
Mushrooms  
Onions/garlic  
Potatoes  
Pumpkin  
Summer Squash