



Activity: *Acorn Throwing*

Use the plethora of acorns that have fallen this fall to make a fun game. You can make your own targets or simply use buckets with assigned point values. Whoever gets the most acorns wins.

Plant of the Month: *Broccoli (Brassica oleracea var. italica)*

Broccoli, a cool-season crop, is an easy plant to grow in the fall season. Related to cauliflower, cabbage, and kale, broccoli is known for its high nutritional value and anti-cancerous properties according to the American Cancer Society. For best result, broccoli should be grown in soils that are fertile, well-drained, and have texture ranging from sandy loam to clay loam. The variety that grow well in North Carolina is Packman Hybrid (standard variety).

Recipe: *Roasted Sweet Potatoes*

Ingredients

- 2 to 3 medium sweet potatoes, peeled
- 1 tablespoon olive oil
- ½ teaspoon curry powder
- ¼ teaspoon ground cumin
- 1/8 teaspoon ground cloves
- ½ teaspoon salt
- Pepper (to taste)

Instructions

- Preheat oven to 425 degrees.
- Cut sweet potatoes in half lengthwise; cut each half into six wedges.
- Combine sweet potato wedges, olive oil, and spices in a bowl. Toss gently to coat.
- Place wedges in a single layer on a baking sheet. Bake until very tender.
- Serve warm.