

Then Comes the Fall

Tonya Judd, M.H.

In the fall we begin to crave warming, comfort foods to accommodate the cooling weather.

Dr. Christopher taught about eating foods in their season:

“Then comes the fall, and the feel of coolness in the air. Nature also feels it and gives us food to cope with the situation. We have a different type of food from that which is grown in either the spring or in the summer. This new fall food has just the right amount of minerals, salts and vitamins needed to prepare our bloodstream for the cold weather which is to follow, and to be able to take the little cold fall blasts and the varied temperature of the day, which goes from cool to warm to cool again. This is the time of the year the sturdier, firmer types of apples ripen. Pears of a firmer nature, tubers and starchy vegetables are given to us in abundance to take us through this wonderful fall season. How can we enjoy the beautiful fall leaves in the multiple shades, ranging from the lightest pastel to the deepest crimson, God’s handiwork, which no man can duplicate, if we are not in good health to enjoy it? Our Father is kind again. He gives us a diet on which we can feel our best, and leave sickness way in the past as a forgotten word” - Dr. John R. Christopher 1

Dr. Christopher also quoted the following scripture, “Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.” 2

Following is a list of fall foods to stock your pantry with:

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Following is a list of fall foods to stock your pantry with:

Kale	Garlic
Brussel Sprouts	Onions
Chard	Shallots
Broccoli	Pumpkins
Cabbage	Sweet Potatoes
Carrots	Yams
Celery	Potatoes
Celeriac	Pomegranates
Chiles	Squashes – Acorn, Butternut, Delicata, Spaghetti, etc.
Beets	Grapes
Apples	Persimmons
Eggplant	Tomatillos
Parsnips	Horseradish

This list is not exhaustive and you may personally know of other foods that are in season in your region.

Additional reasons to eat seasonally:

Taste! This one is a no-brainer. Think of the tomatoes available at the grocers in the middle of winter or compare the apples in the fall to the mushy storage apples available in the spring.

Nutrition: The longer food is kept in storage the more nutrients are lost and the less tasty the food becomes.

Cost: Fruits and vegetables purchased in season cost considerably less than those purchased in the off season.

This fall, I encourage you to try a few of the many delicious options available during this season. Find a few new recipes that incorporate fall foods and enjoy!

1 “Just What Is the Word of Wisdom?” Dr. John R. Christopher

2 Book of Doctrine and Covenants of the Church of Jesus Christ of Latter-Day Saints.

Doctrine and Covenants Section 89:11

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***Tonya Judd** is a Master Herbalist graduate of the School of Natural Healing.*