

Fuyu Persimmons

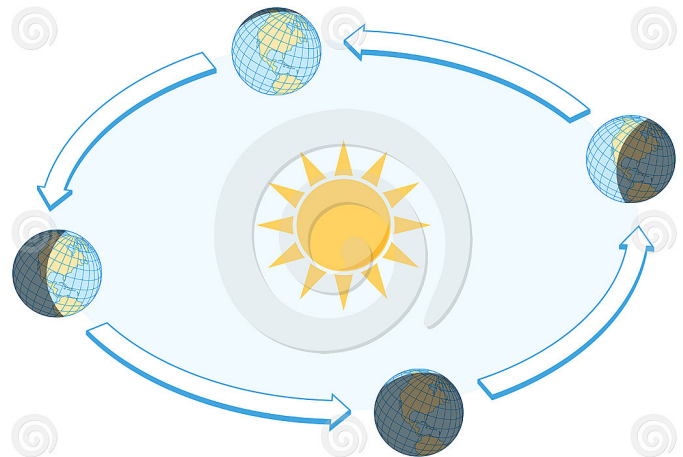
With their vibrant orange color, persimmons are an eye-catching treat at many autumn farmers markets. Fuyu persimmons have a smooth, edible skin, subtle sweet taste, and can be enjoyed when firm or soft. You can **eat Fuyus like an apple** or **use them sliced** like a tomato in salads.



HOW DO YOU LIKE THEM

Apples?

Fall is apple season, and stores and farmers markets are loaded with crisp, colorful, juicy varieties. **Bring home a few different apples to try with your family.** Have a taste test and discuss which is your favorite. Using as many adjectives as you can -- sweet, tart, crunchy, delectable -- to describe them is a great vocabulary building activity to do with kids.



Be in balance

September 22 is the autumnal equinox in the northern hemisphere, with an equal 12 hours of daylight and darkness. Marking the turning point from longer days of summer toward longer nights of winter, the symmetry of the equinox is a natural time to reflect on balance in your own life: rest/activity, work/leisure, self/others.