

# **PALS Newsletter**

## **October 2023**



**This month's veggie is kale and collard greens. I will be conducting taste tests and cooking activities centered around these veggies all month**



**Things you probably didn't know  
about kale:**

**We've cultivated kale for over  
2,000 years.**

**Kale becomes sweeter after a  
frost.**

**One cup of raw kale packs a  
nutritional power punch.**

**Germans have a festival dedicated  
to kale.**

**Kale comes in more colors than  
just green.**



# Kale Soup

Ingredients:

1 TBSP Olive Oil

1 Onion diced

1 Celery diced

1 potato diced

2 Garlic Cloves crushed

200 g Kale

3 1/2 cups Vegetable Broth

1/2 cup Milk (or plant based milk)

1 pinch sea salt and black pepper

Heat olive oil in large pan.

Add potato, onion, garlic and celery. Saute until softened- about 4 minutes

Add kale and broth, simmer for 15 minutes

Blend until smooth. Add milk, salt and pepper. Stir until blended.





# Fun Halloween Facts

Halloween is celebrated on October 31st all over the world

Halloween started being celebrated in the US in the 1840's. However, the holiday is much older than that!

Trick or Treating has been around since medieval times. They gave out soul cakes, not candy.

The largest Halloween Parade is in NYC every year  
There is a Halloween themepark in New Hampshire  
The President hands out candy at the White House every year.

Americans spend around 10 billion dollars every Halloween

Witch means "Wise one"

Harry Houdini died on Halloween in 1926

Candy corn was originally sold for chickens





It's estimated that the average kid eats almost 7,000 calories in candy on Halloween. To burn off that amount, you would have to take a walk...for 44 hours!



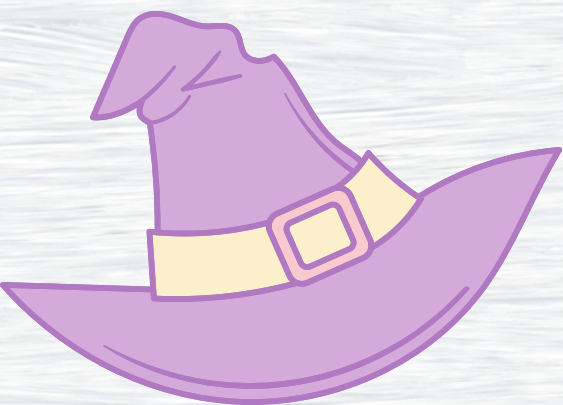


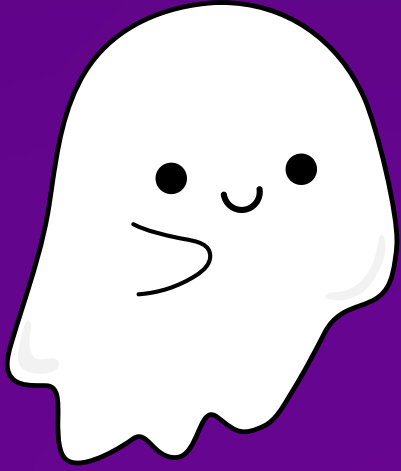
# After eating all that candy why not burn it off by having some Halloween fun?

Using painter's tape, make a spider's web on the floor and have your kids walk the web! Add some plastic spiders along the web too so they can pick them up.

Buy some witch's hats and have your kids throw rings at them. See who can get the most rings on a hat.

Have your child try to walk across the room while balancing a mini pumpkin on their head.





**Consider giving out non candy  
treats. There are so many fun  
alternatives such as:**

**Stretchy Toys**

**Crayons**

**Mini puzzles**

**Chap stick**

**Silly straws**

**Pop fidget toys**

**Glow bracelets**

**Slime**

**Plush Monster Toys**



Finish up your Halloween fun with some homemade

## Apple Cider

10-12 medium apples

2 oranges

4 cinnamon sticks

1 TBSP whole cloves

1 inch fresh ginger

16 cups water

1/2 maple syrup



Combine all your ingredients in a large pot. Heat over high heat until it reaches a boil. Then reduce heat to low, cover and simmer for 2 hours. Using a potato masher or wooden spoon, mash the apples and oranges against the side of the pot. Then cover and simmer for one more hour. Using a strainer, strain out all of the solids, stir in the maple syrup.


Serve warm



**A not so scary  
Halloween tale  
for little ones**



**Everyone knows that trick or treating is the best part of Halloween. But that one house looks kind of scary. Wait! Why are you walking to that creepy house? Whatever you do, do NOT ring that doorbell!**

The background of the image is a vibrant sunset with a gradient of orange and yellow. In the foreground, there are dark silhouettes of rolling hills and several crosses, suggesting a cemetery or a memorial park. The text is overlaid on the upper portion of the image.

**If you would like me to come out  
to your program and do some fun  
physical and cooking activities  
you can email me at  
[tsnyder@familyofwoodstockinc.org](mailto:tsnyder@familyofwoodstockinc.org)  
or call (845) 331-7080 ext 157**