

# The Kitchen Explorers Newsletter

## NOVEMBER 2022



## I AM THANKFUL FOR ALL OF YOU!

*Happy Turkey Month,*

*Thanksgiving is almost here; this is a great time to reflect and see all that there is to be thankful for. We started a tradition many years ago (over 15 years ago) when my children wanted to put up the Christmas Tree in November. I thought for a minute and I said sure why not, and this is how our family tradition started. We put the Christmas tree up (without all the decorations) and we call it our Thanksgiving tree. I buy or make theme related thanksgiving cutouts (turkeys, leaves, pumpkins etc.) and then every day we write down one thing that we are thankful for and then hang it on the Christmas tree with the current year on them. On Thanksgiving Day each person gets to go and pick the thanksgivings off the tree and share them. There are a lot of family traditions shared this time of year and it is truly amazing all of the different ideas that are out there all over the world.*



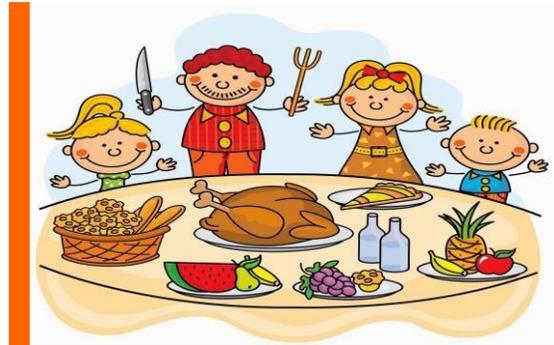
*Our choice fresh product that we are going to talk about is... APPLES*

*Apples are an amazing yummy delicious fruit used in many things FALL. Not only do apples taste delicious on their own or when added to dishes but they come loaded with health benefits. There is plenty of research to show that apples are linked to a lot of different health benefits including but not limited to, gut health, high blood pressure, diabetes obesity and heart disease. Wow, is that not amazing. Apples have so many health benefits and you can be so creative with meals or eating it fresh. It is no wonder we grew up hearing the quote "An apple a day keeps the Doctor away."*

*What are you going to create with Apples? Whatever it is, have Gobbles of fun doing it with your family!!!*

WISHING YOU ALL A BLESSED AND HAPPY THANKSGIVING FROM MY KITCHEN TO YOURS.

## HAPPY THANKSGIVING



Article 3

Great family fun crafts

A bunch of cute and fun crafts

[www.goodhousekeeping.com/holidays/thanksgiving-ideas/g2907/thanksgiving-kids-crafts/](http://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g2907/thanksgiving-kids-crafts/)

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Apple Cinnamon Wreath

[www.goodhousekeeping.com/holidays/thanksgiving-ideas/g2907/thanksgiving-kids-crafts/](http://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g2907/thanksgiving-kids-crafts/)

Family Fun Recipes

[www.inthekidskitchen.com/kids-thanksgiving-recipes/](http://www.inthekidskitchen.com/kids-thanksgiving-recipes/)

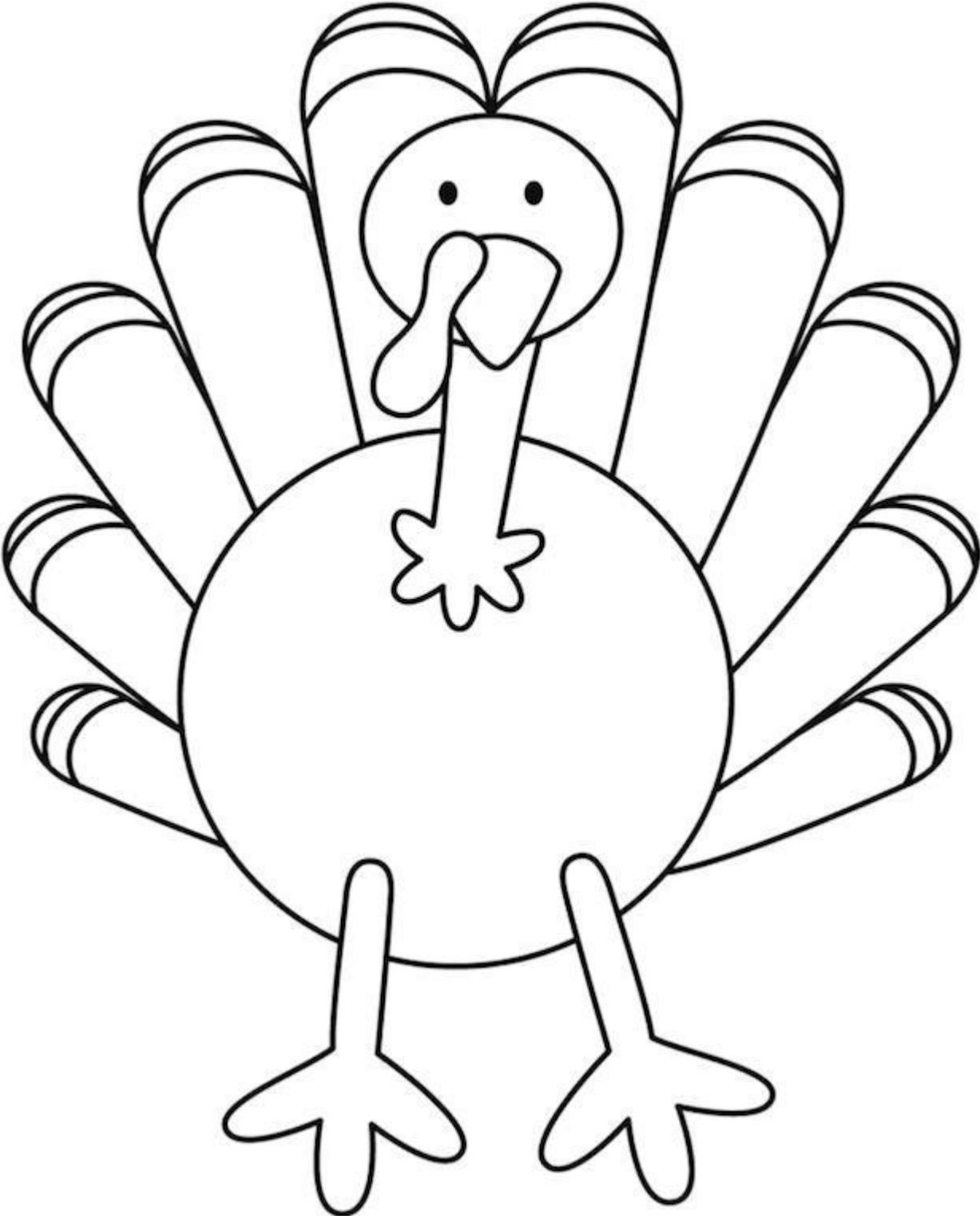
Yummy apple recipes for kids

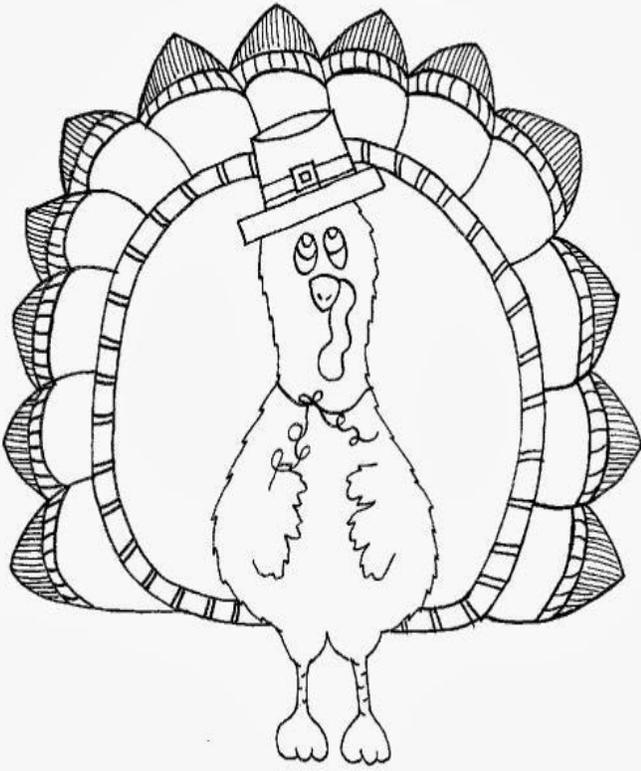
[www.kids-cooking-activities.com/apple-recipes.html](http://www.kids-cooking-activities.com/apple-recipes.html)

A great website for all things healthy and kids is:

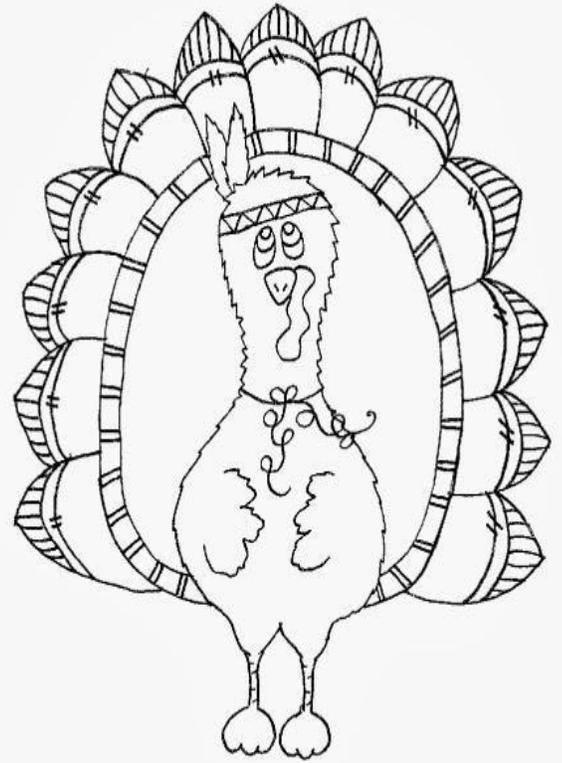
[www.kids-cooking-activities.com/apple-recipes.html](http://www.kids-cooking-activities.com/apple-recipes.html)

Help me add some turkeys to our pumpkin patch





I AM  
THANKFUL



gobble, gobble,  
gobble!

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