

## SPECIAL POINTS OF INTEREST:

- Autumn Time
- Green to ROY
- 3 FUN FALL Facts
- Paint instead of Carve
- What's Happening



### Sept. Highlights:

- **EVERY KID IN A PARK** kick-off event on Sept. 3, kids received their free national park pass and loved the bird watching nature hike at the MN Valley Refuge.
- Sept. 12, Kids day at the Rochester Farmers Market was a success. We had fun crafting picture frames out of sticks and twine.

### PAINT instead of CARVE



Instead of carving pumpkins this year with your youth, get creative with painting pumpkins (no sharp utensils are involved!)

You can find an abundance of kid friendly ideas on how to paint pumpkins online, AND check out our **Pinterest Fall Board** for more ideas for fall activities and snacks.

How cool are these!



# Ready, Set, Go!



OCTOBER 2015

## Autumn Time

There are many colors that now appear, once September's here. The trees transform before our eyes, rain marks the skies. Bold yellows, sharp orange, deep red, beneath the sky of lead. Birds migrate and insects vanish, harsh winds banish. Days grow short the night time long, hear the blackbirds song. The winds are cooler the night air cold, Autumns taking hold. (By Cheryl Sandberg) **NOW RE-READ IT! When reading this poem to your kids, ask them what comes to mind after each sentence and proceed to draw pictures for each.**



## Changing from Green to ROY

During the spring and summer, leaves serve as food-making factories to produce nutritious food necessary for tree growth. This food-making process (called photosynthesis) makes the leaves turn green with Chlorophyll. Along with the green color are **ROY colors (Red/Orange/Yellow)**; however, most of the year **these colors are masked** by large amounts of thick, green chlorophyll.

In the **fall, the leaves stop photosynthesizing** because of the shorter days and cooler temperature. Photosynthesis breaks down (aka the **green color disappears**) and the **ROY colors become visible** and give the leaves their fall splendor.



Temperature, light, and water supply have an influence on the degree and the duration of fall color. Low temperatures above freezing will produce bright reds in maples. However, early frost will weaken the brilliant red color. Rainy and/or overcast days tend to increase the intensity of fall colors. The **best time to enjoy the autumn color** would be on a **clear, dry, and cool (not freezing) day.**

### 3 FUN FALL Facts

1. Pumpkins were once believed to remove freckles and cure snake bites.
2. The first known instance (in print) of trick-or-treating took place in Blackie, Alberta in 1927.
3. The largest squash on record belonged to John Hawkey. His prize-winner weighed 2,058 pounds.

[Find More FUN FALL Facts](#)



## What UP October?

**Everywhere:** Oct. 31 Halloween

### Metro Area:

Oct. 4, 12, 17, & 24 Birding and Other Activities [MN Valley Refuge Programs](#) [Explore Minnesota](#) Festivals and events throughout October

[Three River Parks](#) Family Friendly Programs throughout October

[DNR KIDS!](#) - Fall Color Reporting, JR Park Naturalist Program, Canoe/Kayak trips, and Biking/In-line Skating!

### Southern MN:

Oct. 5-9 Walk/ Bike to School Week

Oct. 7th Walk/Bike to School Day

Oct. 10th Fall community tree planting in Rochester. Begins at 8:30am. Planting 279 trees. Park at RCTC's far SW lot and follow the signs.

### Northwest MN:

Oct. 12th 5:30 - 7pm: Kids at Castle: Come to Castle Park and decorate your own pumpkin to take home!

### Other:

Go for a walk or take a hike at your nearest park or on any trails near your home. To find your nearest park or trail, visit your County's [Parks and Trails](#) website.

[Olmsted County](#)

[St. Paul](#)

[Minneapolis](#)

[Polk County](#)

For more information on Project Get Outdoors please visit us at [mnprojectgo.org/](http://mnprojectgo.org/). You can also check out all our wonderful partners on our [Partners Page](#).

