

# Fall Bucket List

A close-up photograph of a person's hands, wearing a dark grey sweater, gently holding a pile of autumn leaves. The leaves are in various shades of yellow, orange, and brown, with some green still visible. The background is a soft, out-of-focus grey. The entire image is framed by a white border.

FALL BUCKET LIST:  
50+ IDEAS  
FOR FALL

LIVE WELL UTAH

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*Cooler temperatures and colorful leaves are on their way. We're welcoming fall with more than 50 fall things to do around Utah. Pick and choose your favorites to create your own custom fall bucket list.*

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The weather is starting to cool off, the leaves are changing and there is so much fun to be had. Utah is full of great experiences, whether you want to spend time out in the crisp fall air or stay home working on simple projects. Whatever mood you are, in it is nice to have a list of exciting ideas to choose from, and we have more than 50 suggestions for you to build your own fall bucket list.

## **Outdoors**

- Drive the Alpine Loop or other local canyons to see the leaves
- Explore a corn maze
- Visit the local farmer's market
- Go on a hike to see the fall colors
- Go camping in the colors
- Go apple, pumpkin, squash, pepper or tomato picking at a local "pick your own" farm
- Go pick your own pumpkin from a pumpkin patch
- Practice recreational shooting
- Go hunting
- Go Trick-or-Treating
- Tell scary stories around a campfire
- Go on a hay ride
- Join in a family and friend turkey bowl football game

# Entertainment

- Plan a fall trip
- Run a 5-K race or run in a haunted race
- Watch a scary movie
- Host or attend a Halloween party
- Visit Gardner Village in Midvale for Witchfest and Witches Night Out
- Attend a dance performance of Thriller by Odyssey Dance Crew, locations throughout Utah
- Participate in Oktoberfest at Snowbird Ski Resort
- Visit This is The Place Heritage Park, Salt Lake City
  - Little Haunts during the day
  - Haunted Village in the evening
- Participate in Wheeler Historic Farm Pumpkin Days in Murray
- Visit the Heber Valley Railroad Pumpkin Train
- Check out the Dia De Los Muertos activities, Utah Cultural Celebration Center, West Valley

# Home

- Do fall cleaning
- Decorate the house
- Host a football watching party
- Host a Halloween party
- Gather family for Thanksgiving dinner
- Rake up and play in the autumn leaves
- Clean out garden beds to prepare for next year
- Plant spring bulbs
- Plant a tree – Autumn is a great time to plant a tree, but be sure to water well if it is a dry autumn.

# Food

- Do a chili cook-off

- Make apple cider
- Harvest fall produce and preserve it by freezing, drying or canning (jams, jellies, whole fruit, etc.)
- Throw a homemade doughnut party – invite friends and family over for fun and doughnuts everyone can enjoy. Try them baked or fried.
- Make caramel apples
- Try a new recipe for Thanksgiving (pie, stuffing, etc.)
- Throw a party where everyone brings a different kind of pie
- Host a crock pot party
- Try a new homemade soup, like Apple & Butternut Squash Soup (page 7) to help keep you warm as the days get colder.

## Crafts

- Pumpkin carving – A tradition that never gets old. Find your favorite printable template or draw freehand to make your pumpkin carving creation.
- Decorate/paint pumpkins to look like a favorite book character – Painting and decorating pumpkins is just as fun. They also last longer without wilting.
- “Boo” ding dong ditch the neighbors – Leave a bag of goodies on someone’s front porch and run away – once you have been “boo-ed” you hang an image of a ghost near your front door so others know you have been “boo-ed.”
- Start a fall gratitude journal
- Create a new autumn decoration
- Make a new Halloween costume
- Sew homemade hand warmers

## Books

This is a way to transport yourself and your little ones into another world of fun, adventure and fantasy. Cuddle up with a

blanket and enjoy some of these favorites this autumn.

- Scary chapter books:
  - Scary Stories to Tell in the Dark by Alvin Schwartz
  - The Graveyard Book by Neil Gaiman
  - Coraline by Neil Gaiman
  - Doll Bones by Holly Black
- Halloween picture books:
  - Room on the Broom by Julia Donaldson
  - The Little Old Lady Who Was Not Afraid of Anything by Linda D. Williams
  - Goodnight Goon: A Petrifying Parody by Michal Rex
  - Bear Feels Scared by Karma Wilson
  - Big Pumpkin by Erica Silverman
  - In a Dark, Dark Room and Other Scary Stories by Alvin Schwartz
  - The Hallo-wiener by Dav Pilkey
  - Bats at the Library by Brian Lies
  - Frankenstein by Rick Walton and Nathan Hale
  - Pumpkin Circle: The Story of a Garden by George Levenson and Samuel Thaler
  - A Very Brave Witch by Alison McGhee and Harry Bliss
  - One Witch by Laura Leuck
- Curious George Goes to a Costume Party by Margaret Rey
- Where is Baby's Pumpkin? by Karen Katz
- Thanksgiving picture books:
  - 'Twas the Night Before Thanksgiving by Dav Pilkey
  - Turkey Trouble by Wendi Silvano
  - The Ugly Pumpkin by Dave Horowitz
  - A Plump and Perky Turkey by Teresa Bateman and Jeff Shelly

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*This article was written by Kirsten Lamplugh, Intern at the Salt Lake County USU Extension office, BS in Family and Consumer Sciences*

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## **Squash Pasta Sauce**



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**BUTTERNUT  
SQUASH  
PASTA SAUCE**

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**LIVE WELL UTAH**

*This month we'll be sharing some of our favorite pumpkin recipes. Today's recipe technically calls for butternut squash, cousin to everyone's favorite orange pumpkin. You can go with butternut squash, or get festive and substitute pumpkin. Look for small pie pumpkins for the best flavor and texture.*

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## **Ingredients**

- 1 medium butternut squash, peeled and diced (substitute pumpkin, if desired)
- 2 tablespoons olive oil
- 1/2 sweet onion, chopped
- 3-4 cloves garlic, chopped
- 2 small carrots, diced
- 2 small celery stalks, diced
- 1 tablespoon tomato paste
- 2 cups milk
- Spices of choice
- Fresh herbs
- Freshly grated Parmesan cheese
- 1 lb. pasta of choice

## **Directions**

Boil squash in salted, boiling water until tender, roughly 15 minutes. While squash is cooking, sauté onion in oil for 2-3 minutes, or until onion begins to turn translucent. Add garlic and cook for an additional 1-2 minutes. Add carrot and celery and cover pan. Cook for 5-7 minutes, stirring occasionally, until vegetables are tender. Next add in cooked and drained squash and tomato paste. Stir to combine, and remove from heat. Add ingredients to a blender along with milk. Blend until smooth and creamy. Season as desired and serve over pasta of your choice with a generous topping of Parmesan

cheese and fresh herbs.

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Recipe adapted from Eat Well Utah.

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# How to Harvest Onions



*Do Onions Make You Cry? Not With These Harvesting Tips!*

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Do you have onions in your family garden? If so, Ron Patterson from USU Extension in Carbon County has some great tips on how to harvest onions the right way!

Harvesting your onions correctly will make them last longer and will significantly reduce their chance of getting a disease.

