

PLAN A

HARVEST PARTY!



Ideas for creating a fun fall party for the neighborhood

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As Robert Wolgemuth says in ***THE MOST IMPORTANT PLACE ON EARTH***
“A Christian home should be a place that makes people feel special”.

Make your home a fun place for friends and neighbors this fall by
inviting them to a HARVEST PARTY.



RECIPES



PUNCH RECIPES:

SOURCE: <http://www.allfoodsnatural.com/articles/69-cheap-and-healthy/576-party-punch-recipes-for-kids.html>

Ingredients

- 1 gallon cranberry juice
- 1 gallon apple cider
- 12 oz. orange juice concentrate, thawed
- Strawberry Lemon Punch
- 2 cups strawberry juice blend
- 6 oz frozen lemonade thawed.
- 3 11 ounce bottles sparkling strawberry flavored water

Procedure

Just mix all the ingredients. Chill or serve with a little ice. It is also delicious served over crushed ice.

Pumpkin Mulled Cider Punch Bowl

SOURCE: http://www.associatedcontent.com/article/380516/easy_ways_to_make_healthy_halloween.html

- 1 medium pumpkin
- 1 gallon apple cider
- 5 small cinnamon sticks, broken into pieces
- 15 whole allspice
- 25 whole cloves

Combine the cider, cinnamon, allspice and cloves in a large six-quart pot. Bring to a boil and simmer for 30 minutes, uncovered.

Wash and dry the pumpkin. Carve out the top section. Scoop out the inside. You can decorate the pumpkin if you feel like it. Get creative, and let the kids get involved. Just make sure that your pumpkin bowl is still worthy to hold the cider punch. Use non-toxic materials, and don't punch any holes in the pumpkin.

Carefully place the cider in the pumpkin bowl. Serve hot.

SNACK RECIPES:

Low-Fat Pumpkin Cookies

SOURCE: http://www.associatedcontent.com/article/380516/easy_ways_to_make_healthy_halloween.html?cat=22:

2 cups whole wheat pastry flour
2 t baking powder
1/2 t salt
2 t pumpkin pie spice
1 t vanilla extract
1/2 c applesauce
1/2 c sucanat (evaporated whole cane juice, available at your local health food store)
1/2 c brown sugar
2 eggs
1 c pumpkin puree (see below for recipe)
1 c golden raisins
1/3 c nuts, chopped
Orange zest

Roasted Pumpkin Seeds

SOURCE: http://www.associatedcontent.com/article/443447/how_to_roast_pumpkin_seeds_pg2.html?cat=22

Use a firm pumpkin. Hollow out the pumpkin and scoop out the seeds and pulp. A metal ice cream scoop works very well. Or use a large spoon to dig out the pumpkin seeds. Separate the pumpkin seeds from the pulp.

Soak the 2 1/2 cups of pumpkin seeds in salt water overnight or for at least an hour. This helps to remove any leftover pulp and adds flavor. Put the pumpkin seeds into a colander. Rinse and drain well. Blot dry well with paper towels or a clean dish towel.

Place the seeds in the microwave. Microwave the pumpkin seeds on high for two minutes. This is the trick to crunchy, roasted pumpkin seeds. If you microwave the pumpkin seeds before roasting, the roasted pumpkin seeds will be nice and toasted, not chewy. Microwaving the pumpkin seeds first also lessens the required time in the oven.

Mix together 3 tablespoons olive oil, 4 teaspoons Worcestershire sauce, 2 teaspoons seasoned salt, and 1/4 teaspoon garlic powder. Pour over 2 1/2 cups of pumpkin seeds and stir well to evenly cover all of the seeds.

Cover a large baking sheet with aluminum foil. Spread the pumpkin seeds in a single layer on the baking sheet. Bake in a preheated oven at 275 degrees Fahrenheit for one hour. Stir the roasted pumpkin seeds every 15 minutes.

Pumpkin Bread

1½ cups all-purpose flour
½ teaspoon of salt
1 cup sugar
1 teaspoon baking soda
1 cup pumpkin purée (or make your own-see below)
½ cup olive oil
2 eggs, beaten
¼ cup water
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon allspice
½ cup chopped walnuts or pecans

You can substitute a tablespoon of pumpkin pie spice for the nutmeg, cinnamon, and allspice. You can also add a cup of dried cranberries, cherries, or raisins, for variety. The nuts are optional.

Pumpkin Puree from Fresh Pumpkin

SOURCE: http://www.ehow.com/how_5679748_make-pumpkin-puree-fresh-pumpkin.html#ixzz11ykAEhbB

Things You'll Need:

- 1 pumpkin
- roasting pan
- knife
- water
- oven
- food processor
- large spoon

1. First, rinse off your pumpkin to remove any dirt from the skin. Then, depending on the size, either cut it in half or in quarters. If it will fit in your roasting pan in halves, that is preferred.
2. Scoop out the seeds. Remember, this is a great side project! Rinse out the seeds and roast them!
3. Preheat the oven to 400 degrees. Place the pumpkin, cut side down, into the roasting pan. If you cut your pumpkin into quarters, you cannot have all cut sides facing down in the pan. You can just move them around as the pumpkin is roasting.
4. Place the roasting pan with the pumpkin in the oven and check it often. If the pumpkin is large, you may want to add a small amount of water to the pan (1/2-3/4 c.) to keep it moist.
5. The skin of the pumpkin will likely turn brown and start to bubble. The time required to roast it will vary by size of the pumpkin, but you will know when it is done, because the skin will be much softer than when you started.
6. When the pumpkin is fully roasted, remove it from the oven and let cool. Drain any water from the pan and pumpkin. Scrape out the pulp with a large spoon, and put it in a bowl.
7. In small batches, process the pumpkin in a food processor until it has a pureed texture.

Harvest Veggie Tray

SOURCE: <http://www.family-health-and-nutrition.com>

Use harvest shaped cookie cutters (like pumpkins, leaves, etc) to cut out veggies, cheese and bread for a yummy and healthy veggie tray. Add a low-fat dip and enjoy!

GAMES



SOURCES:

<http://www.reasonparty.com/harvestparty.htm>

http://www.amazingmoms.com/htm/harvest_party.htm

Pumpkin Rolling Contest

Divide the children into two teams. Have a start line and turnaround line, 20 ft apart. Have the first child in each line roll a pumpkin from the start line, to the turnaround line and back to the next person on their team. The first team to have everyone play wins!

PAINT THE PUMPKIN

Purchase small pumpkins and let each guest paint their own pumpkin (or you could use construction paper for younger kids).

PUMPKIN SEED TOSS

Number and line up 5 small baskets or crates; then have the children stand 3 feet in front of the first crate and toss seeds into the crates in sequence. Small prizes can be given for each of the crates they get their seeds in.

RING THE PUMPKIN

Line up three large pumpkins with stems, to form a ring toss. Use embroidery hoops or make hoops with rope and duct tape. Mark a throwing line on the floor and take turns trying to ring a pumpkin stem. Use stickers or small prizes for rewards whether they make it or not. Or you can have them try to ring an entire large pumpkin with a hula hoop.

ROLL THE GOURD

This sounds simple enough...but it's quite a challenge!

- Use empty plastic pop bottles for bowling pins.
- Each child gets three chances to roll the gourd into the pins.
- The gourds go every which way but straight.
- Lots of giggles for this one.

POPCORN RELAY RACE

The object of this game is to be the first team to successfully transport popcorn from a full bowl to an empty bowl, using only a small measuring cup.

- On one side of the room place the bowls filled with popped popcorn. This is where the teams will line up.
- Then place the empty bowls on the other side of the room.
- Players take turns filling the cup, running to empty bowl to pour out the popcorn and returning to the team to pass the cup to the next player.
- Continue until the bowl is empty. This is a messy game - plan it for the end of the party!
- (Note: popcorn is a choking hazard for children under three).

COTTON BALL SCOOP GAME

- Fill large mixing bowls with cotton balls and give each guest a spoon.
- Kids must scoop out as many cotton balls as possible in one minute - without using fingers!

SCARECROW RELAY RACE

The object of the game is to be the first team to complete a scarecrow.

- You can pace this in a variety of ways depending on the age of the children or the group size. Provide each team with the clothing and stuffing.
- They can take turns running to work on the scarecrow or stuff the scarecrow or simply work together as a group. Either way it's fun and will require cooperation.

A PUMPKIN RACE

This is a simple race but since pumpkins are not nice smooth balls and refuse to roll in nice straight lines, you will need plenty of room!

- You need two large pumpkins and two sturdy sticks.
- The racers, line up on the starting line with the pumpkins turned on their sides.
- On the signal, the racers use the stick to roll the pumpkins to the finish line. Younger players may want to use their hands instead of the stick.
- If you want to play this as teams, make it a relay race.
- Can be played inside, using small pumpkins.

PASS THE PUMPKIN

Make 2- to 3-inch paper cut-outs of pumpkins. Construction paper works best. Have the kids sit on the floor in a circle and give each a plastic drinking straw. The first student places the straw in her mouth and holds the pumpkin to the other end. They suck in through the straw to make a vacuum and hold the pumpkin in place. Kids then pass the pumpkin to the student next to them who has to grab it from the straw by sucking on their own straw. No hands are used.

CRAFTS



SOURCE: <http://www.preschooleducation.com/afall.shtml>

3-D Trees Need: Q-tip, Fall colored paint, Toilet paper tube, Paper plate, and scissors

Directions: Make a toilet paper tree. Cut a slit in the top of one end of the t.p. roll. Then using half a paper plate, slide it into the "trunk" making a tree. Then the children use Q-tips to paint leaves on the tree part. You can also paint the trunk a deeper brown.

Dried Leaf Art Need: A cut out leaf from colored paper, Dried leaves, Glue, and a Paint brush

Directions: Provide a large leaf cut from colored construction paper. Set out bowls of dried fall leaves and have the children brush glue on their leaf shapes and then sprinkle with the dried leaves.

Leaf Rubbings Need: Leaves, crayons, and thin paper

Directions: Use several different leaves and MANY colors. Place a leaf on the table and cover it with the thin paper. Take a crayon and rub the paper. Do this with several leaves.

Leaf People Need: Crayons, a leaf, glue, and construction paper

Directions: Each child chooses a leaf to be the "body". Glue the leaf onto construction paper and have the children add arms, legs, head, etc. with crayons.

Torn-paper Leaves Need: Construction paper, and glue

Directions: Provide each of the children with a "tree" outline cut from construction paper. The children tear small fall-colored "leaves" from construction paper and paste on the tree. Remember, the leaves are simply torn paper.

Cornflake Tree Need: Brown paint, crayon, or marker, Glue, Paint Brush, and Cornflakes

Directions: Have the children draw or paint a brown tree trunk and branches. Paint a small leaf area with glue, drop on cornflakes; paint another small area with glue and add cornflakes until the leaf area is covered. Option: Color the cornflakes with fall colored paints.

HARVEST DRAW

Get your pencil ready and listen closely to the Moderator for directions. You are going to do this with your eyes closed!! (NO CHEATING! HONOR SYSTEM!)



GET THE MOST FROM YOUR

PUMPKIN!



Save Money By Using Your Pumpkin In Multiple Ways!

- Cut off top of the pumpkin making a large enough hole to use as a punch bowl
- Remove pulp and seeds (keep seeds)
- Wash and dry the pumpkin inside and out
- Give kids the pumpkin and paints and let them decorate for the party!
- Fill the pumpkin with punch (see recipes above)
- Toast Seeds for a party snack (see recipes above)