

Pumpkin to Talk About!

FALL 2025 NEWSLETTER



ACTIVITY - LEAF SUNCATCHERS

MATERIALS NEEDED:

- tissue paper (fall colors)
- clear contact paper
- white cardstock
- popsicle stick for spreading glue
- fall leaves to use as template
- scissors or knife
- glue stick



DIRECTIONS:

1. Go on a nature walk and gather some leaves!
2. Trace the leaves onto white cardstock and cut them out.
3. Place one leaf outline onto the sticky side of a piece of contact paper. Place the template marker side down.
4. Tear tissue paper into small pieces and layer onto the contact paper.
5. If you want both sides to have the marker outline (pictured above), use a glue stick and glue a second leaf outline on top of the tissue paper.
6. Place another piece of clear contact paper on top and press down to smooth out any bubbles.
7. Trim the excess contact paper with scissors.
8. Stick your suncatchers onto a window with tape and watch the beautiful fall colors dance in the sun. It will shine right through the tissue paper!

PROJECT UPDATES

- We have wrapped up 3-year data collection! Thank you to all who came to visit our playrooms.
- The main focus is on 5-year data collection now, in which we have finished data collection on 103 people so far!
- Look out for future newsletters and information regarding participating in future research with iGrow!

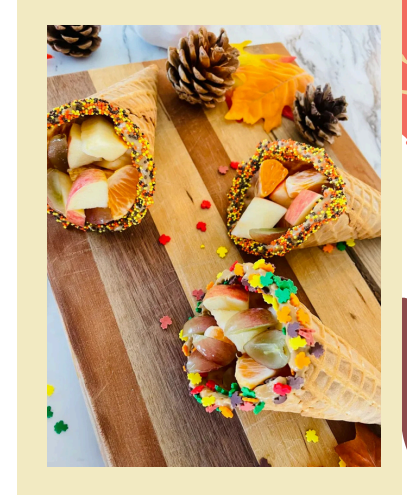
FAMILY FRIENDLY RECIPE - CORNUCOPIA FRUIT SALAD!

INGREDIENTS:

- assorted fruit, diced
- sugar or waffle ice cream cones
- assorted fall sprinkles
- peanut/nut butter, Nutella, or allergy-friendly substitute

DIRECTIONS:

1. Choose some of your favorite fruits and dice everything up.
2. Microwave spread of choice in 30 second intervals, mixing in between, until nice and melted for easy dipping.
3. Dip the tops of the ice cream cones in the melted spread (you can use a small spatula/spoon to apply as well).
4. Pour your fall-themed sprinkles over top until it sticks to the spread!
5. Let it sit for a few minutes to harden up some.
6. Scoop your diced fruit inside each cone.
7. Enjoy!



FALL/WINTER EVENTS IN NC

IN AND AROUND THE TRIAD:

- November 15th @ 5:30pm
 - Movie in LeBauer Park, "Sound of Music"
- November 15th 11:00am - 4:00pm
 - Parkwood Fall Fest
- November 16th 11:00am - 4:00pm
 - Wright Village Harvest Marketplace + Open House
- December 5th @ 5:30pm
 - Greensboro Festival of Lights
- December 7th, 14th 12-5:00pm
 - Camel City Craft Fair Holiday Markets

CONTACT US

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