



The magic OF FALL

Fall in love with the outdoors this autumn

From the golden hue of corn fields to the vibrant red of forest foliage, there's immense beauty to be found in the fall. Are you ready to make the most of the season? Lace up your hiking boots, put on a comfy knit sweater and set out to explore the wilderness.

Breathe in the crisp air and admire the changing scenery as you stroll through local green spaces. Gather your thoughts alone or enjoy the company of family, friends or a pet. If you're feeling adventurous, there are landscapes to discover by bike, car, motorcycle or horseback.

From vineyards and orchards to mountain trails and lakeside parks, there's no shortage of breathtaking backdrops for outdoor activities. Remember to slow down and take your time. Pack a picnic, unwind with a novel, ease your mind with meditation or fill the pages of a sketchbook.



Whether you're a novice or dedicated birdwatcher, be sure to also listen for the signature calls of geese and other migratory species. Watch as they soar far overhead by the hundreds — a hallmark of this transitional season.

By the time you settle in for the evening with a bowl of hearty root vegetable stew or a warm mug of cider, you'll have no doubt that fall is a magical time of the year.



Creamy butternut squash soup

This fall-inspired dish brings together aromatic spices and freshly harvested vegetables. Enjoy it after a stroll through the park or an afternoon raking leaves.

Start to finish: 1 hour (30 minutes active)

Servings: 6

INGREDIENTS

- 1 tablespoon butter
- 1 yellow onion, diced
- 3 cloves garlic, finely chopped • 1 teaspoon curry powder
- 1/4 teaspoon ground cinnamon • Salt and pepper, to taste
- 1 butternut squash, peeled, seeded and diced
- 1 potato, peeled and diced • 3 cups chicken stock
- 1 400-millilitre can coconut milk • 1 tablespoon tomato paste
- 1 tablespoon maple syrup • Juice of 1/2 lemon
- A few sprigs of chives, chopped

DIRECTIONS:

1. In a large pot, melt the butter. Add the onion and cook at medium-high heat until translucent. Add the garlic and cook for another minute. Add the curry and cinnamon, and cook for an additional minute. Salt and pepper generously.
2. Add the squash and potato. Mix until the vegetables are evenly coated in the spice mixture.
3. Add the chicken stock, coconut milk, tomato paste, maple syrup and lemon juice. Bring to a boil, lower the heat and let simmer for 20 to 30 minutes.
4. Use a hand blender to purée the soup. Add salt and pepper to taste. Garnish with chives.

MAKE IT VEGAN!

For a plant-based version of this soup, replace the butter with olive oil and use vegetable broth instead of chicken stock.



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