

The best way to eat for your body is by the seasons! The earth tells you what's best for you according to the time of year. Here are some of the stars of the autumn harvest to enjoy this season:

- **Squash & Pumpkins:** From butternut to acorn to delicata, these creamy vegetables are versatile in soups, roasts, or even pasta sauces. Don't forget to roast the seeds for a crunchy, protein-packed snack.
- **Sweet Potatoes:** Rich in beta-carotene and fiber, they add natural sweetness to curries, grain bowls, or cozy casseroles.
- **Apples:** Whether baked, stewed, or eaten fresh, apples bring the perfect balance of sweet and tart to both savory and sweet dishes. Try adding them to salads with walnuts and a drizzle of maple vinaigrette.
- **Brussels Sprouts & Cauliflower:** Roast these cruciferous veggies until crispy for a delicious, caramelized side dish loaded with vitamins and minerals.
- **Beets & Carrots:** Earthy, colorful roots that shine in soups and salads while giving your plate a pop of fall color.

This season, try visiting a local farmers' market to explore what's growing nearby. You'll find inspiration to create comforting vegan dishes that celebrate the beauty and bounty of autumn!

