



Cooking with Fall Flavors

As the air continues to cool and the leaves change colors, we naturally shift toward cooking warm and comforting meals. Now is the perfect time to discover fall-inspired spices and their potential health benefits.

Cinnamon

Cinnamon is not just for your overnight oats and pumpkin spice candles. Beyond its yummy scent, cinnamon can help steady blood sugar levels by improving how the body uses insulin. It's also packed with antioxidants that may help fight inflammation. Try adding a pinch in your morning coffee, to roasted sweet potatoes, or on top of peanut butter and banana toast.

Nutmeg

Often overlooked and reserved for pumpkin pie, nutmeg deserves recognition all by itself. It contains compounds that may aid digestion and support brain health. Its subtle sweetness pairs well with creamy textures, like roasted cauliflower, butternut squash soup, or your favorite winter sauce. You need only a small amount.

Cloves

Cloves, another spicy powerhouse, are one of the most concentrated sources of antioxidants in your spice cabinet. Cloves have long been used to soothe sore throats and ease toothaches, and they have anti-inflammatory and antimicrobial properties, making them a smart addition to any dish during flu season. Stir a few whole cloves into mulled cider or black tea, or sprinkle some ground cloves into pickled beets or squash soup for a little spicy kick.

Tumeric

This vibrant yellow spice contains antibacterial, anti-inflammatory, and antioxidant properties. Research has explored turmeric's role in easing joint pain, reducing muscle soreness, and supporting heart health. It is the star of golden milk, or haldi doodh, a blend of turmeric, milk of your choice, and honey (optional but popular). The Ayurvedic beverage, prized for its anti-inflammatory effects, is now gaining popularity in the West as a coffee alternative. Turmeric is a delicious, colorful addition to stews, chili, grain dishes, eggs, tofu, and roasted vegetables.

Ginger

Ginger brings warmth and wellness to your dishes. It contains compounds that may help reduce inflammation, support digestion, and ease nausea. Whether fresh or dried and ground, ginger is great for your immune system and gut health. Try adding a slice of fresh ginger to your tea, tossing it into a stir-fry, or blending it into a carrot soup for zesty flavor.

While it can be tempting to seek these benefits through supplements, it's generally best, and far more enjoyable, to incorporate spices into delicious meals and snacks. Taking high doses in supplement form can sometimes have negative effects, so moderation is key, and more isn't always better.

These fall inspired spices do more than make food taste good; they can help your body thrive through the changing season. When you reach for your spices this fall, think of them as nature's medicine, full of wellness and flavor!

Cozy Fall Spice Soup



A spicy soup to help support digestion, reduce inflammation, and warm you up this fall.

Ingredients (serves 4-6):

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp fresh or ground ginger
- 1 tsp turmeric
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp cloves (ground or whole)
- 4 cups chopped butternut squash, pumpkin, or your favorite winter squash (peeled and deseeded)
- 2 cups carrots, chopped
- 4 cups vegetable broth
- Salt and pepper to taste

Instructions:

1. Heat oil in a pot. Sauté onion and garlic until soft.
2. Stir in ginger, turmeric, cinnamon, nutmeg, and cloves; cook for 1 minute.
3. Add squash, carrots, and broth. Bring to a boil, then simmer for 20 minutes or until vegetables are soft.
4. Blend with an immersion blender, in a blender or food processor until smooth (you might need to do it in batches). Season with salt and pepper. Serve warm.