

October - Week 2

Crisp Autumn Days

Autumn days this time of year are often characterized as having cool crisp mornings and mild afternoons. People often need coats, hats, and mittens while outside at dawn and dusk when average temperatures are in the low to mid 40s, while an afternoon in the 60s leads to the shedding of layers, even wearing just a t-shirt. The autumn air is often crisp and the colors of tree and shrub leaves begin to peak. Northern Minnesota colors peak in early October while Central and Southern Minnesota may be coming into peak conditions this week. As colors peak many leaves begin to fall to the ground. Thus, both the Lakota and Ojibwe people have named the October's full moon as the "Falling Leaves Moon".

Take a walk this week. Better yet, take several. Breathe in the cool, crisp autumn air. Walk amongst some leaves that have already fallen. Do they crunch under your feet? Look high and low at the trees around you. Do you see the golden yellows of ash, cottonwood, or birch? Are there bright red sumac leaves lining woodland edges? What other colors do you see?

Find a spot to stop and sit. Take in the tapestry of colors. Use color pencils or paints to create a picture of the fall color scene. Would you say colors are peaking? If coloring or painting is not your thing, collect some leaves and use color crayons that match the leaves to create some leaf rubbings in your journal. It is the underside of the leaf that "tells the best story." So turn the leaf over and lay it under a page. Rub over the paper with the side of your crayon and the leaf pattern including its veins will appear. How many pages will you create? Does more than one leaf fit on a page? How many colors do you need? Allow the autumn day and color palate to inspire you to create a caption or title for your entry.



A crisp October morning on Jeffers Pond.