

Autumn Around The World

Where in the world have you experienced autumn and what was it like?



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Autumn Festivals In Asia

The mid autumn holiday is a time for family, thanksgiving, paper lanterns, and of course, eating moon cakes. These round pastries are traditionally filled with lotus seed paste, but modern recipes may be filled with ice cream. In some places, like Hong Kong and Vietnam, visitors may witness an iconic dragon or lion dance.



Iran

Mehregan is a harvest festival that has been around for several thousand years. Celebrated in the ancient Persian empire, and now in modern-day Iran and Iranian communities throughout the world, the festival celebrates friendship, love, and gift-giving.



Tokyo



Kichijoji Aki Matsuri

The Kichijoji Autumn Festival is held each year in early September. Thousands of revelers from all over Tokyo come to welcome the autumn season at Musashino Hachimangu. Hachiman is the guardian spirit of all Musashino and one of the Seven Gods of Fortune, and in front of this shrine lie monuments dedicated to the other six: Mishima, Izumo, Oshima, Itsukushima, Inari, Suga, and Housou.

Pumpkin Harvest



We all love a piece of pumpkin
pie



The Berryman, Autumn Harvest Festival Parade in Southwark England



Sonoma County California



Douro Valley Portugal



Where would you like to visit to celebrate autumn Bavaria, Moscow or Japan?



Scotland?



Why not try a Pumpkin Pie recipe?

- ▣ 1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks
- ▣ 350g sweet shortcrust pastry
- ▣ plain flour, for dusting
- ▣ 140g caster sugar
- ▣ ½ tsp salt
- ▣ ½ tsp fresh nutmeg, grated
- ▣ 1 tsp cinnamon
- ▣ 2 eggs, beaten
- ▣ 25g butter, melted
- ▣ 175ml milk
- ▣ 1 tbsp icing sugar

- **STEP 1** Place the pumpkin in a large saucepan cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.
- **STEP 2** Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins.
- Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden.
- Remove from the oven and allow to cool slightly.
- **STEP 3** Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl
- In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.
- **STEP 4** Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.

Or even try your hand at
pumpkin carving just for fun!

