

The Power of Fall Spices

Tasty Flavors with Big Health Benefits

When autumn arrives, warm aromas like cinnamon, ginger, nutmeg, and cloves start filling the air. You probably associate these spices with pumpkin pie or warm drinks, but they do much more than just smell and taste great.

For thousands of years, people around the world have used fall spices as natural remedies. Today, science shows that adding these spices to your meals can give your immune system, digestion, and overall health a boost.



Cinnamon

For Steady Energy & Cell Protect

Cinnamon is one of the most popular autumn spices. It comes from the inner bark of specific trees and is packed with natural compounds called antioxidants.

Antioxidants protect your body's cells from wear and tear. Cinnamon also helps your body process sugar more efficiently, which keeps your blood sugar levels balanced so you avoid sudden energy crashes during the day.



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Tasty Flavors with Big Health Benefits

Ginger

For Stomach Relief & Sore Muscles

If you have ever drank ginger ale when feeling sick, you already know about ginger's calming power. Ginger contains gingerol, a compound that helps settle your stomach and ease nausea. It is also a natural anti-inflammatory, meaning it reduces swelling and can help soothe sore muscles after a workout or physical activity.



Ginger

Nutmeg

For Relaxation & Better Sleep

Nutmeg comes from the seed of an evergreen tree and offers a warm, nutty flavor. It contains natural plant chemicals that help calm your nervous system. Adding a tiny pinch of nutmeg to warm milk or oatmeal in the evening can help your body relax and prepare for a restful night of sleep.



Nutmeg

Cloves

For Tooth Care & Immune Support

Cloves are actually the dried flower buds of a tropical tree. Even though they are small, they carry a huge amount of antioxidants. Cloves contain eugenol, which has natural antibacterial properties. Historically, dentists used clove oil to soothe toothaches. Eating foods seasoned with cloves supports your mouth health and immune system.



Clove

Cardamom

For Healthy Digestion & Blood Flow

Cardamom comes from small seed pods and offers a sweet, spicy flavor. It helps your digestive system break down food more smoothly, reducing bloating after meals. Cardamom also contains minerals that support healthy blood circulation throughout your body.



Cardamom

Bringing Fall Spices into Your Routine

You do not need to wait for special holidays to enjoy these health benefits. You can easily sprinkle cinnamon on your morning oatmeal, blend fresh ginger into a fruit smoothie, or roast sweet potatoes with a dash of nutmeg and cloves. Using these spices lets you enjoy deep autumn flavors while keeping your mind and body feeling strong.

Fall Herbs & Spices

ONLYFOODS



Allspice

Used in: Baked desserts, stews, soups



Rosemary

Used in: Roasted meats, stews, breads



Ginger

Used in: Baked desserts, beverages, curries



Cardamom

Used in: Baked desserts, sweet breads, hot beverages



Cumin

Used: Stews, roasted vegetables



Star Anise

Used in: Infusing liquids, pickling, stews



Mace

Used in: Baked desserts, stews, pickling



Sage

Used in: Stuffing, roasted meats, soups



Cloves

Used in: Baked desserts, meat dishes, beverages, pickling



Thyme

Used in: Roasted meats, stews, soups



Cinnamon

Used in: Baked desserts, hot beverages, spiced dishes



Nutmeg

Used in: Sweet and savory baked items, beverages, soups

SPICE BLENDS



Pumpkin Spice Blend

Used in: Baked desserts, beverages



Mulling Spice Blend

Used in: Infusing beverages, cider, wine

Herbs & Spices: Cinnamon

Cinnamon is a popular spice with a warm, sweet taste. It comes from the bark of cinnamon trees. Cinnamon is often mixed into oatmeal and baked goods, or sprinkled over apples and toast. It adds flavor to food without adding sugar or salt.

Cinnamon contains antioxidants that help protect our body's cells from damage. It also has small amounts of calcium, iron, and manganese. These minerals help keep our bones strong and our bodies healthy. Since we only use a little cinnamon at a time, it is not a major source of nutrients.

Some studies show that cinnamon may help the body control blood sugar. However, more research is needed to know how well it works.

Cinnamon is not a replacement for medicine or a healthy diet. One of its biggest benefits is making foods taste sweeter without adding extra sugar.

Cinnamon is easy to add to healthy meals and snacks. Dust it over oatmeal, yogurt, apples, bananas or sweet potatoes, or blend it into smoothies and whole-grain muffins. Adding cinnamon to fruit can make a simple snack taste like dessert!

Cinnamon has been used for thousands of years. Long ago, people valued it for its flavor and smell. Today, it is enjoyed around the world in both sweet and savory foods. Try adding a pinch of cinnamon to your next meal for a little extra flavor without extra sugar!

1. CINNAMON SEEDS



2. CINNAMON LEAVES



3. GROWING CINNAMON



4. CINNAMON IN FOODS





Cinnamon

A Warm Spice with Sweet Benefits

Cinnamon is a fragrant spice made from the inner bark of trees. It has been used for thousands of years in foods, medicines, and drinks. Cinnamon adds a warm, sweet flavor to many dishes without extra sugar.

NUTRITION HIGHLIGHTS

Cinnamon is very low in calories but contains helpful nutrients and plant compounds.

-  **Manganese** – helps build strong bones and support metabolism.
-  **Calcium** – supports healthy bones and teeth.
-  **Iron** – helps carry oxygen in the blood.
-  **Fiber** – supports healthy digestion (in small amounts).
-  **Antioxidants** – help protect cells from damage and support overall health.

CINNAMON SEEDS



Cinnamon trees produce small seeds that can be planted to grow new trees. They are not commonly used in cooking but are used for growing cinnamon trees.

CINNAMON LEAVES



Cinnamon leaves are fragrant and can be used to add a mild cinnamon flavor to soups, teas, and rice dishes.

GROWING CINNAMON



-  Prefers warm weather.
-  Needs well-drained soil.
-  Keep soil moist but not soggy.
-  Can be grown in a large pot or in the ground in warm climates (indoor in cooler areas).

WAYS TO USE CINNAMON IN FOODS



OATMEAL

Adds warm flavor and pairs well with fruit and nuts.



SMOOTHIES

Blends well with bananas, apples, and yogurt.



BAKED FRUITS

Great with apples, pears, and other fruits.



ROASTED VEGETABLES

Adds depth and a slightly sweet flavor to roasted veggies.



TEA & DRINKS

Stir into hot tea, coffee, hot chocolate, or spiced cider.



BAKED GOODS

Used in muffins, breads, cookies, and other treats.

HEALTHY TIP



Use cinnamon to add natural sweetness and flavor to foods instead of extra sugar. A little goes a long way!



FUN FACTS

- ✓ Cinnamon has been used for more than 4,000 years.
- ✓ It was once more valuable than gold!
- ✓ There are different types of cinnamon, such as Ceylon (often called "true cinnamon") and Cassia (more common in the grocery store).
- ✓ Cinnamon comes from the inner bark of trees.

A LITTLE GOES A LONG WAY

Cinnamon has a strong flavor, so you only need a small amount. Enjoy it as part of a balanced diet with fruits, vegetables, whole grains, and lean proteins for a healthy and delicious meal.



Cinnamon Apple Yogurt Bowl

Recipe Details

Prep Time: 10 mins

Cook Time: 20 mins

Servings: 2



Ingredients

- 1 apple of choice, diced
- 1 1/2 tablespoons raw sugar
- 1 tablespoon golden raisins
- 1/4 teaspoon cinnamon
- pinch of nutmeg
- 2 cups plain greek yogurt
- 4 tablespoons chopped walnuts or pecans



Preparation

Cook Apples

1. Place diced apple, sugar and raisins in a small pot, add 1/4 cup water, sprinkle with cinnamon, pinch of nutmeg, cover, and cook over low heat until soft, 16 to 18 minutes.

Cool Down

2. Set aside to cool.

Assemble & Serve

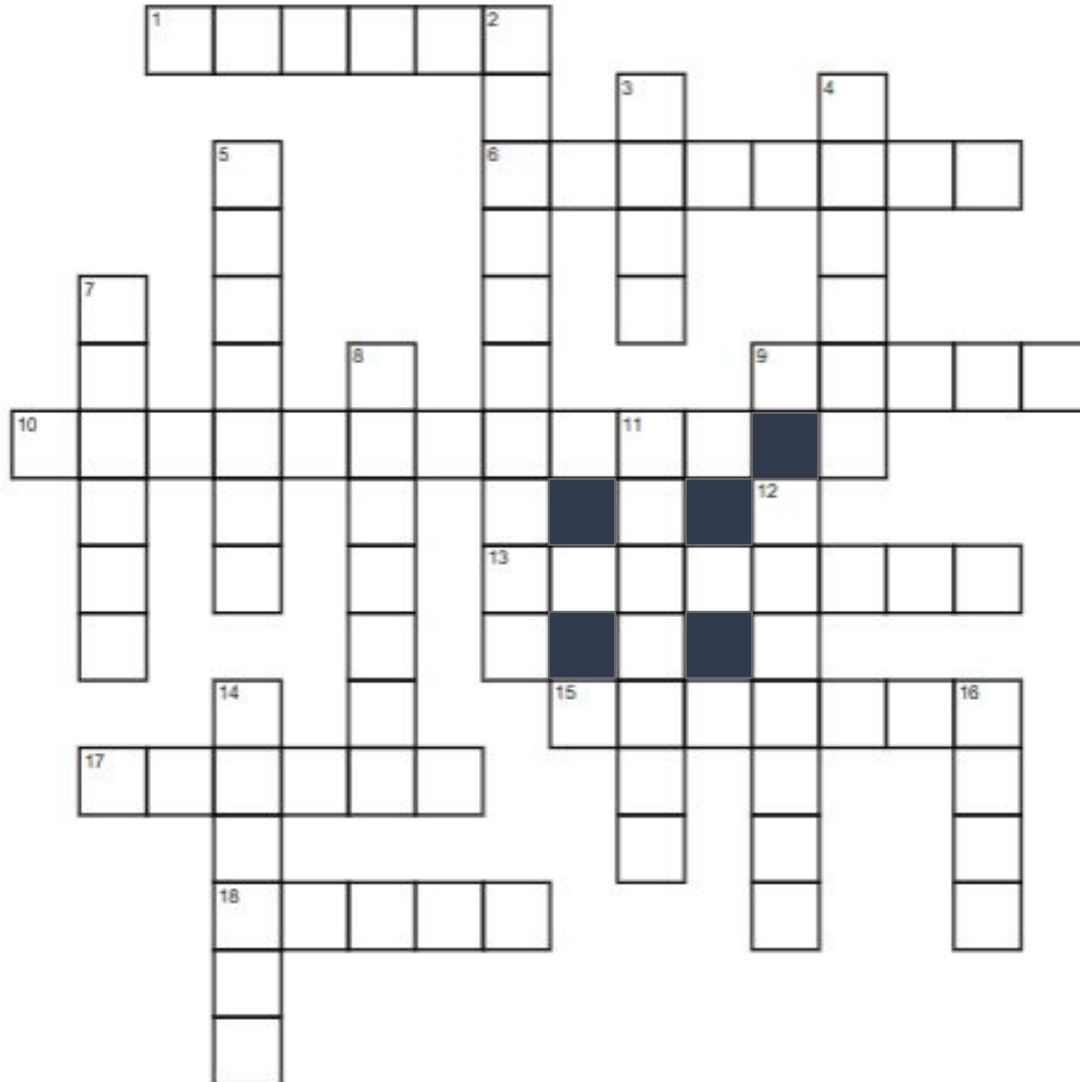
3. Divide the yogurt in 2 medium bowls. Top with apples and chopped nuts. Serve immediately.

Brain Exercise

Don't Just Exercise Your Body – Work Out Your Brain!

Stay Steady: Fall Prevention Crossword

Bureau of Senior Services | Tips for staying safe and strong at home



ACROSS

- 1. Get your eyes checked once a year to protect this
- 6. Install these next to the toilet and inside the shower (2 words)
- 9. Wear sturdy, well-fitting ones with nonslip soles
- 10. Ask your doctor or pharmacist to review these, since some can cause dizziness
- 13. Hold on to this when using the stairs
- 15. Clear this from floors, walkways, and stairs
- 17. Mobility aid with four legs and handgrips
- 18. Drink enough of this; dehydration can make you dizzy

DOWN

- 2. Plug-in lamp for a safer trip to the bathroom after dark
- 3. Single-tip walking aid
- 4. Slow, gentle exercise shown to lower the risk of falling (2 words)
- 5. Mineral that helps keep bones strong
- 7. CDC's fall prevention initiative for older adults
- 8. Steadiness on your feet that exercise can improve
- 11. Type of mat to use in the tub or shower
- 12. Nutrient that helps maintain muscle; found in eggs, fish, and beans
- 14. How to stand up after sitting or lying down
- 16. Remove loose throw ____ or secure them with tape

November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 World Vegan Day	2 Deviled Egg Day	3 Election Day	4 Candy Day	5 Doughnut Day	6 Nacho Day	7 Hug a Bear Day
8 Cappuccino Day	9 World Freedom Day	10 USMC Birthday	11 Veterans Day	12 Chicken Soup Day	13 Caregiver Appreciation Day	14 Diabetes Day
15 Recycles Day	16 Button Day	17 Homemade Bread Day	18 Apple Cider Day	19 Play Monopoly Day	20 PB Fudge Day	21 World Hello Day
22 Cranberry Relish Day	23 Espresso Day	24 Unique Talent Day	25 Parfait Day	26 Thanksgiving	27 Black Friday	28 Small Biz Saturday
29 Square Dance Day	30 Cyber Monday	1	2	1	2	3

Monthly Observations

International Drum Month

Caregivers Appreciation Month

Diabetes Awareness Month

Epilepsy Month

Model Railroad Month

Novel Writing Month

Peanut Butter Lovers Month

Real Jewelry Month

Sleep Comfort Month

World Vegan Month

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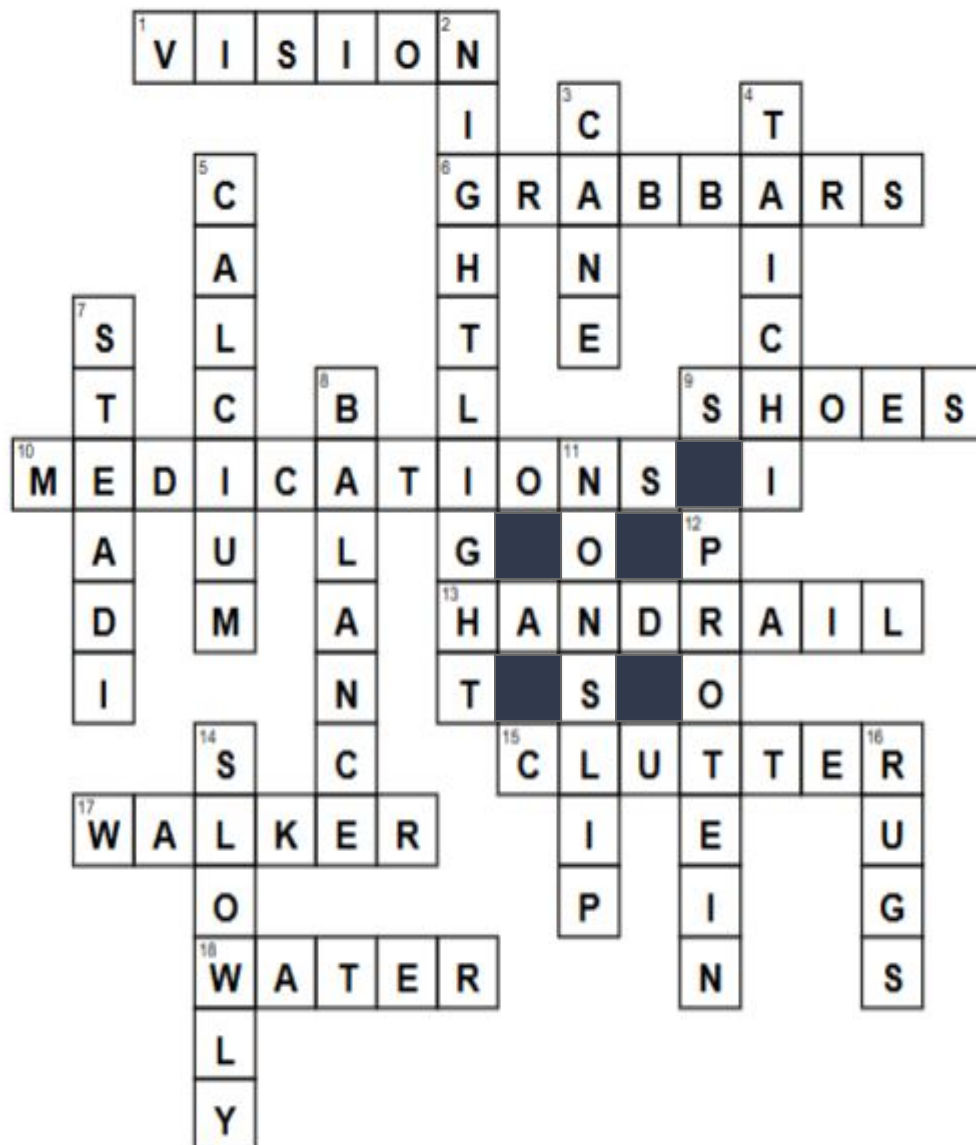
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Stay Steady: Fall Prevention Crossword (Answer Key)

Bureau of Senior Services | Tips for staying safe and strong at home



WEST VIRGINIA BUREAU OF SENIOR SERVICES