

THE FALLS FOOD HALL SPREAD

SEPTEMBER 2026

Seasonal Table

As summer produce winds down and fall favorites arrive, there's no better time to enjoy what's in season.



Tony Dobbs
Food Service Director

My favorite fall produce is the classic apple. It reminds me of going to pick apples with my grandparents in the fall along the Ohio River in Northern KY when I was a kid. There used to be several local farms located up and down the river on the Kentucky side. I look forward to fall all year!



Amanda Veneman
Wellness Manager

Arugula can be a bit polarizing, but used thoughtfully, it can add a peppery kick and unexpected interest to a meal. Its natural bitterness shines when paired with sweet and savory flavors. My favorite combination is on a burger with apricot jam, pickled jalapeños, and white cheddar.



WHAT'S YOUR APPLE TYPE?



SWEET-TART

Honeycrisp

"The Popular Kid"

Juicy • Ultra-crisp

Cosmic Crisp

"The Trendsetter"

Very juicy • Crunchy

Pink Lady

"The Optimist"

Firm



TART

Granny Smith

"The Tart Traditionalist"

Bright • Crisp



SWEET & MELLOW

Gala

"The People Pleaser"

Crisp

Opal

"The Hidden Gem"

Honey notes • Crisp

Envy

"The Sophisticate"

Pear-like • Crunchy



Apple Tasting with Amanda

Falls Food Hall
September 22 | 11-1

DID YOU KNOW?

Over 7,500 apple varieties grow worldwide—but most stores carry fewer than a dozen.

PICK YOUR OWN



Find a nearby U-pick farm and gather fresh apples right from the trees!

MORE APPLE IDEAS?

Watch Amanda's Everyday Kitchen, Ep. 22 in Personify Health.

**Earn 250
Points!**

Hall Talk

Pro-tips to make
ordering a breeze



Save time, skip the line!

Stuck in meetings all day and no time to wait in line? Download our Savour mobile app to pre-order your deli or grill meal and pick up at the mobile-pick-up point near the seating area.



Download the Savour
app to order

WHAT'S HAPPENING

VISIT GO/FLIK TO SEE OUR MENU

**GLOBAL
FOOD
TREND**

Peruvian Cuisine
September 1

Catering Expo in Cafe, 9/17

Culinary showcase featuring highlights from our catering menu. Learn how we can help with your next event or meeting!

**GLOBAL
PANTRY**

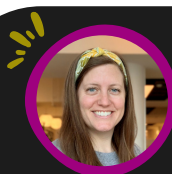
Thailand
September 3



**Caramel Apple
Granola Parfait**
Week of 9/21

**chef's
choice**
BY FLIK

Tlayuda
September 8



**Wellness Tasting
Table**
September 22



**Fuel Your Future Nutrition
Webinar @ go/IGM**
September 10



**Hispanic Heritage
Month**
September 23



**National Honey
Month**
September 16



Oktoberfest Feast
September 24

Let's Talk
FLIK



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**Minty Thai
Chicken
Lettuce Wrap**



scan for
recipe

