

What are the French people doing during the fall in France?

The countryside is really gorgeous during the fall in France and there are a lot of activities that you can do outside. The nature is full of different colors: orange, yellow, brown, green.....

One of the traditional activities is going in the forest with a basket for mushrooms hunting- “ la chasse aux champignons”. Mushroom hunting is a beloved tradition during the fall in France. French people treat foraging like an Olympic sport, so you have to do your foraging early before all the mushrooms are gone. This activity is a very good way to walk outside and the kids love doing it. If you are unfamiliar with the mushrooms, don't touch them. It is recommended to go with someone who knows because some mushrooms are poisonous. You can also bring your mushrooms to the pharmacy to be sure they are safe to eat. Cooking the mushrooms you find is as enjoyable as finding them.

Another traditional activity outside during the fall is going picking- “les châtaignes”. It is a fruit which comes from a tree called “ le châtaignier”. The fruits falls on the ground, so that we can pick it up. The fruit are inside a shell, covered by spines. The French people love grilling it on the fire or in the oven, but you can also boil it.

Do you know that there is a little town called “Châtaignier” in Louisiana (50 minutes northwest from Lafayette)? This city used to have these trees a long time ago. Now none are left.

In Brittany (La Bretagne), the northwest part of France, they love eating “les châtaignes” by drinking traditional cider or apple juice. There are a lot of farmers in the countryside who make cider and apple juice.



les champignons



fall landscape in France



châtaignes



châtaignes grilled in a fireplace