

SONG OF THE *Sea Bean*

The sea bean is a vegetable worth getting to know. Also called “poor man’s asparagus,” **sea beans** come from a coastal succulent plant that grows in marshy areas along bodies of water. Because they grow in salty water, they taste **briny like the ocean** and have a nice crisp texture. Add to salads, eggs, stir fry, and more.



ZONE OUT TO *Refresh*

Get **vacation vibes** any day of the year with a lunchtime mini vacation. Find a quiet spot, close your eyes, and think about the most relaxing, beautiful place you know. Bring **all your senses** along by imagining not only the sights, but the sounds, the smells, and the way the air feels on your skin. When you open your eyes five minutes later, you’ll feel more able to tackle the rest of your day.



Seizing the Season

*And all at once, summer
collapsed into fall.*

—Oscar Wilde