

## IN THE Pink

When you first see **Pink Pearl apples**, you may be surprised at the name. The skin is yellow like a typical Golden Delicious. But bite into it, and the name soon makes more sense. The Pink Pearl's flesh is a **shocking pink** mottled with white. The flavor surprises as well: it has hints of raspberry and grapefruit. Look for 'em throughout September.



## Giving the Moon its Due

Friday, September 13 marks this year's **Chinese Mid-Autumn Festival**. Celebrated on the night of a full moon, the Mid-Autumn Festival is a chance to celebrate the harvest, admire and appreciate the moon, and eat **mooncakes**—small round cakes filled with sweet or savory fillings and wrapped in a pastry crust.



## BREAK OUT THE Oatmeal!

September is **Better Breakfast Month**. Celebrate by making the first meal of the day the healthiest. Choose fruits and veggies, make your grains whole grains, and add protein. Oatmeal with yogurt and berries hits all the bases—and keeps you full until lunch time.

