

March 1st National Fruit Compote Day

Compote can be a mixture of berries, citrus fruits or stone fruits such as peaches, apricots, cherries and plums. This French word compote means "mixture" or "stewed fruit". There is a recipe for a pear compote that dates back to the 15th century. Compote originated in Europe during medieval times, where they were commonly served as afternoon snacks, topping biscuits, breads, and sour cream. Fresh or frozen fruits are cooked down with aromatics such as cinnamon or cloves and a small amount of sugar. The natural juices combine with the sugar from the fruit to create a sweet syrup. Fruit compote can be enjoyed hot, warm or chilled and paired with yogurt, oatmeal and breads.



March Holidays

- National Nutrition Month**
- March 1** National Nutrition Day
 - March 2** Dr. Seuss Birthday, Read Across America
 - March 2-6** National School Breakfast Week
 - March 3** National Cold Cuts Day
 - March 7** National Cereal Day
 - March 8** Daylight Savings Time
 - March 9** National Meatball Day
 - March 11** National Registered Dietitian Nutritionist Day
 - March 14** National Pi Day
 - March 17** Saint Patrick's Day
 - March 18** National Sloppy Joe Day
 - March 19** National Poultry Day
 - March 20** Spring Begins
 - March 20** National Ravioli Day
 - March 24** National Cheesesteak Day
 - March 26** National Spinach Day
 - March 29** Palm Sunday

Dietitian's Pick



Roasting radishes is a great way to enjoy this root vegetable since radishes are typically known for their peppery taste and crisp texture when raw, roasting them brings out their natural sweetness and mellows their sharpness. Did you know that radishes originated thousands of years ago in China, Egypt and Greece? Also, the biggest crops of radishes in the U.S. are grown in California and Florida. Radishes are rich in fiber, which supports digestive health and promotes feelings of fullness. Additionally, radishes contain vitamin C, an antioxidant that boosts immune function and promotes skin health, as well as potassium, which helps regulate blood pressure and muscle function.

March 7th National Cereal Day

CEREAL GRAIN CROPS include wheat, barley, oats, corn and rice to name a few. Cereal grain crops are grains that come from cultivated grass. These crops are the largest in the world. The Roman goddess of grains and crops is named Ceres. It's said that the word cereal is derived from her name. Most cereal grains can be ground into flour and used for baking as well.

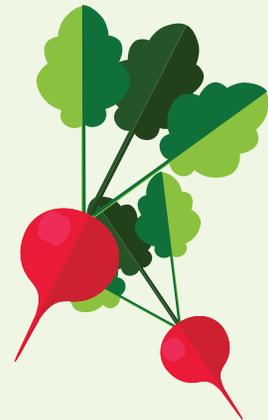
BREAKFAST CEREAL
Cereal grains are processed and made into breakfast cereals. One of the first breakfast cereals was created in part by James Caleb Jackson around 1863. His bran nuggets needed to be soaked overnight to be tender enough to eat and were eventually thought of as inconvenient. In 1895 the Kellogg brothers established Kellogg's Corn Flakes. Do you remember the large pillow-shaped portion of shredded wheat that had to be soaked in hot water for 30 seconds, then drained before adding milk? Also in 1895 shredded wheat became popular as it was being made by Henry Perky in Denver Colorado. This shredded wheat is still around today. By 2012 there were an estimated 4,945 varieties of cereal! What is your favourite cereal? Try adding fresh berries or sliced bananas to your favorite cereal to start the day.

Roasted Florida Radishes



INGREDIENTS:

- 3 cups Florida Radishes, trimmed and halved
- 3-4 sprigs Fresh Rosemary, minced
- 1 bunch Fresh Parsley, for garnish
- 1 tablespoon Garlic, minced
- 1 tablespoon Olive Oil
- 1 tablespoon Butter, melted
- Sea salt and Fresh Ground Pepper, to taste



INSTRUCTIONS:

1. Preheat oven to 400°.
2. Combine ingredients and toss to evenly coat.
3. Pour onto a sheet pan and roast for 35-40 minutes, stirring halfway through cooking time.
4. Taste and readjust seasoning if needed. Garnish with fresh parsley, if desired.

Fresh Tip: A final sprinkle of sea salt after roasting brings out the sweetness of the radish.