

## March 1<sup>st</sup> 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** Saint Joseph, Spouse of the Blessed Virgin Mary
  - March 19** National Poultry Day
  - March 20** Spring Begins
  - March 20** National Ravioli Day
  - March 24** National Cheesesteak Day
  - March 25** The Annunciation of the Lord
  - March 26** National Spinach Day
  - March 29** Palm Sunday



## Dietitian's Pick

Did you know that lettuce is one of the most diverse vegetables you can grow? Not only is it fast growing but it can handle cooler temperatures and grows well in a garden, garden bed or containers. With seven types of lettuce including romaine, butterhead, leaf, stalk and much more there is a lettuce for everyone. Lettuce is packed with vitamins and minerals including vitamins A and K which support growth, strong bones and teeth and immune function. While the type of lettuce can make the salad, if you don't like salads, no problem, try adding fresh lettuce to your next noodle bowl, grilled to put on a sandwich or in a smoothie!

## Rainbow Chopped Salad

Serves 5



### INGREDIENTS:

- 3.75 Cups Romaine Lettuce (Raw, Chopped)
- 1lb 6oz Low Sodium Garbanzo Beans
- 1.25 Cups Green Shredded Cabbage
- .75 lb Cherry Tomatoes
- 10 oz Cucumbers
- 10 oz Shredded Cheddar Cheese
- 2.5 oz Red Onions

### INSTRUCTIONS:

1. Rinse and drain beans under cool running water.
2. Rinse tomatoes and cucumbers under cool running water.
3. Chop tomatoes into cubes.
4. Chop cucumbers into cubes.

### ASSEMBLE SALAD:

- Place 1/2 cup of Romaine Lettuce in 5x5x3 container.
- Place on top of lettuce in circular fashion: 1/4 cup tomatoes, 1/4 cup cabbage, 1/4 cup cheese, 1/4 cup carrots 1/4 cup cucumbers, and finally 1/4 cup beans.
- Place 1.5 ounces of favorite dressing in 2 oz container.



## March 7<sup>th</sup> 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.