

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.



Dietitian's Pick

Kale is a vegetable that grows well in colder temperatures & can withstand frost. It is considered a superfood because it is packed with nutrients and vitamins. Kale is rich in Vitamin A which is important for eye function and also helps the heart, lungs and kidneys stay healthy. It is also rich in vitamin C which protects us from disease and keeps cells healthy, calcium which helps our body build strong bones and vitamin K which helps blood clot & boosts bone density.

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

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.

Kale - Strawberry Salad

Serves 6 - 8



INGREDIENTS:

- 1 lb. Kale (approx. 3/4-1 bunch)*
 - 1/2 cup Vegetable or Olive Oil
 - 1/2 cup Strawberries, sliced
 - 1/4 cup Lemon Juice
 - 1 tablespoon Honey or Sugar
 - 1/4 teaspoon Salt
 - 1/2 teaspoon Pepper (Add more if you like!)
- * If using "ready to use" bagged Kale: Approx. 6 oz.

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.