

Jackson County Health Department (Snap-Ed)

WHAT ARE THE BEST VEGETABLES TO EAT SINCE MARCH IS NATIONAL NUTRITION MONTH

Do you struggle to eat your greens?

March is National Nutrition Month and St Patrick's Day, making it a great time to feature the best vegetables to eat! I love to serve green vegetable recipes on the March 17th holiday, and it is the perfect excuse to eat green all month long. You know they are good for you – your momma always told you so! In fact, there are so many green food choices – green apples, kiwi, lime, pears, avocado, asparagus, artichokes, broccoli, kale, green peppers, green beans, spinach, zucchini, and green cabbage – just to name a few! With a variety of important health benefits – there is no excuse not to dig in!



Mini Mint Cheesecake Recipe

Crust

1 cup chocolate cookie crumbs mixed with 4 tablespoons melted butter

Mint Cheesecake

1 package 1/3 less fat cream cheese (room temp)

1/2 cup fat free yogurt (I use Fage yogurt)

2 eggs (room temp)

1/2 cup sugar

2 Tablespoons flour

1 teaspoon vanilla

4 Tablespoons Creme de Menthe

Preheat oven 325

Place cookie crumb mixture in bottom of pan, press firmly.

Beat cream cheese with yogurt. Add in sugar and flour mix until well blended. Add one egg at a time, beating just until incorporated. Stir in vanilla and Creme de Menthe by hand.

The mini cheesecakes baked for about 20 minutes. They began to crack a bit, but I think it was due to them being individual, they were not dry.



Mini Mint Cheesecake
@createdbydiana



Why Do We Wear Green on St. Patrick's Day?

Every March 17, we break out every piece of green clothing and jewelry, don shamrock-shaped pins and glasses, and dye our bagels and beverages (particularly alcoholic ones) green. Not quite the way people celebrated St. Patrick's Day in the seventh century—here's exactly how St. Patrick's Day became such a major drinking holiday.

The reason green is the go-to color of St. Paddy's celebrants certainly seems obvious. It's an Irish holiday! Shamrocks! The Irish flag! Leprechauns! But at the time of the holiday's beginnings, St. Patrick's Day was a religious holiday celebrated only in Ireland—green wasn't even part of the equation. Early depictions of St. Patrick show him wearing blue, and the official color of the Order of St. Patrick, part of Ireland's chivalry, was a sky blue known as "St. Patrick's Blue." So how did the feast day of the patron saint of Ireland get this obsession with green?

One of the reasons green replaced blue was because of Ireland's nickname, The Emerald Isle. The green stripe in the Irish flag also played a role. Traditionally, the green represents the Catholics of Ireland, the orange represents the Protestant

population, and the white in the middle symbolizes the peace between the two religions. If you need a little luck in your life, try these St. Patrick's Day traditions that will bring you luck.



The religious symbolism doesn't stop there. St. Patrick is thought to have used green shamrocks to teach people about the Holy Trinity (God the Father, God the Son, and God the Holy Spirit), another justification for greenifying everything.

Of course, we can't talk about St. Patrick's Day without mentioning leprechauns. Back in the day, these mischievous little guys were said to wear red and gold jackets with pointy red hats. Now they're rarely seen in anything other than green, and, legend has it, they pinch anyone not wearing their favorite color. And isn't that reason enough to wear green? Before you search through your closet for your cutest green shirt, read these things you didn't know about St. Patrick's Day.



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Providing support and guidance to make
"the healthy choice the easy choice."