March 2027

MARCH IS...

National Celery Month
National Nutrition Month
Veggie Month

STARS OF SPRING

March marks the delicious transition from winter to spring! Spring fruits & veggies are packed with fresh flavor, crisp textures, and bright colors. Some of the "Spring Stars" include radishes, pineapple, and artichokes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1
Mango Slices
Parsnip Coins

Week 2
Tropical Blend
Snow Peas

Week 3
Apple Slices/ Grapes
Rainbow Cauliflower

Week 4
Kiwi Slices
Baby Carrot/ Radish Slices

WHAT AM I?

I'm round & layered,
and I make you cry.
I add flavor when cooked,
and I grow underground.

GET CREATIVE:

use sliced fruits and vegetables to make fun shapes or patterns on a plate, turning mealtime into a springtime masterpiece!



FreshEdge PREPARED SOLUTIONS