



March has arrived, winter is over. This month we celebrate Women's History Month, St. Patty's Day, and the arrival of Spring. Soon we will all be planning our summer vacations. The Produce Item of the Month for March is **Green Cabbage** in honor of St. Patrick's Day.



March is National Nutrition Month. This is a nutrition education and information campaign sponsored by the American Dietetic Association (ADA.) The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. Keep this in mind when planning your menus and dinners and packing lunches.

April's Upcoming Events

Tax Day April Fools Day Easter Daylight Savings
Administrative Professional Day Take Your Daughter to Work Day

DeCA Customers Are Enjoying National Promotions

Chilean Stone Fruit – March 15 to April 15

USA Pear – February 15 to April 30

DP – 5 Chilean Grapes

DP-6 – Cabbage

DP –7 – Chilean Stone Fruit

DP-8 - Corn

Featured Item of the Month – Cabbage

Cabbage is a hardy vegetable that grows especially well in fertile soils. There are various shades of green available, as well as red or purple types. Head shape varies from the standard round to flattened or pointed. Most varieties have smooth leaves, but the Savoy types have crinkly textured leaves. Cabbage is easy to grow if you select suitable varieties and practice proper culture and insect management. Always regarded as a good source of vitamins, cabbage recently has been shown to have disease-preventive properties as well. Green cabbage is grown more often than the red or Savoy types, but red cabbage has become increasingly popular for color in salads and cooked dishes. The Savoy varieties are grown for slaw and salads. Varieties that mature later usually grow larger heads and are more suitable for making sauerkraut than the early varieties. All the varieties listed here are resistant to fusarium wilt ("yellows") unless otherwise indicated. All are hybrid varieties unless marked OP, for open-pollinated variety. Good quality product will be solid, hard and fairly heavy in relation to size. Leaves should be firmly attached to stems. Avoid discolored or wilted cabbage. Refrigerate in crisper. Cabbage may be used cooked or raw. Cabbage can be boiled, stuffed or baked. Fresh cabbage provides extra texture and taste in casseroles, soups, stews and salads. Chop or shred cabbage and use for slaws.



DSCP-Produce Business Unit

NEWSFLASH



MUST READ - WHAT'S HOT - WHAT'S NOT!!

ITEM	SUPPLY	QUALITY	MARKET	STATE
Green Beans	Good	Good	Steady	FL
Cabbage, Green, Red, Savoy	Good	Good	Higher	FL
Corn, Yellow, White, Bicolor	Good	Good	Steady	FL
Cucumbers, Super Selects	Fair	Good	Lower	Central Am.
Onions, Yellow and Red Jumbos	Good	Good	Higher	MX/NY
Peppers, Green Bell	Good	Good	Steady	FL
Radishes	Fair	Good	Steady	FI
Potatoes, baking	Good	Good	Steady	CO/WI
Potatoes, white	Good	Good	Steady	NY/ME
Potatoes, red	Good	Good	Steady	FL
Sweet potatoes	Good	Good	Steady	NC/LA
Squash, zucchini	Good	Good	Lower	FL
Tomatoes	Good	Good	Lower	FL
Apples, red delish, gold delish, mac	Good	Good	Steady	NY/ME
Valencia oranges, red grapefruit, tangerines	Good	Good	Steady	FL
Cantaloupes, Honeydew	Fair	Good	Lower	Central Am.
Chilean Grapes, nectarines, peaches, plums	Good	Good	Steady	
Strawberries	Good	Good	Lower	FL
Asparagus	Good	Good	Strong	CA
Artichokes	Limited	Good to Fair	Lower	CA
Broccoli	Good	Good to Exc	Steady	CA
Cauliflower	Good to lim.	Exc to Good	Steady	CA/AZ
Celery, Celery hearts	Good	Good	Strong	CA/AZ
Iceberg Lettuce, Leaf lettuce	Good to lim.	Good to fair	Steady	AZ
Strawberries	Good	Good	Strong	CA
Apples, red del, gold del, granny smith	Good	Good to exc		WA
Apples, fuji, braeburns, royal galas, cameo	Good	Exc to good		WA
Apples, red rome, jonagold, pink lady	Good	Exc to Good		WA
Rhubarb	Good	Good		WA
Pears, danjou, bartletts, bosc gold rus	Good	Good		WA/CA
Pears, red danjou, comice, seckle	Limited	Good		WA/CA
Pears forrelle	Good	Good		WA/CA
Pears, asian russet	Limited	Best Available		WA/CA
Healthy treats/Snack Packs	Packed to order	Excellent		
Grapes, Peaches, Nectarines	Good	Good		Chile
Plums, Cantaloupes, Honeydews	Good	Good		CA
Navel, Lemons, Tangelos, Kiwi	Good	Good		CA

DSCP-Produce Business Unit *NEWSFLASH*



DID YOU KNOW ?????

- ★ To help celebrate Black History Day, fresh fruits and vegetables were passed out to children at a local elementary school by *DSO San Francisco's* Customer Support Specialist. Red Delicious Apples, Navel Oranges, Pineapple Spears, Kiwifruit, and Carrot/Celery sticks were served to a very appreciative crowd. The kids were delighted with the sweet pineapples and oranges, which they chose over candy. This was an excellent opportunity to demonstrate healthy eating and promote new business for our school lunch program.
- ★ The chief, *PBO Philadelphia* has scheduled for a number of Green Kiwi demonstrations at various commissaries for the month of March. The PBO Philadelphia staff has pitched in 100 % during the Chief's absence in all areas to assure that customer service excellence continues to be served.
- ★ Troop Support for the USS ESSEX and USS KITTY HAWK.....The *Japan Area* Subsistence Office loaded out the USS ESSEX with \$41371.41 worth of FF&V in the Sasebo, Japan. Also, the USS KITTY HAWK was loaded out with \$55164.50 worth FF&V in Sasebo, Japan. The load outs coordinated and executed without any problems.
- ★ Fairs were conducted by *PMO Wicomico* personnel in Cabarras and Rockingham counties recently. Elementary and high school children enjoyed sampling unusual fruits and veggies. Nutritional information of fruits and vegetables as it pertains to their diets was provided to the students.
- ★ *PBO Nashville* came to the aid of Ft. Campbell Commissary with an emergency order of 39 cases of fresh salads when AP Military failed to deliver their order. Ft. Campbell is a high volume well managed store, and the PBO was happy to be able to come to their assistance.

Please feel free to provide your comments directly to me at
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Remember, as Kevin Spacey said in his new movie,
Our customers should always be able to say:



“THE PRODUCE WAS WORTH THE TRIP !!”