

WHAT'S FRESH

Radishes

Colorful and crunchy, a raw crisp radish has a delicious peppery flavor! Radishes are a great source of Vitamin C. Just 1/2 cup offers 14% of your recommended dietary allowance.

Quick Tips:

- The first step to enjoying a radish is to trim off its leaves, but don't throw them away! Radish greens can be steamed, sautéed or added to soups, stews and stir-fry.
- Separate the green tops from radishes (the greens will draw out moisture). Store radishes in a breathable bag in the high humidity drawer of the refrigerator.
- Use whole within one–two weeks and radish greens within 2–3 days.
- Revive limp radishes by slicing and soaking them in ice water!

How to cut radishes:

Scrub radishes under running water before eating them to remove any dirt!



1. Grate

Place box grater on a cutting board or in a bowl. Starting at the top, slide the radish up and down the grater.



2. Halves

Chop off the remaining top and bottom root, then discard. Cut the radish in half, lengthwise through the stem, making a flat edge on each piece.



3. Quarters

Follow step 2 to cut the radish in half. Lay each piece on the flat edge, then cut it in half again, making 4 quarters.



4. Thin Sliced

Cut a thin slice from one side of the radish [a designated "bottom" for stability]. Cut lengthwise slices 1/8 in. thick.



5. Matchsticks

Follow step 4 to stack the slices on top of one another. Then cut through the layers lengthwise to create matchsticks.



6. Sticks

Follow steps 1 and 2. Take the halved radish and cut it into thirds.

Ways to cook radishes:

Eat raw: Cut into quarters and enjoy with hummus or low-fat ranch as a healthy snack. Add grated or thinly sliced to salads or sandwiches.

Sauté: Cut into quarters. Heat oil in a pan over medium heat. Add radishes and cook 12 minutes or until fork tender.

Roast: Cut radishes in half or quarters, then toss lightly in with oil, salt, pepper and minced garlic. Roast on baking sheet at 450° F for 10 minutes. Turn radishes; roast for 8 more minutes, or until tender.

Grill: Cut in half and brush lightly with oil. Place on the grill. Grill for 3–4 minutes on each side, or until golden brown. If pieces are small enough to fall through the grate, line the grate with foil.

Pickle: Place thinly sliced radishes in a bowl with vinegar and seasonings for 30 minutes and enjoy a tangy topping. See recipe on the back!



Roasted Radishes

SERVES
4

Directions:

1. Preheat oven to 450°F.
2. Cut radishes in half then toss lightly with oil, salt, pepper and minced garlic.
3. Roast on a baking sheet for 10 minutes.
4. Turn radishes and roast for 8 more minutes, or until tender.

Ingredients

Radishes - 1 bunch
Garlic - 2 cloves [minced]
Olive Oil - 2 tablespoons
Salt and Pepper to taste



Quick Pickle Radishes

3-4
cups

Directions:

1. Wash the radishes, then remove their greens and root.
2. Slice the radishes thin, and pack them in a jar.
3. Whisk together the vinegar, water, salt and sugar. Pour into the jar.
4. Add chopped green onions for color (optional).
5. Refrigerate at least 15 minutes before serving.

Ingredients

Radishes - 8-10 count
Vinegar - 1/2 cup
 [white, apple cider, redwine]
Water - 1/2 cup
Sugar - 1 tablespoon
Salt - 1 teaspoon

5 Things you should know about radishes:

- Radishes are members of the cabbage family. The root is related to kale, broccoli, cauliflower and horseradish.
- Radishes are a great low-calorie snack; one cup of sliced radishes has only 19 calories.
- Most states grow radishes, but California and Florida have the biggest crops in the United States.
- Because they grow rapidly, radish plants are ideal for children's gardens.
- Many kinds radishes are available year-round. They vary in size, taste and color but share nutritional values.