

RADISHES

Nutrition Facts:

Radishes are a great source of:

- Vitamins C
 - Riboflavin
 - Folate
 - Vitamin B₆
 - Calcium
 - Iron
 - Potassium
 - Magnesium
 - Copper
 - Manganese
 - Fiber
- Low-calorie vegetable that provides 19 calories in a 1-cup serving.
- Has a calming effect on the digestive system and can help to relieve bloating.



What is it?

The radish is a crunchy root vegetable with a “woody” taste. Its taste is often described as having a spicy “kick.”

There are five main varieties. *Red Globe*: Is the most popular variety in the U.S. It is small (usually one to four inches long), has red skin and white flesh. They are especially good in salads.

Daikon: Is also a popular variety. The Daikon is large, white and carrot-shaped. It weighs one to two pounds.

Fun Facts!

- The “Night of the Radishes” (Noche de los Rábanos) has been celebrated in Oaxaca, Mexico for more than 100 years. Crafts people carve giant radishes into human figures and other forms.
- Radishes originated in China thousands of years ago.
- Radishes are very easy to grow. They like sunshine and moist, fertile soil.
- Cutting radishes into “roses” makes a nice (and tasty) garnish to a main dish or salad or try them with your favorite dip.



HOW TO:

CHOOSE:

Radishes should be firm and smooth with their inside crisp. The leaves should be bright green.

PREPARE:

Radishes are usually eaten raw, although they may be roasted or otherwise cooked. Radish leaves can be eaten — simply sauté with a little olive oil.

How To Prepare RADISHES



How to store:

Before storing, remove the leaves from the root. The leaves can be eaten in salad or stir-frys but do not hold up well being stored. Store radish roots in a plastic bag with damp paper towels in the refrigerator. They will keep for up to one week.

It is not recommended to freeze radishes due to their high water content.

Summer Radish Salad

Ingredients:

- 2 cups sliced Red Globe radishes
- ½ teaspoon salt
- 1 cup sliced red onion
- 1 cup seeded and sliced cucumber
- ½ cup olive oil
- 2 teaspoons white wine vinegar
- ½ teaspoon sugar
- 1 clove garlic, minced
- 1 teaspoon chopped fresh dill

1. Toss radishes with salt, let stand about 10 minutes, and then drain any liquid.
2. Transfer radishes to a large bowl and add onion and cucumber.
3. Whisk together olive oil, vinegar, sugar, garlic, and dill in a small bowl.
4. Pour dressing over vegetables and toss to combine.
5. Cover and refrigerate for at least one hour before serving.

Makes 6 servings.

Prepared by Volunteers of
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References:

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<http://aggie-horticulture.tamu.edu/food-technology/nutrition/radishes/>

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