

ABOUT RADISHES

From the Latin word "root", the radish is indeed the root of a plant belonging to the mustard family. The radish is related to kale, broccoli, cauliflower, and horseradish. Radishes have a high water and fiber content, and are low in calories. Radishes are rich in folic acid and vitamin C, and contain B-complex vitamins and zinc.



Choose:

- ◆ Pick radishes with medium-sized firm, crisp roots
- ◆ Smaller is better when it comes to choosing radishes
- ◆ If leaves are intact, they should look crisp and be of a bright green color
- ◆ Radishes should feel firm, not soft

Avoid:

- ◆ Do not pick radishes that have wilted or soft roots. This means that the radishes are old. If you have some that have become soft, add them to soup to spice up the flavor.

Storage:

Store root vegetables in a plastic bag in the vegetable crisper drawer of the refrigerator.

Serving Tip:

- ◆ Slice radishes to add crunch to a salad or a sandwich. Dice them and add to soup.



A popular Chinese proverb about the radish: *"Eating pungent radish and drinking hot tea, let the starved doctors beg on their knees."*

RADISHES

Roasted Radishes with Carrots



Yield: 4 servings
Time: 25 minutes

Ingredients

- 1 bunch small to medium radishes (about 12)
- 10 carrots, peeled and cut into thirds
- 1 tablespoon olive oil (preferred) or vegetable oil
- 1 teaspoon fresh thyme if available, or 1/4 - 1/2 teaspoon of dried thyme leaves
- Salt and ground black pepper
- 1/2 a fresh lemon, optional

Directions

1. Preheat oven to 425°F.
2. Place the radishes and carrots in a bowl. Toss with oil, thyme, salt, and ground black pepper. Place radish-carrot mixture on a baking sheet.
3. Roast until tender yet firm in the center, about 20 minutes. Squeeze with lemon juice to taste and serve.

Notes: _____



Have your young ones help out with this recipe by putting the radishes and the carrots in a large mixing bowl. Have them stir with a wooden spoon while you drizzle in the oil and add the thyme, salt, and pepper.

Red Radish Salsa

Yield: 6 servings
Time: 20 minutes



Ingredients

2 cups chopped or grated red radishes (about 1 pound)
1/2 cucumber, peeled and diced
1/2 small red onion
1/4 cup chopped fresh cilantro leaves
Juice of 1 lemon and 2 limes (approx. 1/4 cup) to taste
Salt and freshly ground black pepper, to taste
1 minced fresh jalapeño (seeds removed), optional
1 clove minced garlic, optional

Directions

1. Put all the ingredients in a medium bowl and mix thoroughly.
2. Taste and adjust the seasoning, adding more chile, lemon, or salt as needed.
3. Serve immediately or cover and refrigerate for up to a day.

Radishes are a classic salsa ingredient in Mexico, and the technique of mixing a vegetable with an acid, chiles, and fresh herbs is common in many other parts of the world. This would go great with steak, or quesadillas, or just serve it with a big bowl of tortilla chips!

Notes: _____
