



# Radish

## What is it?

Radishes come in all kinds of colors: red, white, black, purple, and pink! This quick-growing member of the cabbage family generally has a sweet, peppery flavor, and is crunchy when raw.

Radishes are high in vitamin C and are good sources of folate and potassium.



## Storage Tips

For long storage, put unwashed radishes with their greens removed in a plastic baggie with a slightly damp, folded paper towel at the bottom. Put the bag in a cool, moist, dark place, like the crisper drawer of the fridge. They'll last several weeks stored in this manner. Freezing is possible, but be aware that radishes will lose their original taste and texture once they've been frozen, and won't be quite the same as fresh. They are just fine for dishes that involve cooking them. Blanching will help preserve their flavor much better than if you just tossed them in the freezer.



## Usage Tips

Radishes are most often eaten raw. If you find them to be too spicy, peel them or slice and soak in cold, salted water. Did you know, however, that you can roast them like a potato? They are excellent like this. The greens can also be eaten raw, steamed, sauteed, or added to recipes.

A Vegetable E-booklet



# RECIPES

## Shaved Radish Salad with Walnuts and Mint

### INGREDIENTS

- 1/4 cup walnuts
- 2 c thinly sliced mixed radishes
- Flaky sea salt
- Freshly gr black pepper
- 2 T. mint leaves
- 1/4 cup Basic Lemon Vinaigrette  
(To prepare vinaigrette: Whisk 2/3 c. oil & 1/3 c. lemon juice in a small bowl or shake in a jar to emulsify; season with salt & pepper)

### INSTRUCTIONS

1. Preheat oven to 350°. Toast walnuts on a rimmed baking sheet, tossing once, until golden brown, 8–10 minutes. Let cool; crush with the flat side of a chef's knife.
2. Arrange radishes on a plate. Lightly season with salt and pepper and drizzle vinaigrette over; top with walnuts and mint.

Adapted from [www.bonappetit.com](http://www.bonappetit.com)

## Sauteed Radishes and Radish Greens

### INGREDIENTS

- 1 bunch radish, including leaves
- 1 tablespoon olive oil
- 1 small red onion, cut into slices
- 3 cloves garlic, chopped
- 1/2 teaspoon salt, or to taste
- 1 tablespoon lemon juice

Adapted from [www.healthiersteps.com](http://www.healthiersteps.com)

### INSTRUCTIONS

1. Cut leaves off roots of radishes, Wash leaves and bulbs thoroughly.
2. Heat oil in skillet over med-high heat, add onion, cook until soft, about 2 min. Add garlic, cook until fragrant, about 1 min, stir.
3. Add chopped radish leaves, sliced radishes and stir until wilted. Keep stirring often, cook until the greens and radishes are tender about 5-8 min. Season with salt to taste, add a squeeze of half of a lemon.