



Give Them More
of the
Good Stuff!

Radish Basics



Shop and Save

- ✿ Radishes are root vegetables that come in many colors, shapes and sizes.
- ✿ Choose radishes that are smooth, firm and brightly colored. If the leafy greens are attached, they should look fresh – not yellow or wilted.
- ✿ Avoid radishes with cracks or cuts.
- ✿ Radishes are available year round, but may be freshest and cost less when in season. In Oregon, this is in the spring and fall.

Growing Radishes

- ✿ Radishes are easy and fun to grow from seed. Many types are ready to eat in 30 days or less.
- ✿ You can grow radishes outdoors in the ground or in containers. Radishes can also be grown indoors.

Radishes are a good source of
vitamin C, potassium and folate.



Radish microgreens are easy to
grow indoors any time of year!

store Well Waste Less



- If the greens are attached, cut them from the radishes before storing. Refrigerate greens in an airtight container to use within 3 days.
- Refrigerate radishes for up to two weeks in a closed container or in an open container covered by a moist towel.
- Rinse radish roots, greens and microgreens under running water just before using.
- Radishes do not freeze well.

Raw radishes are crisp and crunchy with a peppery taste. Cooked radishes are tender, mild and sweet.



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Enjoy Radishes

Roasted Radishes with Peas

Ingredients:

- 1 bunch **radishes** (about 10), cut into quarters
- 2 teaspoons **vegetable oil**
- ¼ teaspoon each **salt** and **pepper**
- 1 cup **peas** (fresh, thawed from frozen, or canned and drained)
- 1 Tablespoon **lemon juice**
- 1 teaspoon dried **dill** (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 450 degrees F.
3. On a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
4. Sprinkle peas over the radishes and roast until peas are heated through.
5. Remove pan from the oven and sprinkle vegetables with lemon juice and dill, if desired.
6. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 15 minutes

Kids can enjoy radishes sliced or whole with a tasty dip!

Try the Ranch Dip recipe on FoodHero.org

Radish and Cucumber Salad

Ingredients:

- ¼ cup nonfat **plain yogurt**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon each **salt** and **pepper**
- 1 bunch **radishes** (about 10), thinly sliced
- 1 **cucumber**, cut into thin rounds

Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix together yogurt, garlic, salt and pepper. Add radishes and cucumber and stir to combine.
3. Cover and refrigerate for at least 15 minutes before serving.
4. Refrigerate leftovers within 2 hours.

Makes 5 cups

Prep time: 10 minutes

Chill time: 15 minutes

Quick Fix

- ✿ Add radishes and radish greens to a stir-fry.
- ✿ Top salads, sandwiches, tacos or stews with sliced radishes or radish microgreens for flavor and crunch.
- ✿ Add sliced or chopped radishes to vegetable or grain salads.
- ✿ Add finely chopped radishes to dips or salsa.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ **rinse vegetables under running water.**
- ✿ **trim and cut vegetables for the recipe.**
- ✿ **measure and mix ingredients.**