
Selection

When buying radishes, choose smooth, brightly colored, medium-sized radishes.

The attached tops should be green and fresh looking. The greens are edible too! Eat radish tops either raw or cooked.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Keep radishes in the vegetable drawer or in a perforated plastic bag in the fridge, and use within one week of purchase.
 - ◆ Before storing radishes be sure to cut off the leafy top and the root ends before using.
 - ◆ Make sure to use a vegetable brush and wash vegetables under running water before cutting, cooking, or eating.
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Why Buy Local?

- ◆ You are making a healthy choice for you and your family.
 - ◆ What you spend supports the family farms who are your neighbors.
 - ◆ Buying local keeps farmers on the land and producing food for everyone.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Radishes

Rábano

Uses

You can eat summer and winter radishes raw. Do not peel summer or black radishes.

Radishes are most often sliced, diced, shredded or served whole. The large Chinese and Japanese varieties hold up well during cooking.



Radish, Carrot & Orange Salad

Nutrition Facts

- ♦ Fat free
- ♦ Free of saturated fat
- ♦ Low sodium
- ♦ Cholesterol free
- ♦ Good source of Vitamin C
- ♦ Low calories

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Primary Source for information and recipe: University of Illinois Extension; Photos found on Google Images

Try It!

Radish, Carrot & Orange Salad

INGREDIENTS

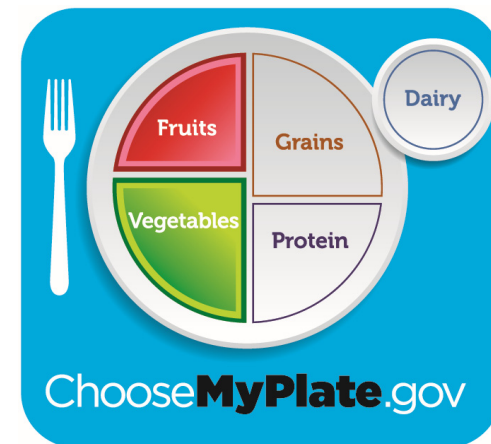
3/4 cup	Radishes, thinly sliced
1 pound	Carrots, peeled & shredded
1	Large onion, cut into bite-sized chunks
1/2 cup	Cilantro, chopped
3 Tbsp.	Olive oil
2 Tbsp.	Lemon juice
2 Tbsp.	Orange juice
1 dash	Cinnamon
	Salt & Pepper to Taste
	Pita wedges

INSTRUCTIONS

1. Using a box grater, shred the carrots.
2. Combine the carrots, onions, radishes and cilantro in a salad bowl.
3. Whisk together olive oil, juices, cinnamon, salt and pepper, and pour over the salad.
4. Cover and chill. Serve garnished with pita wedges.

Yield: 6 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Radishes have often been dismissed as only useful for decoration and garnishes. They are actually members of the cruciferous vegetable family, so the greens are edible.

Because they vary in keeping quality, radishes are classified as winter or summer. They both store well in the refrigerator once the tops have been removed.

Radishes come in many colors, from white to red to purple. One radish variety, "Beauty Heart", even looks like a watermelon when sliced and tastes sweet!