



# Radishes

## The Health Benefits of Radishes

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.

### **3 oz raw or about 10 radishes provides:**

- 16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

### **Potential benefits of consuming radishes**

- High in vitamin C which fights against free radicals and aging
- High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper
- Good source of dietary fiber
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane to reduce risk of prostate, colon, breast and ovarian cancers
- Radishes can be eaten raw, thinly sliced on salads or served with hummus dip, or try roasting with olive oil, or steamed and used in potato salads or casseroles

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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# Give Your Family More of the Good Stuff!



## Radish Basics

### \$hop and \$ave

- ✿ Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached, should be a deep green color.
- ✿ Avoid radishes that have cracks or cuts.
- ✿ Red and white radishes are sold in stores year-round, but generally cost less in the spring.

### Kids and Radishes

Radishes are great vegetables for kids to grow!

Here are some basic tips on planting radish seeds:

- ✿ Sprinkle seeds thinly over damp soil and cover with at least ½ inch of soil.
- ✿ Water seeds well after planting, and keep them moist until they sprout.
- ✿ Radish seeds prefer a slightly sunny semi-shaded spot.
- ✿ The seeds will sprout in 4 to 8 days and be ready to pick in a month.

**Raw radishes have a peppery taste but cooked have a mellow, sweeter taste.**

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



### Types of Radishes

Not all radishes are red; they come in many colors from white to purple and even black!

They also come in different sizes, shapes and flavors! You can often find different kinds of radishes at Asian markets. An example is the daikon radish. You can eat it raw or add it to soups, stir-fries, and many other recipes!



Another low-cost way to try different radishes may be to grow them from seed.

### Store Well Waste Less



- Radishes do not store well with the leafy tops left on. Cut them off before storing.
- Store radishes in the refrigerator for up to 2 weeks. Put them unwrapped in the produce drawer of your refrigerator, or in an open plastic bag or bowl to let air in.
- Radishes do not freeze well.



# Serving up Radishes

## Oven-Roasted Radishes with Peas

### Ingredients:

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

### Directions:

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

## Quick Fix

- ✿ Add sliced radishes to a stir-fry recipe.
- ✿ Top salads or sandwiches with sliced radishes for added flavor and crunch.
- ✿ Add chopped radishes to potato or grain salads.
- ✿ Add finely chopped radishes to dips or salsa.

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

Try the *Ranch Dip* recipe on [FoodHero.org](http://FoodHero.org)

## Radish and Cucumber Salad

### Ingredients:

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

### Directions:

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