

Radishes

Key Points

- For the best buy, choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Radishes and radish greens can be eaten raw or cooked.
- To keep fresh, store unwashed radishes in the refrigerator for up to 2 weeks. Store radish greens wrapped in a damp paper towel for 2-3 days.
- Radishes contain vitamin C, which is good for fighting colds and healing cuts.



Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Place radishes in a bowl with vinegar for 30 minutes and enjoy a delicious pickle!
- One bunch of radishes will yield about 2 1/2 cups of sliced radishes.
- **Kids can help!** Separating radish greens from the roots is an easy, fun way to enjoy cooking with your child!

Radish Stir-Fry with Sugar Snap Peas

Ingredients:

1 tablespoon vegetable oil
1/2 cup diced shallots
3 cups chopped sugar snap peas
2 cups sliced radishes
1/4 cup orange juice
2 tablespoons chopped fresh dill
Black pepper, to taste

Directions:

1. Heat oil in a large pan over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes, add radishes and cook 3 minutes more. Stir.
4. Add orange juice and dill. Add black pepper to taste.
5. Mix well. Serve and enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Adapted from
www.smittenkitchen.com

Celery and Radish Salad

Ingredients:

5 cups diced celery
2 1/2 cups sliced radishes
1/4 cup chopped parsley
1 tablespoon chopped chives
1 tablespoon vegetable oil
2 tablespoons cider vinegar
Black pepper, to taste

Directions:

1. Combine all ingredients in a large bowl and mix well.
2. Season with pepper.
3. Serve immediately and enjoy!
4. Refrigerate leftovers.

Makes 8 servings.

Adapted from www.nytimes.com



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