



# Radish

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- Radish varieties vary in size, flavor, color, and how quickly they mature. Some radish varieties can even grow up to 3 feet in length and weigh up to 100 pounds.
- Radish seeds can be pressed to extract radish seed oil which, although not suitable for human consumption, is a potential source of biofuel.

## Nutrition Information:

- The radish root is 94% water and has only small values of a few vitamins and minerals, including potassium, phosphorous, and vitamin C.
- The greens on the other hand are packed with nutrients, like most leafy greens, and are an excellent source of vitamins A, C, and group-B.

## Preparation:

- **NOTE:** all parts of the radish plant are edible, including the pods, which can be eaten raw, tossed in a salad, stir-fried, or pickled.
- Remove the greens from the root and set aside (you can wash and eat them cooked or raw, or add to stock). Scrub the radishes to remove any garden soil. Radishes do not need to be peeled, though some varieties you might want to, as they can have a woody outer layer.

## Cooking:

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**NOTE:** radishes are generally interchangeable in recipes, however their pungency varies so be sure to taste them first. For example, watermelon and daikon radishes are both milder than French or red.

**Raw:** slice and serve with dip; chop or grate for salads, slaws, or put on a sandwich. Try grated daikon on a Bánh mì (a Vietnamese sandwich) or sliced red radish on a turkey sandwich with Gruyere cheese and spinach.

**Sauté:** briefly sauté chopped or sliced radish to tone down the “bite” of a particularly peppery variety. Toss in stir-fries, salads, or eat as is.

**Steam:** leave whole, place in a pot with a steamer rack above 1-2 inches of water, and steam for 8-12 minutes (depends on size) until tender. Roll in melted butter and sprinkle with salt, pepper, and fresh herbs.

**Soups:** use in soups or stews either chopped, sliced, or whole.

**Greens:** sauté greens as you would spinach or add them raw to a salad mix.

## Storage:

- Store in the refrigerator wrapped in a damp towel or in a plastic bag for up to 2 weeks. Store green tops separately, wrapped up in a damp towel in the hydrator/crisper drawer. Use as soon as possible.
- For longer-term storage, daikon and winter radish varieties may be packed in moist sand and kept in a cool, but not freezing, place.
- Radishes and their pods can be pickled for long-term storage.