

Radishes



Radishes are root vegetables. There are many varieties and they come in lots of colors like white, pink, purple, yellow, green, and black. Radishes can be found year-round in the grocery store and locally between the months of May-December. Radish greens can be saved and eaten raw or cooked too.

Used in:

Salads, stir fries, vegetable platters, side dishes, or as a sandwich topping

What do they taste like?

Radishes can be sweet, spicy, peppery and crunchy

How do I store them?

Cut the greens off the top of each radish bulb and store the greens and bulbs in a separate container or plastic bag in the refrigerator. Or you can place bulbs in a container with cold water to keep them crisp and fresh. Place in the fridge. Greens will keep for 3-4 days and radish bulbs

will keep for 1-2 weeks in the refrigerator.

How do I prepare them?

1. Rinse and scrub with veggie brush under running water.
2. You only need to peel black radishes.
3. Cut off most of the stem, leaving about an inch.
4. Cut root off bottom of radish. Cut off any black spots.
5. Slice, chop, grate or dice according to recipe.



How do I cook them?

On the stove: To sauté, cut radishes to desired size. Heat 1-2 tablespoons of oil in a skillet over medium-high heat. Add radish slices and salt and pepper to taste. Heat until golden, stirring frequently.

In the Oven: To roast, pre-heat oven to 425°F. Cut radishes in half and toss them in 1-2 tablespoons of oil. Add salt, pepper, or your favorite seasoning mix to taste and place radishes on a baking sheet. Roast radishes in the oven for about 30-45 minutes depending on their size and turn halfway through cooking time.

Seasoning ideas: Chives, lemon, parsley, pepper, scallions, or thyme

How do I save and freeze them?

Radishes do not freeze well but can be pickled for longer storage in the refrigerator.

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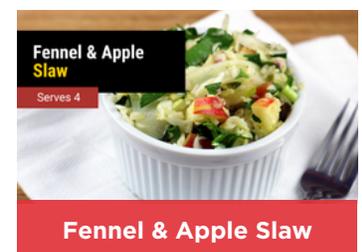
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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Radishes from SNAP-Ed NY:



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