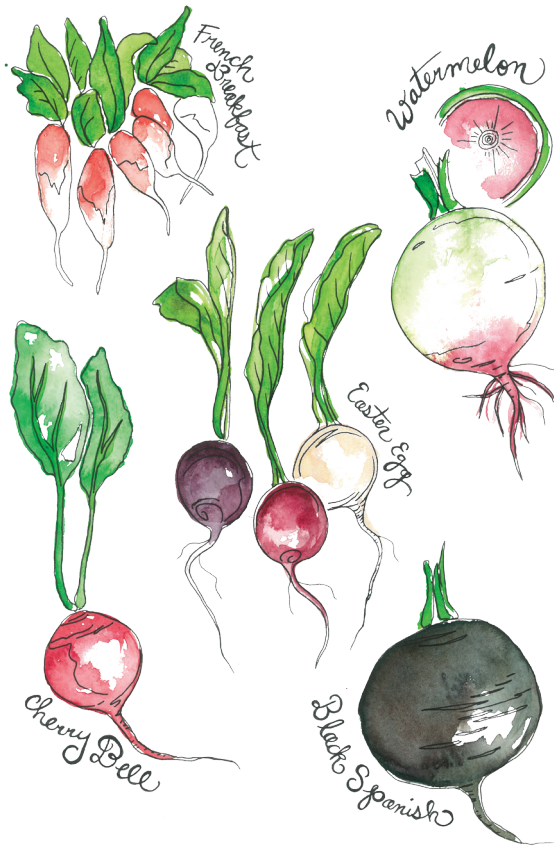


RADISH

Cafeteria | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



Tidbit

Radishes come in a number of sizes and colors and can be enjoyed both raw and cooked. The radish was one of the first vegetables to be domesticated and is noted for its ability to grow quickly. Radishes boast a distinct peppery flavor that comes from the essential oils found right beneath the vegetable's skin.

Mini-activities

- Taste test radish slices with different dips, such as hummus and ranch
- Compare radish varieties and come up with descriptive words for each type
- Plant radish seeds in a container—they'll be ready in less than a month!

Storage Tips

- Radishes keep best without their greens, which can speed up the loss of moisture
- Keep radishes, unwashed, in a perforated bag in the refrigerator for up to one week

Benefits

- Radishes provide vitamin C and potassium and are noted for aiding digestion
- Radish greens are an excellent source of vitamins A, C, and B

Kid-friendly Cooking Tips

- Slice raw radishes and include on your school's salad bar
- Roast whole radishes with oil, salt, and pepper
- Quick-pickled radishes are a great addition to salads and sandwiches
- Don't forget about radish greens! Add to a salad or stir-fry

Selection Tip

- Look for firm, smooth radishes without cracks
- Larger radishes tend to be more fibrous and spicy- select smaller radishes for mild flavor If greens are attached, make sure they look fresh

Complementary Herbs & Spices

Basil, chives, dill, mint, parsley

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Recipes

Radish and Cucumber Salad

Radish and Cucumber Salad

Yield: 60 servings

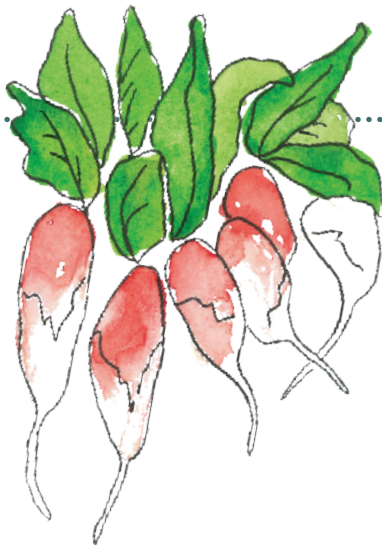
Ingredients:

- 10 bunches radishes (~10 cups sliced)
- 10 cucumbers
- 5 cups plain Greek yogurt
- 5 lemons, juiced
- 4 cloves garlic, minced
- 5 Tbsp fresh dill, chopped
- Salt and pepper, to taste

Directions:

1. Wash the cucumbers and radishes and thinly slice.
2. Place sliced veggie in a colander with a large bowl underneath and allow to drain in fridge for at least 2 hours.
3. Mix together the dressing ingredients and store in fridge until veggies are ready.
4. Before serving, pour yogurt dressing over the cucumbers and radishes and mix well. Taste and add salt and pepper.
5. Sprinkle salad with dill to garnish.

Source: GMFTS



Roasted Radishes

Roasted Radishes

Yield: 40 servings

Ingredients:

- 22 lbs radishes, greens removed
- 1.5 cups butter
- 5 Tbsp olive oil
- Fresh herbs, such as basil, chives, dill, or parsley
- Salt and pepper, to taste

Directions:

1. Preheat oven to 400°F. Line baking sheets with foil or parchment paper.
2. Clean radishes and remove greens. Halve or quarter large radishes so they're all approximately the same size.
3. Toss radishes with just enough olive oil to coat and season with salt and pepper. Spread on baking sheets in even layers.
4. Roast radishes until tender and lightly browned (~40 minutes), stirring occasionally.
5. In a large skillet, melt butter. Add radishes and toss to coat. Remove from heat and stir in minced herbs.

