

Radishes



SEASONALITY



NUTRITIONAL PROPERTIES

Radishes are low in calories but high in vitamins. They have niacin, calcium, magnesium, manganese, and folate. Radishes are naturally low in carbohydrates and sodium.

STORAGE

Store radishes in a plastic bag in the refrigerator. Radishes can last 1-2 weeks. Removing greens from radishes may extend their fridge life.

PRESERVATION

Quick pickling radishes is an effective way to preserve radishes. Radishes do not freeze well.

HOW TO PREPARE

1. Wash and quarter or slice radishes.
2. Add to your favorite salad.

Sliced radishes can be added to salads, tacos, and relishes.
Roasted radishes can be a great addition to most entrées.

RECIPES FROM HDFFA

with radishes

- Spring Citrus Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

