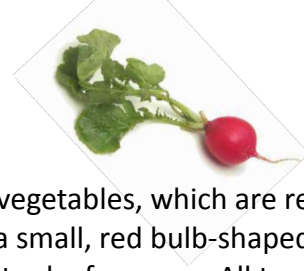


Taste Test: Radish



A radish is a white and red root vegetable that is part of “cruciferous” vegetables, which are related to broccoli, cauliflower, and brussel sprouts. The radish is made up of a small, red bulb-shaped root that is most commonly consumed, and it is topped with edible, but bitter leafy greens. All types of radishes have a tangy, almost spicy taste due to the mustard oil in the radish. Radishes can be found in the grocery store between April-June and October-January.

Food Fact

Radishes are a source of vitamin C and folate.

How to Choose:

- Choose radishes that are smooth and brightly coloured.
- Choose radishes that have bright green and fresh-looking greens.
- Avoid radishes that are soft, dull coloured or contain brown spots.

How to Prepare:

- Slice off the roots and leaves, wash, and pat dry.
- Serve radishes fresh. They can be enjoyed whole, sliced, diced, minced or grated.

How to Store:

- Remove the radish greens.
- Store radishes in a plastic bag for up to 1 week.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try radish again?

YES NO

Ideas for Serving Radishes:

- Add chopped radishes to your favourite green salad.
- Grate radishes into pasta or bean salads for a different taste and texture.
- Add radishes to your vegetable platters for a pop of colour and flavour.

Radish and Spinach Salad

Makes 4 servings

Ingredients:

- ¼ cup vegetable oil
- 1 Tbsp lemon juice
- 2 tsp grainy mustard
- 1 clove garlic, minced
- ¼ tsp dried dill weed
- Salt and pepper
- 6 cups torn spinach leaves
- ½ cup sliced radishes
- ½ cup shredded swiss cheese
- 1 carrot, thinly sliced

Directions:

1. In a salad bowl, whisk together vegetable oil, lemon juice, mustard, garlic, dill weed, salt, and pepper.
2. Add spinach leaves, sliced radishes, swiss cheese, and carrot. Toss and serve.

Recipe adapted from <https://www.canadianliving.com/food/recipe/radish-and-spinach-salad>



Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

¹EaTracker.ca. Recipe Analyzer. http://www.eatracker.ca/recipe_analyzer.aspx Accessed August 20, 2012.

