



Radish

How to Prepare

European radishes are an early-season root vegetable, grown and eaten in nearly every part of the world. There are many varieties of radishes each with their own subtle flavour and texture difference, though they all share a sharp, peppery, distinguishable taste. They are frequently eaten raw in salads, though they can also be pickled, steamed, and used in a variety of dishes.

Most often, people eat the root of radish plants, but the greens are also edible, either as a salad green, or in smoothies or fresh pressed juices.

Radishes are reasonably resilient, and are often planted alongside peas, lettuces, and cucumbers because their pungent aroma deters some types of pests.

To maintain freshness, store radishes whole with their greens still attached. Wrap them in a damp paper towel and store in a perforated or unsealed plastic bag in the fridge.

Try Using Radishes:

- In potato salads;
- As pickles;
- Roasted in stews;
- In coleslaw;
- As a burger or sandwich topping;
- Wrapped in bacon and roasted;
- Shredded in quinoa salads;
- In a peppery arugula salad;
- With avocado on toast;
- In a salad with soft cheeses;
- Steamed; and
- Raw with flavourful dips.

Nutrition Highlights

- Low calorie;
- A source of vitamin B6 and C;
- A good source of potassium;
- A good source of folic acid;
- A good source of dietary fiber.

Nutrition Facts	
Serving Size 1/2 cup slices 58g (58 g)	
Amount Per Serving	
Calories 9	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 23mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 14%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Fast Pickled Radishes

Ingredients

1 Bunch Radishes

$\frac{3}{4}$ cup White Wine or Apple Cider Vinegar

$\frac{3}{4}$ cup Water

3 tbsp Honey or Maple Syrup

2 tsp Salt

1 tsp Red Pepper Flakes (Optional)

$\frac{1}{2}$ tsp Mustard Seeds (Optional)

Other suggestions for add-ins: Garlic, Cloves, Black Peppercorns, Fennel Seeds, or Coriander Seeds.

Directions

1. To prepare radishes: Slice off the top and bottoms of the radishes, then use a sharp knife or mandolin to slice radishes into thin rounds. If you are not comfortable with thin slicing vegetables, quarter the radishes and leave in the pickling brine longer to let the flavours steep.
2. Pack the radishes into a pint-sized canning jar. Top the rounds with pepper flakes and mustard seeds, if using.
3. To prepare the brine: In a small saucepan, combine vinegar, water, honey or maple syrup and salt. Bring to a boil, stirring occasionally, and then pour mixture carefully over the radishes.
4. Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks although they are at their most fresh and crisp state for about 5 days after pickling.

These super simple pickled radishes are amazing on burgers, tacos, and salads.

Radishes are a great vegetable to introduce children to gardening. The seeds are easy to plant and they grow so quickly that harvesting can start in as little as 3 weeks.