

Give Your Family More of the Good Stuff!







Radish Basics

\$hop and \$ave

- Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached, should be a deep green color.
- Avoid radishes that have cracks or cuts.
- Red and white radishes are sold in stores year-round, but generally cost less in the spring.

Kids and Radishes

Radishes are great vegetables for kids to grow!

Here are some basic tips on planting radish seeds:

- Sprinkle seeds thinly over damp soil and cover with at least ½ inch of soil.
- Water seeds well after planting, and keep them moist until they sprout.
- Radish seeds prefer a slightly sunny semi-shaded spot.
- The seeds will sprout in 4 to 8 days and be ready to pick in a month.

Raw radishes have a peppery taste but cooked have a mellow, sweeter taste.

Radishes are a good source of vitamin C, potassium and folate



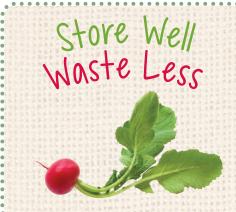
Types of Radishes

Not all radishes are red; they come in many colors from white to purple and even black!

They also come in different sizes, shapes and flavors! You can often find different kinds of radishes at Asian markets. An example is the daikon radish. You can eat it raw or add it to soups, stir-fries, and many other recipes!



Another low-cost way to try different radishes may be to grow them from seed.



- Radishes do not store well with the leafy tops left on. Cut them off before storing.
- Store radishes in the refrigerator for up to 2 weeks. Put them unwrapped in the produce drawer of your refrigerator, or in an open plastic bag or bowl to let air in.
- Radishes do not freeze well.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

