



# Radish Medley



**Varieties:** Radish varieties are typically divided into 3 categories; Spring, Summer and Winter varieties. The typical red salad-bar radish is a spring variety. Spring varieties are generally more tender and more colorful. Most winter varieties are harder, require peeling and are often cooked. Flavors for both can run from sweet and mild to hot and fiery.

**Selection:** Spring radishes are typically available by the bunch, with their edible green tops intact, or trimmed of tops and roots, and bagged. If buying radishes with their tops, look for the tops to be fresh & crisp, showing no signs of wilting, yellowing or decay. Both bunched & bagged radish bulbs should be bright and smooth with no cracks or darkened spots when trimmed. Avoid radishes that are sprouting.

**Storage and Handling:** If purchasing radishes with tops, separate tops and store tops wrapped in paper toweling in plastic bags. Store roots in plastic as well, keeping both as cold as possible. Do not wash until ready to use. Use tops within 3 days and Spring and Summer radish roots within a week! Winter varieties can be stored for several months.

**Nutritional Benefits:** Radish are a good source of Vitamin C and B6. They are a good source of Potassium, Copper, Folic acid and Ascorbic acid!

Nutrition Facts			
Serving Size 7 radishes (85g)			
Amount Per Serving			
Calories 10	Calories from Fat 0		
% Daily Value*			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 55mg	2%		
<b>Total Carbohydrate</b> 3g	1%		
Dietary Fiber 1g	4%		
Sugars 2g			
<b>Protein</b> 0g			
Vitamin A 0%	Vitamin C 30%		
Calcium 2%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

## Fun Facts:

- \* Radishes have a long and storied history in ancient Greek, Roman and Chinese civilizations, where they were first used medicinally.
- \* Radishes were believed to stimulate the appetite.
- \* Radishes were consumed to treat insanity!
- \* Radishes come in colors ranging from red, pink, purple and white to black and bi-color!
- \* The name radish comes from the Latin word for "root"; "radix"

## Easy Ways To Enjoy Radishes

- \* Radishes can add a cool, crunchy, and refreshingly piquant punch to salads and other cold appetizers in general.
- \* Radishes are great with creamy dips and dressing, as a simple snack.
- \* Sliced thinly or hollowed out, radishes make for great hors d'oeuvre bases, filled with flavored cream cheeses, miniaturized salads, etc.
- \* Radishes are excellent in salsas and coleslaw type side dishes.
- \* Enjoy radishes cooked as well, like turnips!

