

RADISHES

This Nebraska Harvest of the Month veggie is crunchy, refreshing, and sometimes peppery... the radish! Radishes are an easy to grow, cool-weather crop that are perfect for a home garden. In Nebraska, they do best in the spring, early summer, and fall.

SELECTION, STORAGE & COOKING

- Be sure radishes are firm. If a radish has some give to it when pressed with a finger, it will typically be hollow on the inside - indicating it has been in the ground too long.
- Radishes store well in the refrigerator once the tops have been removed. Refrigerate radishes wrapped in plastic bags for 5 to 7 days, or longer for storage type varieties.
- Radish flavor can vary between types and growing conditions. Generally when grown in cooler seasons like spring and fall, radishes will be mild. When grown in hot conditions, radishes tend to be spicy.
- Radish tops are edible and can be cooked like other leafy greens such as spinach, chard, or kale.
- Raw radishes can be added to salads, tacos, sandwiches, pasta, or veggie trays. Many cultures enjoy pickled radishes. Radishes can also be roasted or sauteed similar to turnips, potatoes, or carrots.

NUTRITIONAL VALUE

Radishes are hydrating and contain about 95% water. They are also high in vitamin C, folate, potassium, iron, and vitamin B6.



RADISH BITES

This versatile snack is a great way to enjoy the crunchy, crispy, refreshing radish!

Basic Formula of a Radish Bite

Base (crackers/bread/toast) + spread (cream cheese, hummus or guacamole) + thinly sliced or shredded radishes.

Ingredients:

- Bread, crackers, or toast
- Spread or dip like cream cheese, hummus, guacamole, or sour cream dip
- Thinly sliced or shredded radishes
- Chopped herbs like cilantro, dill or basil (optional)

Directions:

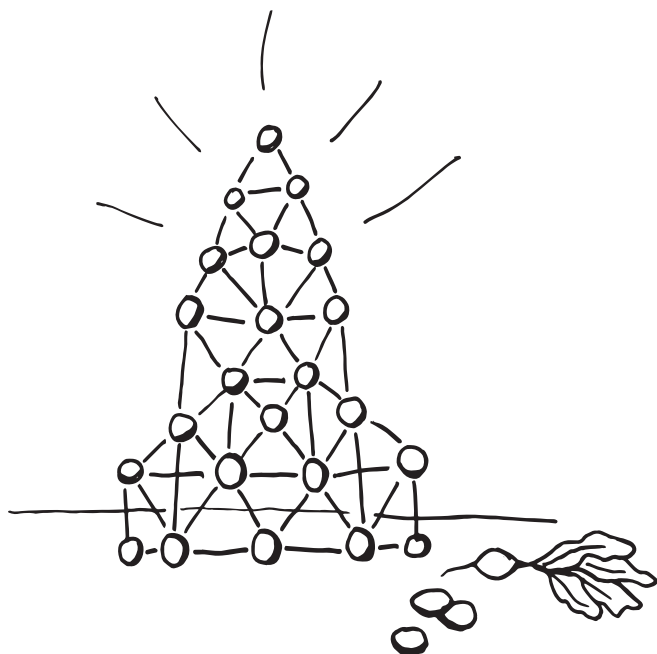
1. Prepare radishes by thoroughly washing them. Slice or shred the radishes - kids can help with this step.
2. Set up an area where everyone can create their own radish bites.
3. Assemble your radish bites by adding a dollop of the spread to the cracker base. Top with a slice or two (or a pinch of shredded) radish. Add herb garnish if you want!

RADISH AVAILABILITY APR MAY JUN JUL AUG SEPT OCT NOV



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month





BUILDING WITH RADISHES

SUPPLIES NEEDED

- Radishes
- Knives
- Toothpicks
- A clean flat surface

INSTRUCTIONS

1. Slice radishes into ½ inch thick slices.
2. Use your imagination and stack your radish pieces. Add toothpicks to connect multiple radish slices.
3. You can create towers, rocket ships, houses, and more!

RADISH STAMP

Firm veggies can be cut and used for stamps. Create a design in the cut radish by carving with a knife or blunt object like a toothpick or chopstick.

SUPPLIES NEEDED

- Radishes
- Knife
- Toothpicks, chopsticks or carving tools
- Paint
- Shallow container for paint
- Paintbrush or sponge (optional)
- Paper

INSTRUCTIONS

1. Slice radish in half.
2. From here you can cover the cut side of the radish with paint by dipping or applying paint with a paintbrush. A cut radish stamp will make a beautiful circle or polka dot.
3. Try your hand at carving a simple design into the cut side of the radish. Then cover with paint. See how your design or pattern turns out!



DID YOU KNOW

Summer radishes refer to the small, globe-like, red, purple, pink or white radishes often seen at farmers' markets or grocery stores in the spring and fall. These radishes are usually mild in flavor, and delicious eaten raw.

Winter radishes are those that are grown in the summer and fall and can be stored (without their green tops) for several months. Winter radishes include daikons, watermelon radishes, and black radishes. Store them with tops removed in a bag in the fridge for several weeks.