



# Radish

## Growing & Harvest Info

Plant seeds 4-6 weeks before the average date of the last frost. Radish need to be in full sun, ½ inch deep. Once they have sprouted, thin to 2 inch spacings. Keep soil evenly moist.

Radishes will be ready to harvest quite rapidly, as soon as three weeks after planting for some varieties.

Note: Do not leave in the ground long after their mature stage; their condition will deteriorate quickly.

Cut the tops off, wash the radishes, and dry them thoroughly. Store in plastic bags in the refrigerator. Radish greens can be stored separately for up to three days.

## Introduction

The radish, a root vegetable, is a member of the Brassica family. This nutritious vegetable contains B vitamins, calcium, and fiber. Different radish varieties may be red, pink, purple, or white; and have a mild, peppery flavor. Radishes can be eaten raw or cooked.

## Preservation

### Storage:

- Cut tops off of radishes and store in a dry plastic bag in the refrigerator. Do not wash radishes before storing them in the refrigerator, as excess moisture will promote spoilage.

### Freezing:

- Thoroughly wash radishes.. Remove greens from the radish and set aside.
- Slice (but do not skin) the radishes into medallions to protect the texture of the vegetable when the cells undergo freezing. Blanch medallions for 2-3 minutes, then submerge in ice water. Drain well, package in an air tight, air free container or bag, then freeze.
- Take your radish greens and blanch for ten seconds, drain well, package, and freeze.

### Pickling:

- To pickle radishes, wash and trim root ends. Slice as thinly as possible. Slice 1 small onion into thin wedges; separate layers into pieces.
- Place radish slices & onion pieces in large bowl or crock.
- In a bowl, stir together 1/2 cup white vinegar, 1/2 cup sugar, & 1.5 tsp salt until sugar is dissolved.
- Pour vinegar mixture over radishes and onions.
- Add 6 heads fresh dill weed and/or 1 tbsp whole pink or black peppercorns. Cover & refrigerate for at least 8 hours or overnight before serving and use within 3 days.

## Nutritional Benefits

### Radish

Source	Rating
Vitamins	MODERATE
Minerals	MODERATE
Fiber	MODERATE

Vegetable state	Use by
Raw	7 days
Frozen	1 year
Pickled	3 days



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## Preparation

### Recipe 1: Quick Pickled Radishes

#### Ingredients

- 2/3 cup red-wine vinegar
- 2 tsp coarse salt
- 1/2 cup sugar
- 15 medium-size red radishes (about 6 oz.), ends trimmed, thinly sliced

#### Directions

- Stir together vinegar, sugar, and salt in a medium bowl
- Add radishes and stir to combine
- Let stand 30 minutes and serve. Can be refrigerated for up to 1 day

### Recipe 2: Sautéed Radishes with Spinach

#### Ingredients

- 2 bunches radishes, trimmed and halved
- 1 red onion, sliced
- 2 Tbsp olive oil
- salt and pepper to taste
- 5 oz. baby spinach
- lemon juice of 1/2 a lemon

#### Directions

- Cook radishes and onion in a skillet with olive oil over medium-high heat, stirring occasionally for 8 minutes, until tender
- Season with salt and pepper
- Stir in baby spinach and lemon
- Cook until spinach wilts, about 1 minute

*Radish can be used to relieve stomach ache, facilitate digestion and elimination of the excess body water, and to regulate blood pressure.*

## Prepare Radish Like This:

Baked	Raw
Boiled	Roasted
Shaved	Sautéed
Poached	Slow-Cooked
Pickled	Steamed

## Try Radish In:

