

# RADISH



Commonly served raw in salads; can also be steamed or sautéed. In American cuisine, the bulb is generally eaten raw. The flesh has a crisp texture and peppery flavor.

Radishes are in the OTHER vegetable subgroup. They are round to cylindrical; with color ranging from red to white. Japanese long white radishes are also called Daikon. They are a good source vitamin C, and also provide fiber and folate.

## **FUN FACT :**

The most commonly eaten part of a radish is the root, although the entire plant is edible. The tops can be used as a peppery salad vegetable also. Radishes are one of the fastest vegetables to grow, so they make a great school garden crop. It takes about one month from seed to harvest.



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Safety:	Always use a different cutting board for vegetables and meats to prevent cross contamination. Use gloves for produce that will be served raw.
Yield:	For 100, ½ cup servings of raw whole radishes, purchase 15.8 lbs.
Quality:	Over-mature radishes or very large radishes may be tough or pithy, reject them. They should be firm with bright color and crisp white flesh. Reject radishes with external damage, large cracks or splits, insect damage, or dry, wilted or spongy appearance.
Storage:	Radishes with the tops removed can be held at least 7 days at 41 °F. They can be stored for 3-4 weeks if held at 32 °F. Keep from freezing.
Preparation:	All produce should be washed before eating, cutting or cooking. Discard radishes that have large splits, cracks, or insect damage. They are difficult to clean thoroughly. Cut away any damaged or bruised areas and discard.
Seasonings:	Radishes are commonly served raw in salads; however they can also be sautéed or steamed, especially in Asian cuisine. Thinly sliced radishes are sometimes used in miso soups or kimchee. Radishes are sometimes made into refrigerator pickles and used as a condiment. In any form, radishes, add a peppery flavor to other dishes.

