

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Radish

Radishes are available at most times during the year, especially in the winter as they are very easy to grow. The smaller, more delicate radishes are particularly delectable in the springtime, with the best tasting radishes being produced in April!

Examples:



Raspberry Chipotle Veggie Taco



Bahn Mi Sandwich



Korean Bibimbap



Roasted Radishes and Root Vegetables



Meatball Rice Bowl



LEARN. INSPIRE. FEED. TEACH.



This institution is an equal opportunity provider.

Tip!

Consider adding bright green radish leaves to salads, or try them lightly seasoned and sautéed on the stovetop!