

# Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

## Radish

Radishes are a group of brightly colored root vegetables that are crunchy, spicy, and peppery in taste. They come in varying sizes from small and globe like, to long and narrow. Radishes come in red, pink, black, white, yellow, and purple colors.



### How to Select and Store:

#### Fresh - Selection

**FIRM BULB**      **HEAVY WEIGHT**      **BRIGHT COLOR**

Select radishes that have a firm outer layer. Avoid selecting radishes that are soft or soggy in texture. Radishes should have bright green leaves and rich red skin with a white top.

Heavy, plump, and straight radishes are ideal for optimal sweetness. Small, round, and bright radishes are crisp in taste.

#### Fresh - Storage



**AIRTIGHT BAG, LIGHTLY MOISTENED IN THE CRISPER**

Radishes can be stored between lightly dampened paper towels inside an airtight storage bag in the refrigerator for up to one week.

For longer storage time, radishes can be stored in the freezer for up to six months if blanched.

Nutrition Facts	
Serv. size	7 radishes (85g)
Amount per serving	
<b>Calories</b>	<b>10</b>
% Daily Value*	
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 0mg	0%
Sodium 55mg	2%
Total Carb. 3g	1%
Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vit. D 0mcg 0%	Calcium 20mg 2%
Iron 0mg 0%	Potas. 190mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Tips for Preparing and Cooking:

#### Preparation

Thoroughly wash radishes under cold water and pat dry before consuming. Radishes can be eaten whole, julienned, sliced, or chopped. Radishes provide a slight peppery flavor and can liven up salads, sandwiches, and vegetable plates.

#### Try radishes...

##### Raw

Enjoy fresh, raw sliced radishes in salads, on sandwiches, or on toast. Try sliced radishes the "French way" by adding them on top of buttered, salted toast!

##### Pickled

Test out quick pickled radishes by adding thinly sliced radishes to a jar with vinegar, sugar, salt, and water. Let sit for 10 minutes and enjoy!

##### Roasted

Roasting radishes is an easy and delicious way to enjoy a slightly sweeter flavor. Toss halved radishes in olive oil and spices and bake at 400° for 10-15 minutes!

### Did you know?

Radishes originated in China and became a staple in ancient Egypt, Greece, and Rome. Ancient records show radishes were eaten before the pyramids were built!