

# Radishes

## Benefits of radishes:



High in vitamin A & C



High in protein



High in fiber

## When are they in season?



Harvested during May/June and September/October in Wisconsin. Grown in almost every state.

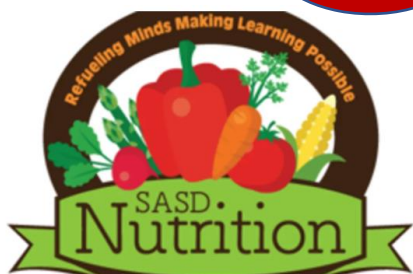
## Food Safety for radishes

**Check** for existing mold.

**Store** radishes in the refrigerator.

**Separate** radishes from meat. Use different cutting boards for meats and fruits.

Did you know... radishes get their name from the Latin word *radix*, which means "root."



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>  
Www.facebook.com/staciesdietitianmission. (2020, July 29). Garlic Roasted Radishes. Retrieved January 13, 2021, from <https://therealfoodrds.com/garlic-roasted-radishes/>  
Pictures: Creative Commons

## Roasted radishes:

Serves 4.

### Ingredients

- 1-pound radishes
- 1 tablespoon melted butter
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 2-3 garlic cloves, finely minced
- 1/4 teaspoon dried parsley

### Directions

1. Preheat oven to 425 degrees.
2. In a bowl, combine the radishes, melted butter, salt and pepper and tossed until radishes are evenly coated.
3. Spread radishes out in a large 9 X 13-inch baking dish.
4. Bake for 20-25 minutes, tossing every 10 minutes. Add minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are done roasting.



### Other Ideas:



Add radishes to a salad.



Radishes and dip



Add radishes to soup.