

**Today the  
Fresh Fruit  
and Vegetable  
Program presents  
to you...**

# Radishes

## What are they?

- ◆ Radishes are a root vegetable that come in five main varieties
- ◆ Red Globe radishes are the most common variety because they are small and easy to eat whole or cut up on a salad
- ◆ Radishes are white on the inside and red on the outside
- ◆ Most of their flavor is in their skin, so peeling them takes away their “spicy” or “hot” flavor
- ◆ They have crisp texture

## When are they available?

- ◆ Harvested locally May/June and September/October
- ◆ Available all year round because they are grown in almost every state

## What’s so cool about them?

- ◆ Radishes get their name from the Latin word *radix*, which means “root”
- ◆ Even the green leaves on top of a radish plant can be eaten
- ◆ They have been growing in China for thousands of years, but did not start growing in the U.S. until the 1600s
- ◆ Gold shaped as radishes used to be offered to Apollo an ancient Greek god
- ◆ Egyptians were eating radishes long before the pyramids were even built

## Why should I eat them?

- ◆ Excellent source of vitamin C, which helps boost your immune system and promote wound healing and collagen formation

## Need some recipe ideas?

- ◆ Radish Greens Salad
- ◆ Shredded Radish Salad

## Nutrition Facts

Serving Size 1 cup sliced raw radishes

### Amount Per Serving

**Calories** 19      **Calories from Fat** 1

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

*Trans* Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 45mg      2%

**Total Carbohydrate** 4g      1%

Dietary Fiber 2g      7%

Sugars 2g

**Protein** 1g

Vitamin A      0%

Vitamin C      29%

Calcium      3%

Iron      2%

\*Percent Daily Values are based on a 2,000 calorie diet.

Resources:  
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