

# Radish Rábano



Try It!



## Selection

When buying radishes, choose smooth, brightly colored, medium sized radishes. The attached tops should be green and fresh looking. Be sure to use radishes within one week of purchase.

The greens from this veggie can be eaten as well. It can either be cooked or eaten raw.

## Uses

Summer and winter radishes are most often eaten raw. Do not peel summer or black radishes. Radishes are most often sliced, diced, shredded or served whole. The large Chinese and Japanese varieties hold up well during cooking.

### EASY TOSSED GREEN SALAD

#### Ingredients

- 1 romaine heart washed, dried and chopped
- 2 celery stalks, chopped
- 2 mini yellow bell peppers, seeded and chopped
- 1 Persian cucumber, chopped
- 1 radish, sliced
- 1 scallion, sliced
- 2-4 tablespoons light dressing
- Salt & Pepper to taste

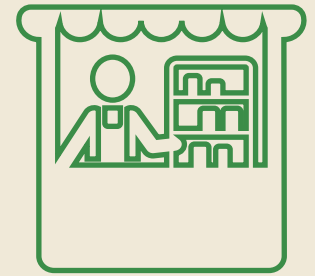
#### Instructions

1. In a large bowl, combine the romaine, celery, pepper, cucumber, radish, and scallion.
2. Drizzle with dressing. Sprinkle with salt and pepper to taste.
3. Toss well to combine and coat lightly with the dressing.

# History & Fun Facts

Radishes have often been dismissed as decoration and garnish. They are actually members of the cruciferous vegetable family so eat the greens. Because they vary in keeping quality, radishes are classified as winter or summer varieties.

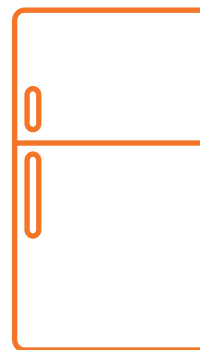
There are two kinds of radishes; summer and winter radishes. They both store well in the refrigerator once the tops have been removed. Both kinds are best pickled.



## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Use a vegetable brush when washing radishes under cold running water.
- Before storing radishes be sure to cut off the leafy top and right before using cut off the root ends.
- Radishes can be stored in an open or perforated plastic bag in the fridge.

### NUTRITION FACTS

- \_\_\_\_\_ Fat free
- \_\_\_\_\_ Saturated fat free
- \_\_\_\_\_ Low sodium
- \_\_\_\_\_ Good source of Vitamin C
- \_\_\_\_\_ Low calorie
- \_\_\_\_\_ Cholesterol free



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



### FOR MORE INFORMATION...

**Amanda Miller** | Extension Fond du Lac County  
FoodWise Coordinator and Health & Wellbeing Educator  
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

**Amber Bodart** | Downtown Fond du Lac Partnership, Inc.  
Director of Communication and Special Events  
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); <http://simple-nourished-living.com>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.