

Harvest of the Month



November Radishes



Pick:

- Look for firm, compact radishes. If the leaves are still attached, they should be bright green and crisp.

Store:

- Discard the leaves, place radishes in a plastic bag and store in the refrigerator for up to a week.
- Try pickling radishes for preservation. Radishes don't freeze or dry well due to their high water content.

Prepare:

- Remove leaves, wash and trim root ends before using. For added crispness, soak radishes in ice water for a couple of hours before using.

Nutrition Info

One cup sliced radishes has only 19 calories.

Radishes are a good source of potassium, vitamin C and folate.

Fun Facts

Most states grow radishes, but Florida and California produce the most! Radishes are usually available locally in the fall and spring.

Radishes grow very quickly! Radishes are harvested after 3-6 weeks of being planted.

Radishes come in a rainbow of colors including red, black, white and purple.

Uses

Radishes are great when eaten raw; try them with hummus for a quick snack.

Enjoy sliced or shredded radishes in salads, sandwiches and side dishes.

Radishes can also be steamed, sautéed and roasted!

Family Friendly Activities

Go on a Fun Fall Scavenger Hunt as a family. On the scavenger hunt search for the following items.

- 2 Squirrels
- 5 Different colored leaves
- 3 Different types of birds
- 1 Fallen Tree
- 7 Acorns
- A Rake
- 2 pumpkins

Nutrition Facts

Serving Size 1/2 cup (207g)
Servings Per Container 10

Amount Per Serving

Calories 130 Calories from Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 24g 8%

Dietary Fiber 5g 20%

Sugars 9g

Protein 3g

Vitamin A 230% • Vitamin C 35%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Roasted Radishes

Serves 4

Ingredients:

- 1 bunch of small to medium radishes (about 12-15)
- 1tbsp. Olive Oil
- 1tsp. Dried Thyme
- Salt and Pepper
- ½ Lemon (Juiced, optional)

Directions:

Preheat oven to 450 degrees. Place radishes on a baking sheet and toss with olive oil, dried thyme, salt and pepper. Roast until tender yet firm in the center (about 20 minutes). Squeeze a little lemon juice over the top if desired and serve.

For more information on Farm2School & Foot Steps to Health visit:
[www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)

Color a Radish!

