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

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.

The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Roasted Radishes

Serves 4

Ingredients:
1 bunch of small to medium radishes (about 12-15)
1 tbsp. Olive Oil
1 tsp. 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!

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 130</th>
<th>Calories from Fat 30</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
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<tr>
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</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

*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 per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

Color a Radish!