

Radish

Cultivated radishes were included in the rations given to workers on the Great Pyramid in Egypt, 2780 B.C.

Health Benefits

The popular red globe radish:

- is low in calories
- is a good source of vitamin C
- contains folate
- contains potassium



Choosing Radishes

- small and tender radishes have optimal flavor
- oversized radishes can be tough and too strong in flavor
- if a large radish yields to pressure when gently squeezed, it probably won't taste good.

Storage

- cut the green tops off radishes before storing, or the leaves will pull nutrients from the radish.
- radishes can be stored in plastic bags in the refrigerator for 5 to 7 days.

What Parts To Eat

- radishes are a member of the cruciferous family (cabbage, broccoli, Brussels sprouts), so the greens are healthy
- the greens can be scratchy and strong-tasting though.
- the globular roots are the most popular part of the radish

Preparation & Serving

- Americans usually eat radishes raw
- In Japan and China, radishes are generally eaten cooked and sliced, often boiled in soups.

Preservation

Radishes do not freeze or dry well. Here is a pickling recipe.

Pickled Radish and Carrots

Store for up to 4 weeks. Use red globe or daikon radishes.

1/2 pound of radishes
1 carrot shredded
1 tablespoon canning salt
1 cup water
1/4 cup distilled white vinegar
1 tablespoon sugar
1 teaspoon red pepper flakes

Wash, peel and shred radishes if using daikon. Don't peel red globe radishes before shredding. Put vegetables in a bowl, sprinkle on the salt and mix well. Let stand for 30 min. Drain off water and squeeze vegetables as dry as possible.

In a small bowl combine vinegar, sugar and pepper flakes. Place in a clean quart-size jar. Store overnight in refrigerator.

Recipe

Radish Salad

3 to 4 tablespoons wine vinegar or lemon juice
1 teaspoon sugar
1 tablespoon salt
4 cups thinly sliced radishes
freshly ground pepper

Min together vinegar, sugar, and salt; toss well with radishes. Marinate for 1 hour, drain, and add pepper to taste. Serve 6 to 8.

Bibliography

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