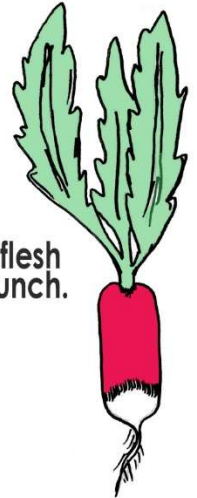


# VEGGIE PAGES RADISHES

One of the most commonly available roots in the US is the radish, but often people do not know what to do with them. There are, however, many ways to prepare them and many varieties available, all with their own unique look and taste! Radishes are also one of the easiest veggies to grow! Learn all about radishes here:



**RED GLOBE:** The most common & easily identified type of radish. Small to mid-sized red or pink round variety with mild taste.

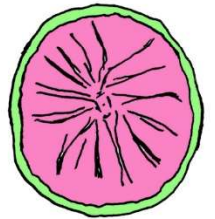


**FRENCH BREAKFAST:** Slender, cylindrical radish with white ends and red or pink flesh up to the leaves. Mild taste with a strong juicy crunch.



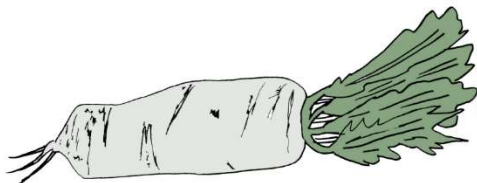
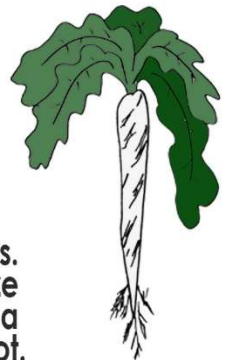
**EASTER EGG:** Mid to large sized globe radishes in a variety of colors (red, pink, yellow, gold, white, purple) all from the same seed package. Ranging in spice from mild to hot.

**WATERMELON:** A large radish (globe or oblong) that is white or white and green on the outside and pink or pinkish on the inside. Known for the colorful slices it produces. Usually sweet in taste.



**SPANISH:** Large globe radish with black outside skin and bright white inside flesh. Very crisp, almost turnip-like texture with hot, peppery flavor.

**WHITE ICICLE:** Four-to-six-inch-long carrot shaped root with white flesh inside and out. Crisp texture with mild to medium spiciness.



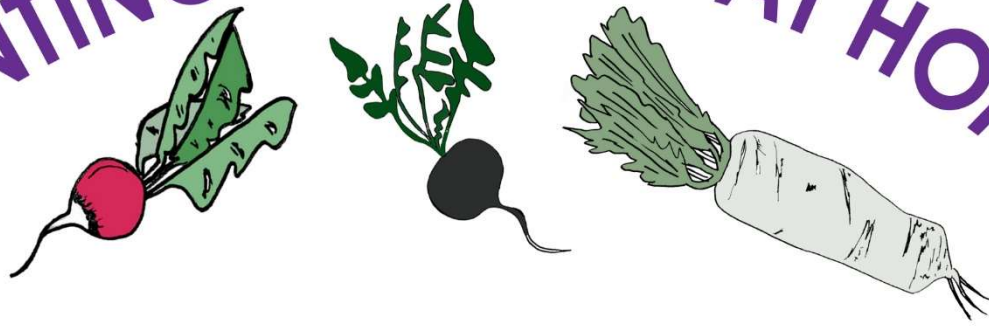
**DAIKON:** Large to gigantic white or off-white roots. Vary greatly in spiciness, shape and size but are most commonly available as a mildly spicy large cylindrical root.

Some people may read the varieties above and think, "So many radishes and so little to do with them!" But that is far from the case. Radishes can be used in a variety of different ways from raw to pickled to cooked.

## HOW TO USE RADISHES AT HOME QUICK KITCHEN TIPS

- 1. Butter and Salt:** Cut red globe or French Breakfast radishes in half lengthwise. Spread with unsalted butter. Sprinkle with coarse sea salt. Enjoy as an appetizer or as part of your breakfast.
- 2. Slaw:** Thinly slice (or grate) radishes and a slicing cucumber and combine. Add olive oil, a pinch of sugar, a pinch of salt and lemon juice to taste. Mix and chill before serving. Optional: add chives for an oniony flavor or grated jalapenos for a kick.
- 3. Pasta:** Prepare pasta of your choice. Cut radishes in halves or fourths depending on size. Sauté in olive oil with minced garlic until the flesh starts to become translucent. Add chopped radish greens and sauté until they begin to wilt. Add small portion of butter, stir until melted. Add salt and lemon juice to taste. Toss pasta in pan to coat. Serve while hot.
- 4. Quick Pickled:** Radishes can be quick pickled with a variety of flavors from a basic vinegar/salt/sugar combination to spicy pickles with chilis to a sweet turmeric pickle (common with daikon radish). Many quick pickle radish recipes are available on the internet some of which take as little as 20 mins.
- 5. Roasted:** Cut radishes in halves or fourths and toss with olive oil. Lay in single layer on lined or greased pan. Sprinkle with coarse sea salt and seasonings of your choice (rosemary and thyme pair well with root vegetables, oregano is also a good compliment to radish). Roast in oven at 425F until fork easily pierces (approximately 35 mins). Optional: add additional root vegetables to roasting pan prepared in the same way. Just make sure they are cut in complimentary sizes so cook time is similar.

**PLANTING RADISHES AT HOME**



Plant your radishes in Spring after the last threat of frost has passed or at the very beginning of the Fall season once the ground has slightly cooled. Radishes can be planted in succession every week until it gets too hot or too cold for them to sprout and mature properly.

The most common varieties of radishes grow **FAST!**

Your most common types of radishes including red globes and French breakfast radishes take between 22-35 days to mature. However, there are some specialty varieties that can produce radishes in just 18 days!

A lot of specialty radishes are long-season (or winter-radishes) that take much longer to mature from seed to plate. These include black radishes and daikon varieties. This type of radish can take 55 to 75 days to mature. These varieties do best planted in the fall.

Read the backs of your seed packets for information on how long a plant takes to mature, how deeply you should plant your seeds, and how you should space out your plants.