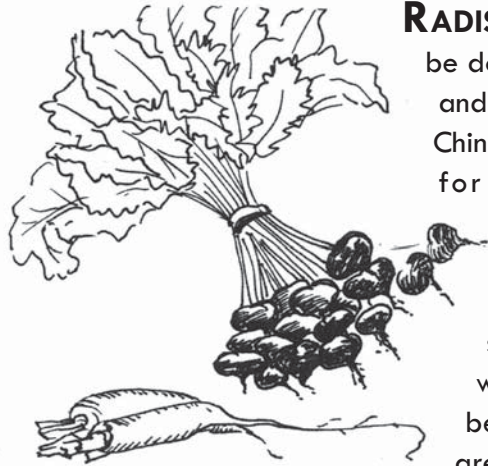


RADISH



RADISHES were one of the first crops to be domesticated. They originated in Egypt and spread to the Mediterranean and China, where radishes have been treasured for thousands of years. Radishes come in many shapes, sizes, colors, and flavors. The Chinese white daikon radish is cylindrical and mild in flavor. The Spanish black radish is bulbous with a strong flavor, similar to horseradish. Although most people are familiar with eating the radish bulb, young radish leaves can also be eaten. Their flavor is somewhat peppery. Radishes are a quick growing cool weather crop that is harvested in the spring and fall months. As one of the first root crops of the season, radishes are a sign of good things to come from your farmer!

STORAGE

- ◆ Store radish bulbs and tops unwashed in separate plastic containers or wrapped separately in a paper towels or cloths, in the refrigerator drawer.
- ◆ Stored this way the **greens** will last 3-4 days and the **bulbs** will last about one week.

PREPARATION

- ◆ Clean radishes well before eating with a vegetable brush. Cut out any bad spots and trim as desired. **Radishes do not need to be peeled, except for black radishes**, which should always be peeled. Eat whole, or slice, chop, grate, or dice as desired.
- ◆ **Raw** radishes are delicious in **salads**, on **vegetable platters** with dips, and on **sandwiches**.
- ◆ Radishes can also be **cooked**. They can be **steamed, sautéed, or stir-fried**.
- ◆ Radish **greens** can be eaten **raw** in salads or they can be **cooked** as you would other greens.

Nutritional Information

Radishes are an excellent source of vitamin C. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption.

Radish Recipes

Romaine, Radish, and Cucumber Salad with Tahini Dressing

Dressing:

- 1/4 cup well-stirred tahini (Middle Eastern sesame paste)
- 1/4 cup water
- 2 1/2 Tablespoons fresh lemon juice
- 2 Tablespoons soy sauce
- 1 Tablespoon honey
- 1 small garlic clove, minced
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne

Salad:

- 1/2 lb romaine, torn into bite-size pieces (6 cups)
- 1 bunch radishes, trimmed, halved, and thinly sliced (1 cup)
- 1/2 cucumber, halved lengthwise and thinly sliced crosswise
- 4 scallions, thinly sliced

In a blender, process all dressing ingredients until smooth. (If desired, blend in more water, 1 teaspoon at a time, to thin dressing.) In a large bowl, toss together all salad ingredients and just enough dressing to coat vegetables.

Recipe adapted from *Gourmet Magazine*, October 2002 and posted on www.epicurious.com

Sautéed Radishes (Makes 4 servings)

- 4 bunches radishes with greens attached
- 2-1/2 Tablespoons unsalted butter
- 1 teaspoon salt
- 1 garlic clove, minced
- 3 Tablespoons chopped fresh chives

Cut greens from radishes, wash and coarsely chop. Trim radishes and cut lengthwise into 1/2 inch wedges. Heat 1-1/2 Tablespoons butter in a 12 inch heavy skillet over moderately high heat until foam subsides, then sauté radish wedges with salt, stirring, until crisp-tender, about 12 minutes. Transfer to a platter and keep warm, loosely covered.

In a skillet over moderately high heat, sauté garlic in remaining Tablespoon butter stirring, until fragrant, about 30 seconds. Add greens and sauté, stirring until wilted, about 1 minute. Return radish wedges to skillet and stir in chives.

Recipe adapted from *Gourmet Magazine*, July 2001 and posted on www.epicurious.com

Green Bean and Red Onion Salad with Radish Dressing (Serves 8)

- 5 radishes, unpeeled, trimmed, coarsely chopped
- 2 large radishes, sliced paper thin (optional)
- 1/2 cup olive oil
- 2 Tablespoons Sherry wine vinegar
- 1 Tablespoon honey mustard
- 1/2 teaspoon minced garlic
- Salt and pepper, to taste
- 1-1/2 pounds slender green beans, trimmed
- 4 cups mixed greens (such as red leaf lettuce or baby spinach), torn into bite-size pieces
- 1 red onion, thinly sliced

In food processor or blender combine radishes oil, vinegar, mustard and garlic. Blend until thick dressing forms. Season with salt and pepper. Transfer to a small bowl (Dressing can be made 1 day ahead of time. Cover, chill and bring to room temperature before using.) In a large pot of boiling salted water, cook green beans until just crisp-tender, about 5 minutes. Drain beans and rinse under cold water. Drain and pat dry with paper towels. Place beans, mixed greens, and onion in a large bowl. Toss with enough dressing to coat. Season with salt and pepper and garnish with sliced radishes, if desired.

Recipe adapted from Betty Rosbottom in *Bon Appétit*, February 1995 and posted on www.epicurious.com

