



# Radishes



**Fun Facts:** Radishes are one of the top 20 most-frequently eaten vegetables in the U.S. Radishes are a member of the cabbage, or cruciferous, family of vegetables. You can make radishes into edible shapes by cutting them not quite all the way through and placing them in ice water so they fan out. Some radishes are thin and long, others are short and round. There are spring and winter radishes. **Spring radishes** can be red, pink, purple, white, or red and white, and some have a hot taste while others are mild. **Winter radishes** are large and can be black, white or green. Black radishes have a strong, pungent flavor. Daikon or Chinese radishes are milder and bigger than black radishes; they can grow to be 18 inches and 6 pounds.

**Selecting Fresh Radishes:** Look for spring radishes that are 1/2 to 1 inch wide and are firm, smooth and shiny. Avoid large spring radishes that yield to pressure; they are fibrous, spongy, tough or woody and their flavor is hot. If the radish top is attached, look for fresh green leaves. Avoid radishes that are limp or dull in appearance, or that have wilted, yellow or decayed tops.

## Measuring Fresh Spring Radishes:

- 1 pound raw without tops = about 15 ounces ready to eat = about 90 small radishes or 50 medium radishes = about 3 1/2 cups of raw slices
- 1/2 cup raw slices = about 2 ounces by weight = 58 grams



**Handling and Preserving:** Cut off the leafy radish top and refrigerate it unwashed in a separate plastic bag; cook within 1 or 2 days. Brush off any dirt clods from the radish and refrigerate unwashed, dry radishes in a plastic bag in the vegetable drawer for 1 to 4 weeks. (Winter radishes keep longer than spring radishes do.) Radishes do not freeze well, but may be pickled. Use pickling salt as directed by the recipe, since table salt may make the brine cloudy and the pickles be off-color.

**Preparation and Serving:** Cut off the root. Scrub off all dirt under cool running water. Peel daikon radishes but not spring radishes. Enjoy radishes raw or cooked; whole, sliced, diced or shredded; plain or in a recipe.

**Nutrition Facts** One serving = 1/2 cup radishes. In each 1/2 cup of raw sliced spring radishes there are: Calories 12; Protein 0 grams; Carbohydrates 2 grams; Fat 0 grams. Radishes are an excellent source of vitamin C and contribute other nutrients, antioxidants and phytochemicals to the diet.

**References:** [www.urbanext.uiuc.edu/veggies](http://www.urbanext.uiuc.edu/veggies); [www.aboutproduce.com](http://www.aboutproduce.com); [www.fda.gov/fdac/special/foodlabel/raw.html](http://www.fda.gov/fdac/special/foodlabel/raw.html); ESHA Food Processor; Food for Fifty, 11<sup>th</sup> edition, 2001, by M. Molt, Prentice Hall

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