

HARVEST OF THE MONTH  
 NEWSLETTER 05/2022


MAY



radish

**FUN FACTS**

- Florida and California produce the most radishes! Radishes are available locally in the fall and spring.
- Radishes are harvested after 3-6 weeks of being planted!
- Radishes come in a rainbow of colors including red, black, white and purple.

**NUTRITION INFO**

One cup sliced radishes has only 19 calories and contains vitamin C, potassium and folate.



## 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°F. Place radishes on a baking sheet and toss with olive oil, 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.

**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. Radishes can also be pickled for preservation. Radishes have a high water content and therefore do not freeze well.

**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.

**USE**

Radishes are great when eaten raw; try with hummus for a quick snack. Enjoy sliced or shredded radishes in salads, sandwiches and side dishes. They can also be steamed, sautéed, and roasted.

Per Serving (1/2 cup): 130 calories, 3g fat, 0g saturated fat, 3g protein, 24g carbohydrates, 5g fiber, 230mg sodium

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