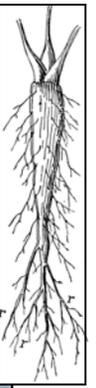


RADISH



In the garden:



<http://www.allensterlinglothrop.com/products/crimson-giant>



<http://zoebakes.com/wp-content/uploads/2009/06/radishes-harvest01.jpg>

Ready to eat:



<http://www.amazon.com/Radish-Pollinated-Seeds-Davids-Garden/dp/B00DUMII7C>



https://www.directgardening.com/118-home_default/watermelon-radish.jpg



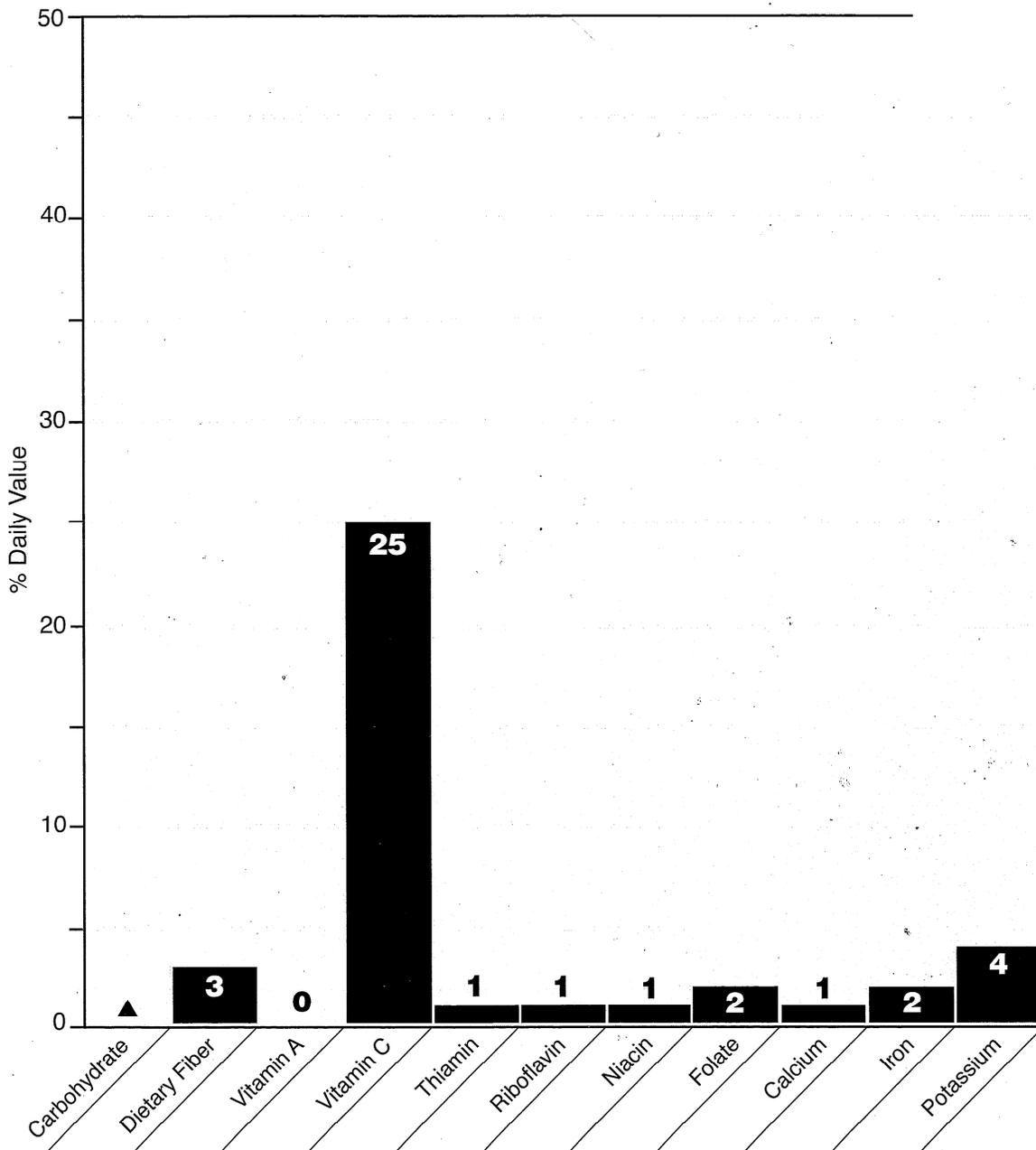
http://ediblerhody.com/files/2013/04/French_Breakfast_Radish500.jpg

FUN FACTS:

- Radish skin can be white, pink, purple, red, brown, black, or green. Some even look like tiny watermelons!
- When you eat radishes, you get a good dose of vitamin C, phosphorous, and zinc.
- Radishes are related to cabbage, broccoli, and mustard.

Radish

Nutrition Facts



Serving Size

- 3 Radishes
- 51 Grams
- 7 Calories
 - 6% from fat
 - 22% from protein
 - 72% from carbohydrate
- 1 Gram Protein
- 1 Gram Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 49 Grams Water
- 8 Milligrams Sodium

▲ Trace

From California Department of Education, 2007

Radishes are full of Vitamin C to help heal your cuts and wounds!

Tangy Crisp Vegetable and Pasta Salad

Ingredients

1/2 cup pasta, uncooked
1/4 cup vinegar
2 tablespoons sugar
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
1/2 cup radishes, thinly sliced

2 1/4 cups mixed vegetables coarsely chopped and seeded (examples: broccoli, cucumber, carrot, tomato, green pepper)
2 tablespoons green or red onion, coarsely chopped

Storage tips:

- Separate your radishes from their greens.
- Scrub and rinse the radishes in cold water so that they are free of sand and dirt.
- Layer your still-damp radishes in a plastic bag between sheets of dry paper towel.
- Store radishes (and greens) in the refrigerator for up to one week.

Directions

1. Cook pasta, drain and rinse.
2. Combine vinegar, salt, garlic powder and black pepper in medium saucepan. Stir and heat over medium heat until sugar is dissolved.
3. Rinse, drain and chop remaining ingredients. Combine in a shallow container.
4. Add cooked pasta and vinegar mixture. Mix gently.
5. Cover and refrigerate overnight to allow flavors to blend.
6. Serve cold using slotted spoon.
7. Cover and refrigerate leftovers within 2 hours.

(from: What's Cooking? USDA Mixing Bowl)



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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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