



HARVEST OF THE MONTH

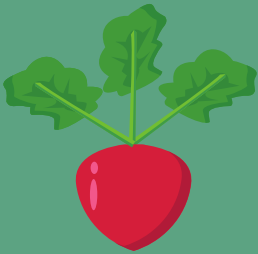
Wisconsin Grown Foods

RADISH

An edible root vegetable.



BEST WAYS TO EAT RADISHES



- Pickled on sandwiches
- Pickled in rice bowls
- Thinly sliced on avocado toast
- Thinly sliced on hummus toast
- Thickly sliced as chips with hummus or guacamole
- Sliced in salads
- Paired with feta in any dish
- Raw with salt

RADISH FACTS

- Radishes have numerous varieties, varying in size, color, shape, and duration of required cultivation time.
- Radishes are usually grown as annuals and are harvested before they flower
- The outside skin can be white, yellow, pink, red, purple, or black.
- Radishes are mostly used in salads.
- There are 16 calories in 100 grams (3.5 ounces) of radishes.
- Radishes are a very good source of vitamin C.
- About seven million tons of radishes are produced every year, representing roughly 2% of global vegetable production.
- Americans eat 400 million pounds of radishes a year.
- The word “radish” means “root”.