



Taste Test: Radish

Radishes are a white and red root vegetable that is a part of a group called “cruciferous” vegetables related to broccoli, cauliflower and brussel sprouts. The radish vegetable is made up of a small, red bulb shaped root that is most commonly consumed and is topped with leafy greens that are edible but taste very bitter. All types of radishes have a tangy, almost spicy, taste that is due to the mustard oil in the radish. Radishes can be found in the grocery store between April –June and October-January.

Food Fact!

Radishes are a source of vitamin C and folate.

½ cup chopped radishes is **1 serving of vegetables from Eating Well with Canada’s Food Guide**

How to Select:

- ❖ Choose radishes that are smooth and brightly coloured
- ❖ Choose radishes that have leaves that are bright green and fresh looking
- ❖ Avoid radishes that are soft, dull coloured or contain brown spots

How to Store:

- ❖ Remove the radish greens
- ❖ Store radishes in a plastic bag for up to 1 week

How to Prepare:

- ❖ Slice off the roots and leaves, wash, and pat dry
- ❖ Serve radishes whole, sliced, diced, minced or grated and enjoy

Ideas for Serving Radishes:

- ❖ Add chopped radishes to your favorite green salad
- ❖ Grate radishes into pasta or bean salads for a different taste and texture
- ❖ Add radishes to your vegetable platters for a pop of colour and flavour

! TRIED IT!

My Rating (circle one):



Would you like to try radish again?

- YES
 NO

NOTE:

Eating Well with Canada’s Food Guide recommends:
5 servings of vegetables and fruit per day for children between the ages of 4-8 years and
6 servings of vegetables and fruit per day for children between the ages 9-13 years.

Radish and Spinach Salad

Makes 4 servings

Ingredients

1/4 cup (50 mL) vegetable oil
1 tbsp (15 mL) lemon juice
2 tsp (10 mL) grainy mustard
1 clove garlic, minced
1/4 tsp (1 mL) each dried dillweed, salt and pepper
6 cups (1.5 L) torn spinach leaves
1/2 cup (125 mL) sliced radishes
1/2 cup (125 mL) shredded Swiss cheese
1 carrot, thinly sliced



Directions

1. In salad bowl, whisk together vegetable oil, lemon juice, mustard, garlic, dillweed, salt and pepper.
2. Add spinach leaves, sliced radishes, Swiss cheese and carrot. Toss.

Recipe from: http://www.canadianliving.com/food/radish_and_spinach_salad.php

Getting children involved in cooking at home means they are more likely to eat fruit and vegetable and select and healthy foods.