

Vegetable of the Month

Radishes



Radishes were first cultivated thousands of years ago in China, then in Egypt and Greece. Radishes were so highly regarded in Greece that gold replicas were made. The radish did not make its way to England until approximately 1548. By 1629 they were being cultivated in Massachusetts.

Radishes are root vegetables that resemble beets or turnips in appearance and texture, but have a distinct flavor. It is the root of a plant classified in the mustard family.

In the United States radishes are usually eaten raw; however, they can be added to cooked dishes or served whole. The biggest crops grown in the United States come from California and Florida, but most states grow radishes.

Nutrition Facts

Serving Size (85g)
Servings Per Container

Amount Per Serving

Calories 15 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 1g

Vitamin A 0% • Vitamin C 30%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Varieties

There are five main varieties of radishes.

Red Globe

This variety is the most popular in the United States and is the familiar looking red and white radish. It is small, round or oval shaped, sometimes referred to as "button" red radishes. They range in diameter from one to four inches (most commonly closer to one inch) and have a solid, crisp, flesh. Available year-round.

Black

This variety is turnip-like in size and shape, approximately eight inches long. Black radishes have a dull black or dark brown skin. When peeled, their flesh is white, quite pungent, and drier than other radishes. Black radishes have a longer shelf-life than most radishes, so they are available year-round, although the crop peaks in winter and early spring.

Daikons

This variety is native to Asia. They are very large, carrot-shaped radishes that are up to 18 inches long and weigh one to two pounds. Daikons have a white flesh that is juicy and a bit hotter than a red radish, but milder than black. Available year-round, but are most flavorful in fall and winter.

White Icicles

This variety is long, up to a half foot, and tapered. They have a white flesh that is milder than the red variety. Generally available year-round.

California Mammoth White

A larger variety than the white icicle, these radishes have oblong-shaped roots about eight inches long. Their flesh is slightly pungent. Generally available year-round.

Selection



Radishes with their leaves intact are usually tied in bunches, while topped radishes are sold in plastic bags. If the leaves are attached, they should be crisp and green. Whether red or white, roots should be hard and solid, with a smooth, unblemished surface. Avoid soft or spongy radishes. Be sure to check bagged radishes for mold before purchasing. Black radishes should be solid, heavy and free of cracks. This variety is often found in Russian or Polish neighborhood stores. Daikons, found most easily in Asian markets, should be evenly shaped and firm, with a glossy, almost translucent sheen.

Storage

If radishes were purchased with the leaves attached, remove the tops unless they will be served the same day. Place radishes in plastic bags, if they are not already packaged, and store in the refrigerator. Most varieties will keep up to two weeks in the refrigerator. Black radishes can be stored for months if they remain dry; store them in perforated plastic bags and keep in the refrigerator.

Preparation

Scrub radishes and trim off the stem end and tip. You may peel the radishes or leave the skin intact. The skin is responsible for much of the pungency, so the black radish is most often peeled for those not accustomed to this variety. However, the red globe and white icicle radishes are rarely hot enough to warrant peeling.

Small radishes can be served whole or chopped; while black and daikons are usually cut or grated.

The most common uses for radishes are as a garnish or as an ingredient in a green salad.

Make Radish Part of Your 5 A Day Plan



- Grate red radishes into pasta or bean salads for a slightly different taste and texture.
- Add red radishes to a vegetable tray for an added bright burst of color.
- Try a white radish variety. Add half a cup into vegetable soup.

Recipes

Radish Celery Salad

Makes 3 servings

Each serving equals two 5 A Day servings

1 cup radishes

1 cup celery; sliced thin

1 cup lettuce leaves; torn up



Toss radishes, celery, and lettuce together. Top with your favorite low or no-fat dressing.

Nutritional analysis per serving: calories 15, protein 1g, fat 0g, percent calories from fat 0%, cholesterol 0mg, carbohydrate 3g, fiber 45g, sodium 45mg

Daikon Salad

Makes 4 servings

Each serving equals one and half 5 a Day servings

2 cups daikon/white asian radish, peeled and grated

1 cup carrot, peeled and grated

1/2 tsp sugar, or more to taste

1 tsp oil, olive

2 tsp lemon juice, fresh

salt, to taste

Gently squeeze out some but not all the liquid from the radish. Place in a salad bowl.

Add the carrot, 1/2 tsp of sugar, oil, and lemon juice and toss. Season with salt and add more sugar, if desired. Cover and refrigerate for at least 30 minutes.

Nutritional analysis per serving: calories 48, protein 1g, fat 2g, percent calories from fat 27%, cholesterol 0mg, carbohydrates 3g, fiber 3g, sodium 328mg



Radish Soup

Makes 4 servings

Each serving equals two 5 A Day servings

Source: Radish Council

5 cups low sodium chicken stock

1/4 cup rice vinegar

2 Tbsp sugar

1/4 tsp cayenne pepper

1/4 tsp ground (dried) ginger

1 lb raw shrimp, peeled and de-veined

1 1/2 cups sliced radishes,

1 1/2 cups spinach leaves, shredded

1 cup thinly sliced green onions

In a large saucepan over medium heat, bring stock to a boil. Stir in vinegar, sugar, cayenne and ginger. Add shrimp and cook until shrimp turn pink and curl, about 3-4 minutes. Turn off heat, stir in radishes, spinach and green onions. Cover and let stand 2-3 minutes before serving.

Nutritional analysis per serving: calories 187, protein 29g, fat 3g, percent calories from fat 14%, cholesterol 228mg, carbohydrates 12g, fiber 1g, sodium 407mg

Roasted Radishes and Root Vegetables

Makes 4 servings

Each serving equals four 5 A Day servings

Source: Radish Council

3 medium sweet potatoes, peeled and cut into 2-inch chunks (3 cups)

4 medium parsnips, peeled and cut into 2-inch, about 2 cups

2 medium red onions, peeled and quartered

12 oz radishes

1 whole head of garlic, cut in half lengthwise

3 Tbsp olive oil

1/2 tsp black pepper

1 Tbsp or 1 tsp dried thyme



Preheat oven to 450°F. In a 13x9x2 inch nonstick baking pan (or spray a conventional pan with vegetable cooking spray) place mushrooms, bell pepper, zucchini and onion. Toss with olive oil, garlic, salt and black pepper. Bake uncovered, until mushrooms and vegetables are tender, about 20 minutes. Serve as a side dish, or toss with pasta or rice if desired.

Nutritional analysis per serving: calories 342, protein 3g, fat 8g, percent calories from fat 22%, cholesterol 0mg, carbohydrate 65g, fiber 5g, sodium 300mg