



Radish

A root vegetable probably originally from western Asia. There are several species of radish the most popular being red radish which has a white, cream colored or reddish flesh that is juicy and crunchy, and has edible leaves.

Buying

Choose: firm radishes with smooth skin and no spots or bruises. The radish tops, if still attached, should be bright green.

Serving Ideas

Radishes are eaten raw (as an hors d'oeuvre, with dips, in salads, and sandwiches), marinated or cooked. They are used in soups, pot roasts, omelettes or stir-fries.

Nutritional Information

Per 3.5 oz/100g	raw
Water	95%
Protein	0.6g
Fat	0.5g
Carbohydrates	3.6g
Fiber	2.2g
Calories	17

Preparing

Peel radishes if a less pungent flavor is desired. Remove roots and leaves, then rinse them in a large quantity of water and drain. Radishes are eaten whole, sliced, in sticks, diced, chopped or grated.

Good Source: raw - vitamin C and potassium.

Contains: folic acid

Properties: antiseptic, antiarthritic, antiscorbutic, antirachitic, antirheumatic and aperitive. Radishes seems to aid digestion, and treat bronchitis, asthma, scurvy, demineralization, as well as the liver and gallbladder.

Storing

In the fridge: 1 week, unwashed, with tops removed in a loosely closed or perforated plastic bag