



RADISHES

Cafeteria Connection

Tell Me about Radishes

Radishes thrive in a cool climate, and Washington's cooler-than-average spring and summer seasons are perfect for this refreshing root vegetable! Radishes are one of the easiest vegetables to grow. They originated in China centuries ago but are consumed all over the world now. The seeds begin to grow in about a week and are ready to harvest in three to four weeks.

Radishes are a member of the cabbage family or brassica (also known as cruciferous) with broccoli, cabbages, kales and turnip. They can be found in a variety of shapes, lengths, colors and sizes; red, pink, white, purple, gray/black or green/white with round or elongated shapes.

Crediting Information

- Radishes credit toward the Vegetable meal pattern component by volume served. For example, 1/2 cup radish credits as 1/2 cup vegetable.
- In School Meals, radishes contribute to the "Other" vegetable sub-group.
- Vegetables must be fresh, frozen, canned, or full-strength vegetable juice, referred to as 100% juice, to credit as a vegetable component. Dried vegetables, including beans, peas, and lentils, must be reconstituted to credit toward reimbursable meals. Please confirm crediting requirements for dried vegetables with your specialist.



Nutrition Facts

Radishes are a good source of vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function, and fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar. They also contain a range of other nutrients, including potassium, an electrolyte that helps build muscle and keeps the heart healthy, and a variety of phytochemicals, which prevent damage to our cells and support immune response.

Selection and Storage

- Choose smooth, brightly colored radishes. Attached tops should be green and fresh looking.
- Refrigerate radishes in a plastic bag for use within one week. Remove tops before storing.

Culinary Tips

- Radishes have a peppery flavor. Add them to salads for a pop of crunch and a little spice!
- Fresh radishes do not need to be cooked or heated. Gently rub radishes while holding under plain running water to remove any visible debris.
- Cooking radishes can reduce their peppery, spicy flavor. Try roasting fresh radishes in the oven. Roasted radishes are quick to make and result in a milder, almost nutty flavor.

Recipes

- [Chicken Pozole Washington Recipe for Schools](#)

Sourcing

- [Find radishes](#)



Radishes, credit: WSDA