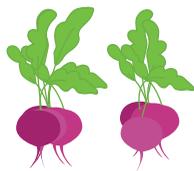


HARVEST OF THE MONTH

recipe Stove Top Radishes

you will need:



2 radish bunches with greens, any variety



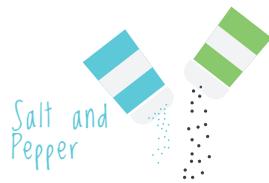
Juice from 1/2 lemon



Olive Oil



1 red onion



Salt and Pepper

directions

1. Slice radishes and red onions thinly. Heat pan then add olive oil.
2. Add radishes and red onions to simmering oil. Stir occasionally until golden brown.
3. Chop radish greens. Add lemon juice and greens to pan and cook until wilted.
4. Season to taste with salt and pepper.

growing it

Plant Me:

Plant my seeds after temperatures are below 100° F. For small radishes, plant seeds close together, or further apart for larger vegetables.

Harvest Me:

Harvest me when you can see my top peeking out of the soil. I should be crisp and crunchy!

radish

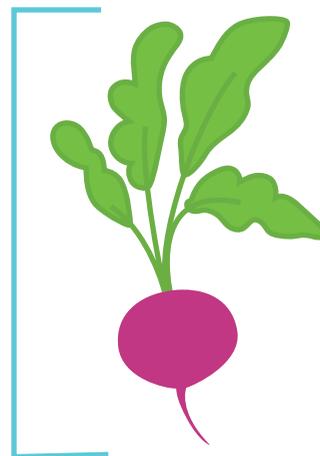
taste chart

How does a radish taste?! Circle the flavors below:



DID YOU KNOW?!

You can eat the entire radish plant!!



Most people eat radishes fresh or raw. When cooked, their flavor changes from spicy and peppery to sweet and mild.

YUM!

food origins

The radish is the oldest vegetable in the world! Records show this ancient vegetable starting its expedition in **southeast Asia**, then into **India**.



Next, the radish made its way to **central China**, **central Asia**, and then to **Europe**. The radish settled into the **Americas** after arriving via European explorers, colonialists, and friars.

HEALTH FACTS



Radishes can help you to stay hydrated! They are 95% water.

Radishes have Vitamin C which can help to boost your immune system.



Radishes have a lot of nutrients that can contribute to reduced blood pressure and improved digestion.