

# Harvest of the Month



April



Radishes



## Pick:

• Look for firm, compact radishes. If the leaves are still attached, they should be bright green and crisp.

## Store:

- Discard the leaves, place radishes in a plastic bag and store in the refrigerator for up to a week.
- Try pickling radishes for preservation. Radishes don't freeze or dry well due to their high water content.

## Prepare:

- Remove leaves, wash and trim root ends before using. For added crispness, soak radishes in ice water for a couple of hours before using.

## Nutrition Info

One cup sliced radishes has only 19 calories.

Radishes are a good source of potassium, vitamin C and folate.

## Fun Facts

Radishes come in a rainbow of colors including red, black, white and purple. There are many varieties that grow in different shapes and sizes.

There are many varieties of radishes! Daikon, Easter Egg, BlackBunny Tail, Sicily Giant, French Breakfast and Plum Purple.

Radishes are a fast growing vegetable. They grow from seed to edible size in just 25-35 days!

## Uses

Enjoy sliced or shredded radishes in salads, sandwiches and side dishes.

Radishes can also be steamed, sautéed and roasted!

## We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate to the People's Food Co-op! *Each month we'll ask a new question...and give you a new chance to win!*

## **Here's This Month's Question:**

This month, we're giving shout-outs to La Crosse County employers who are committed to creating healthy workforces! More and more workplaces are making an effort to support employee health by making it easier for people to eat healthy and be more physically active. How are you and/or your family healthier as a result of support provided La Crosse County employers?

## **To Enter:**

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than April 30<sup>th</sup>, 2014 by e-mail to [HOMstories@lacrosecounty.org](mailto:HOMstories@lacrosecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

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## Nutrition Facts

Serving Size 1/2 cup (82g)  
Servings Per Container 10

Amount Per Serving

**Calories** 60      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 8g      **3%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein** 1g

Vitamin A 90%      • Vitamin C 20%

Calcium 2%      • Iron 2%

\*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

## Roasted Roots

Serves 10 (1/2 cup per serving)

### Ingredients:

- 2 cups sliced carrots (peeled)
- 2 cups quartered radishes
- 2 cups chopped potatoes or sweet potatoes (unpeeled)
- 2 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 Tbsp. dried oregano

### Directions:

Preheat oven to 425 degrees. In a medium bowl, mix all ingredients. Place mixture onto a greased sheet pan and roast for 20-25 minutes or until vegetables are tender and start to brown.

*For more information on Farm2School & Foot Steps to Health visit [www.GetActiveLaCrosse.org](http://www.GetActiveLaCrosse.org)*

Color  
Radishes!

