November Radishes

**Nutrition Info**
One cup sliced radishes has only 19 calories.

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

**Fun Facts**
Most states grow radishes, but Florida and California produce the most! Radishes are usually available locally in the fall and spring.

Radishes grow very quickly! Radishes are harvested after 3-6 weeks of being planted.

Radishes come in a rainbow of colors including red, black, white and purple.

**Uses**
Radishes are great when eaten raw; try them with hummus for a quick snack.

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

Radishes can also be steamed, sautéed and roasted!

**Family Friendly Activities**
Go on a Fun Fall Scavenger Hunt as a family. On the scavenger hunt search for the following items.

- 2 Squirrels
- 5 Different colored leaves
- 3 Different types of birds
- 1 Fallen Tree
- 7 Acorns
- A Rake
- 2 pumpkins

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**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.
Roasted Radishes

Serves 4

Ingredients:
1 bunch of small to medium radishes (about 12-15)
1 tbsp. Olive Oil
1 tsp. Dried Thyme
Salt and Pepper
½ Lemon (Juiced, optional)

Directions:
Preheat oven to 450 degrees. Place radishes on a baking sheet and toss with olive oil, dried thyme, salt and pepper. Roast until tender yet firm in the center (about 20 minutes). Squeeze a little lemon juice over the top if desired and serve.

For more information on Farm2School visit www.laxF2S.org.