



Harvest of the Week

Volume 1, Issue Radishes

Health and Learning Success

Family meals can be a great time to care for the body. Take time to set the table, eat together, and share stories. Experts agree that sharing meals may help to prevent youth smoking, alcohol and drug abuse, and depression. Use **Harvest of the Week** recipes and serving ideas for healthy ways to enjoy radishes.

Let's Get Physical!

Encourage your child to start a walking group during recess. Your child and his/her friends can talk while they walk.

Fun Facts

Radishes grow very fast making them exciting and rewarding vegetables for children to grow.

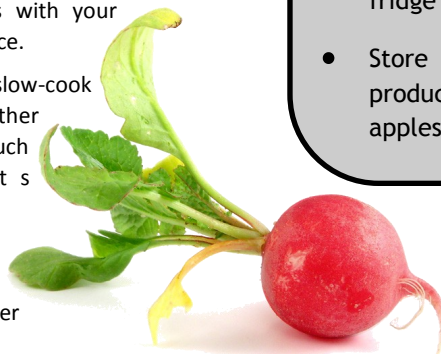
Cherry Belle and Bunny Tail are two popular radish varieties.

The Mexican festival "Night of the Radishes" is celebrated by carving radishes and displaying them in the town square.

Radishes

HELP YOUR CHILD EAT HEALTHY

- Add sliced or shredded radishes to a green salad, chicken or tuna salad, potato salad, coleslaw, and pita sandwiches.
- Did you know you can also enjoy the greens of radishes? Cook them or eat them in sandwiches or salads with your regular choice of lettuce.
- Steam, roast or slow-cook radishes with other favorite vegetables such as carrots and potatoes.
- Eat raw radishes with peanut butter, low-fat ranch, or any other favorite veggie dip.
- Add radishes to your next soup or stew.



PRODUCE TIPS

- Choose smooth, bright, colorful, radishes of a medium size.
- If the tops are attached, they should be green and look fresh. Remove tops before storing radishes.
- Keep radishes in a plastic bag in the fridge for up to 1 week.
- Store radishes away from ethylene-producing fruits such as bananas and apples.

HealthWise

- ✓ Stretching and walking during breaks can help refresh your mind, increase your physical activity, and improve your performance.
- ✓ Encourage your child to limit time spent sitting watching TV, playing video games, or using a computer.
- ✓ Ask your child what he/she learned about radishes at school.

BAKED RADISH CHIPS

Makes 4-6 servings

Ingredients:

1 pound of radishes
Onion powder, salt and pepper to taste



Directions:

1. Preheat oven to 350°F. Slice radishes.
2. Toss radish slices with seasonings.
3. Place a thin layer of sliced radishes on a cookie sheet coated with cooking spray.
4. Bake in the oven for 10 minutes. Turn over slices and bake for 10 more minutes.
5. Enjoy as a topping for salads and sandwiches, or eat them by themselves!

This recipe may be altered by using different seasonings to suit your tastes.

Source: Duda Farm Fresh Foods 2012

Radish Nutrition Facts	
Serving Size	7 radishes
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	