

## Tray 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!

Fun Facts

Radishes grow very fast

making them exciting

and rewarding vegetables for children to

Cherry Belle and Bunny

Tail are two popular

The Mexican festival "Night of the Radishes"

radish varieties.

grow

square.

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

# Rodishes

#### 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, lowfat ranch, or any other favorite veggie dip.
- Add radishes to your next soup or stew.

#### **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.
- 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

### **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 ethyleneproducing 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.

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

radishes and displaying This recipe mostly them in the town

Hickman Milk

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