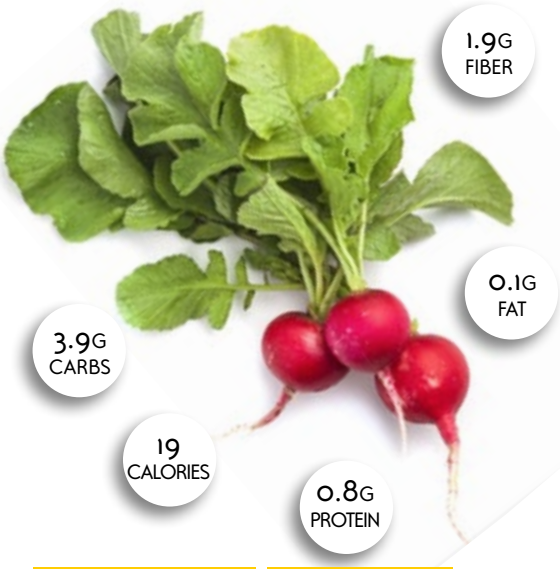
Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

RADISHES



✓Cholesterol-Free ✓Low-Sodium
✓Low-Calorie ✓Fat-Free

This peppery veggie isn't high in starch, making it great for low-carb diets

HOW TO PICK THE BEST

- Look for radishes that are smooth, brightly colored.
- Look for radishes with tops that are green and fresh looking.
- Avoid: radishes that are soft, dull-colored, have white or brown scars, or black spots.
- If the radish tops are yellow, limp or slimy, the radishes are old or have not been refrigerated properly.

HEALTHY SERVING SUGGESTIONS

- Serve them raw
- Pickle them.
- Julienne them and toss them in risotto: The radishes bring a cool and crunchy counterpoint to the creamy Arborio rice.
- Roast them.
- Throw 'em in tacos!
- Shave them/slice them super thin.

GARLIC ROASTED RADISHES

Makes 4 servings. Prep Time: 10 minutes. Cook time: 15 minutes

Ingredients

- 1 lb. radishes, ends trimmed and halved
- 1 Tbsp. melted ghee or butter (may sub coconut oil or avocado oil)
- 1/2 tsp. sea salt
- 1/4 tsp. pepper
- 2–3 garlic cloves, finely minced
- 1/4 tsp. dried parsley, dried chives or dried dill

Instructions

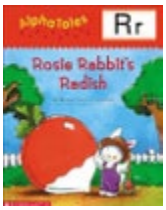
1. Preheat oven to 425.
2. In a bowl, combine the radishes, melted ghee or butter, salt and pepper and toss until radishes are evenly coated. Save adding the minced garlic until just before the radishes are done roasting.
3. Spread radishes out in a large 9×13 inch baking dish. Don't over crowd.

4. Bake for 20-25 minutes, tossing every 10 or so minutes. Add the minced garlic and dried parsley and bake for an additional 5 minutes or until radishes are golden brown and cooked through.
5. Optional: Serve with a side of ranch for dipping or drizzling on top and garnish with parsley, dill or chives.

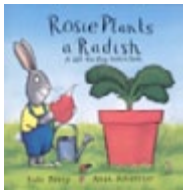
Resource: https://therealfoodrds.com/garlic-roasted-radishes/

READING FUN

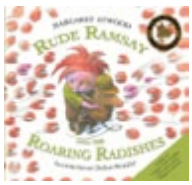
Rah, Rah, Radishes
by April Pulley Sayre



Rosie Rabbit's Radish
by Wendy Cheyette Lewison



Rosie Plants a Radish
by Kate Petty

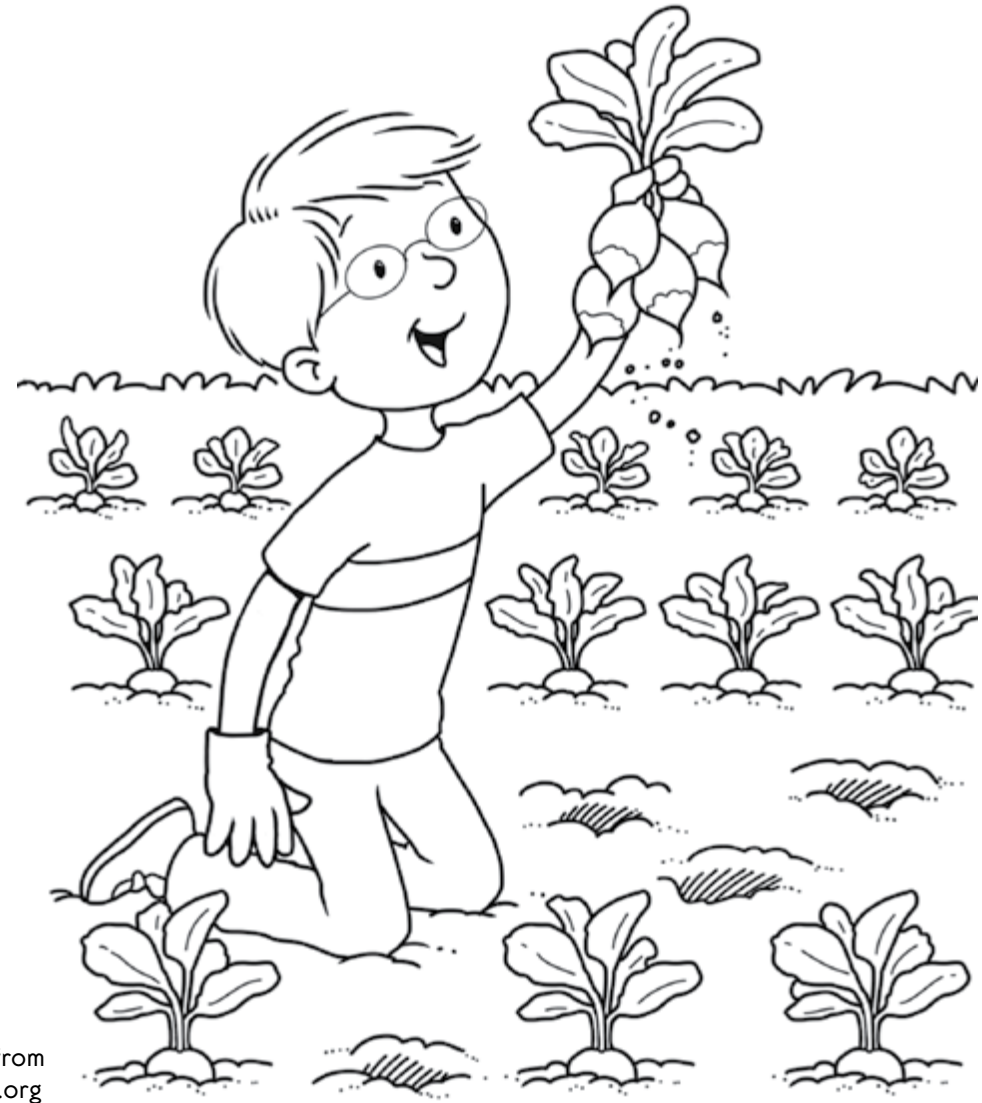


Rude Ramsay and the Roaring Radishes
by Margaret Atwood

RADISH FUN FACTS

- Radishes are members of the Brassicaceae (mustard or cabbage) family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.
- Radishes are a great low-cal snack; one cup of sliced radishes has only 19 calories.
- Most states grow radishes, but California and Florida boast the biggest crops in the United States.
- Because they grow rapidly, radish plants are ideal for children's gardens. The scientific name for the genus that includes radishes is Raphanus, Greek for "quickly appearing."
- Several varieties of radishes are available year-round. They vary in size, taste, and color but share nutritional values.
- First cultivated in China, radish crops spread through the Northern Hemisphere and into Europe in the 1500s. Radishes had reached Massachusetts by 1629.

RADISH COLORING ACTIVITY



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www.foodhero.org