



CSA Harvest Information



Radishes

Radishes are rich in *ascorbic acid*, *folic acid*, and *potassium*. They are a good source of *vitamin B6*, *riboflavin*, *magnesium*, *copper*, and *calcium*. One cup of sliced red radish bulbs provides approximately 19 calories. Radishes are very good for the liver and stomach, and acts as a powerful detoxifier too. They also clean out the kidneys and inhibit infections in the kidneys and urinary system.

Radishes are considered roughage, which means that they are composed of indigestible carbohydrates. This facilitates digestion, water retention, and alleviates constipation. Radish juice also soothes the digestive and excretory system. Radishes are very filling, which means that they satisfy your hunger without running up your calorie count. They are also low in digestible carbohydrates, high in roughage and contain a lot of water, making radishes is a very good dietary option.

Cucumber and Radish Pico De Gallo

Recipe courtesy of Cooking Light

- 6 tablespoons fresh lime juice
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1 ½ cups chopped radishes
- 1/3 cup chopped fresh cilantro
- ¼ cup finely chopped white onion
- 2 teaspoons minced jalapeno pepper
- 1 large English cucumber, diced (about 4 cups)

Chop your veggies finely enough so the pico hangs together in a spoonful.

Combine first 3 ingredients in a medium bowl, stirring with a whisk. Add remaining ingredients; toss to coat.



Roasted Radishes with Brown Butter, Lemon, and Radish Tops

Recipe courtesy of Epicurious

- 2 bunches medium radishes (red, pink, & purple; about 20)
- 1 1/2 tablespoons olive oil
- Coarse kosher salt
- 2 tablespoons (1/4 stick) unsalted butter
- 1 teaspoon fresh lemon juice

1. Preheat oven to 450°F. Brush large rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse well. Coarsely chop radish tops and set aside.
2. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss to coat.

3. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

4. Melt butter over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.
5. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.



What to do when you get home (storing & preserving your radishes)

Radishes store well in the refrigerator once the tops have been removed. The radish leaves cause moisture and nutrient loss during storage. Store greens separately for 2-3 days. Refrigerate radishes wrapped in plastic bags for 5 to 7 days. Due to the high water content, summer radishes do not freeze well and they are not recommended for drying. Pickling radishes are a popular way of preserving.

Tip: Not enough radishes? Half the recipe or combine with other root vegetables when roasting. Radishes, turnips, parsnips, carrots and beets are all great choices for roasting together.