

Radishes

Radishes are native to Western Asia. They are eaten raw, cooked or pickled. Radishes and their greens provide an excellent source of vitamin C. Being part of the cabbage family, they are said to contain anti-cancer properties.



TIPS:

Short-term Storage: Separate the greens from the roots as soon as you can (greens will pull moisture out of the root even after being picked). Store separately in perforated bags for about a week. Roots may last longer.

Long-term Storage: The roots can be pickled. The greens could be blanched and frozen. Best to just use your radishes quickly though.

General Cooking Info: Radishes are commonly eaten raw in salads. Most of the spiciness can be found in the skin, so peeling will diminish the pungency. Radishes are also pickled, and used in place of turnips in turnip recipes.

Growing info: The quick radish is usually a breeze to grow in the garden. Of course, we have to watch out for flea beetles.

Common Problems: Radishes are also very sensitive to heat. If it's a year where summer comes on quick, they are very prone to bolt (put up flower stalks). This results in woody or pithy roots. Sometimes the roots will get pithy even before the radish starts to bolt. We try different varieties often to see which ones keep a tender juicy flesh the longest. So far French Breakfast takes the medal.

french
breakfast



easter egg
mix



watermelon radish



Red Radish Salad

2 teaspoons sugar
 1 lemon, juiced
 1/2 cup sour cream
 8 red radishes, thinly sliced
 2 Delicious apples, quartered
 cored and thinly sliced
 1/2 European seedless
 cucumber, thinly sliced
 2 tablespoons chopped fresh
 dill
 Salt and black pepper

Combine sugar, lemon juice,
 and sour cream in a medium
 bowl with a fork. Add
 radishes, apple, and
 cucumber.

Turn vegetables and fruit in
 dressing to coat. Season with
 dill, salt, and pepper, toss
 again; serve.

Yellow Carrot and French Breakfast Radish Salad

3 heirloom tomatos, thickly
 sliced
 8 small yellow carrots, finest
 julienne you can manage
 10 French breakfast radishes,
 finely sliced

sprinkle of extra virgin olive
 oil
 sprinkle of balsamic vinegar
 fleur de sel to taste
 freshly ground black pepper
 to taste
 4 oz. toi chinese mustard
 greens (or any greens with a
 spicy, peppery taste)

Slice the tomatoes and plate.
 In a bowl, combine the
 carrots, radishes, olive oil,
 vinegar, salt and pepper; go
 sparingly with the olive oil and
 vinegar, you just want to
 lightly dress the vegetables to
 make their natural flavors
 emerge. Toss lightly and
 place on top of the heirloom
 tomatoes on the plate.
 Garnish with the spicy greens
 and serve.

from Scrumptious Street Blog

Roasted Radishes with Soy Sauce and Toasted Sesame Seed

20 medium radishes, trimmed
 and cut into fourths (use all
 red, or a mixture of red and
 white)
 1 1/2 T roasted peanut oil
 1-2 T soy sauce (I used about
 1 1/2 T)

2 green onions (scallions)
 sliced thin
 1 T sesame seeds, toasted in
 a dry pan

Preheat oven to 425 F. Wash
 radishes, trim ends, peel if
 needed, and cut into same
 size pieces. I cut the white
 icicle radishes into diagonal
 pieces, and the red ones into
 half or fourths, depending on
 how big they were. Cut green
 onions into thin slices.

Toss radishes with peanut oil,
 then roast about 20 minutes,
 stirring one or two times.
 When radishes are tender
 and starting to brown, remove
 from oven, toss with soy
 sauce to coat and mix in
 green onion slices. Put back
 in oven and roast about 5
 minutes more.

During final five minutes
 roasting time, put the sesame
 seed in a dry pan and toast
 over hot stove for about 2
 minutes, or until starting to
 brown. Remove radishes
 from oven, place in serving
 bowl and sprinkle with
 toasted sesame seeds. Serve
 hot.

from Vegetables Every Day