

RADISH

GROWN IN MINNESOTA



DIFFERENT USES

- Radish greens can be eaten too, either cooked or raw.
- Grate radishes, add to chopped mint and Greek yogurt for a delicious dip.
- Roast, bake, grill, braise, steam, boil them or eat them raw.
- Include in coleslaw, potato salad, or pasta salad.
- Slice radishes very thin, mix with lemon juice, a little oil and seasoning. Enjoy.

Nutrition Facts

Serving Size 7 radishes (85g)

Calories 10	% Daily Value
Total Fat 0g	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%

Protein 0g

Health Benefits

- Contains vitamin B6 which helps nerves function properly.
- Provides folate which aids in cell production.
- Supplies potassium which helps keeps your heart pumping.

FUN FACT

- Skin colors range from white to yellow, red, purple, & black.
- They are a fast growing crop, they are fully grown in 25 days.
- In Mexico, December 23rd is "The Night of the Radishes" (Noche de Rabanos).
- Radishes, onions and garlic were paid as 'wages' to the Ancient Egyptian laborers who built the pyramids.
- They are round, oval, or elongated, and range from less than 1 inch to 2 feet long.