

May Harvest of The Month: “Radishes”



"Fresh, Crisp, and Full of Flavor"

What Are Radishes?

Radishes are root vegetables known for their crunchy texture and peppery flavor.

Available in a variety of colors, including red, white, purple, and black.

Commonly eaten raw in salads, but also cooked in some cuisines.



Why Are Radishes Good for You?

High in vitamin C, fiber, and antioxidants.

Low in calories and packed with water content.

Support digestion and may aid in detoxification.

Radishes

With their vibrant roots and leafy green tops, they add a refreshing and crunchy bite to our spring plates. And there are many ways to enjoy them...



Eat the leaves too!

They offer a subtle peppery flavour and have the highest amount of several nutrients and phytochemicals.



Golden Roots

The ancient Greeks prized radishes so much that they made small replicas of them in gold!

Radish Rainbow

The outside skin of radishes can be white, yellow, pink, red, purple or black, depending on the variety.



Health Potential

Eating cruciferous vegetables, like radishes, was associated with a reduced risk of:

- Several cancers
- Heart disease
- Depression



At least **609** phytochemicals are reported in radishes.



Glucosinolates, broken down into isothiocyanates



Flavonoids, especially anthocyanins



Carotenoids, especially β -carotene

And don't forget the green tops!

4 ways to enjoy them



Salads

With lettuce, beetroot and other veggies



Pesto

Blitz the greens with oil, lemon juice & parmesan



Pickled

With vinegar and spices



Cooked

Stir-fry the greens & roast the roots with other veggies



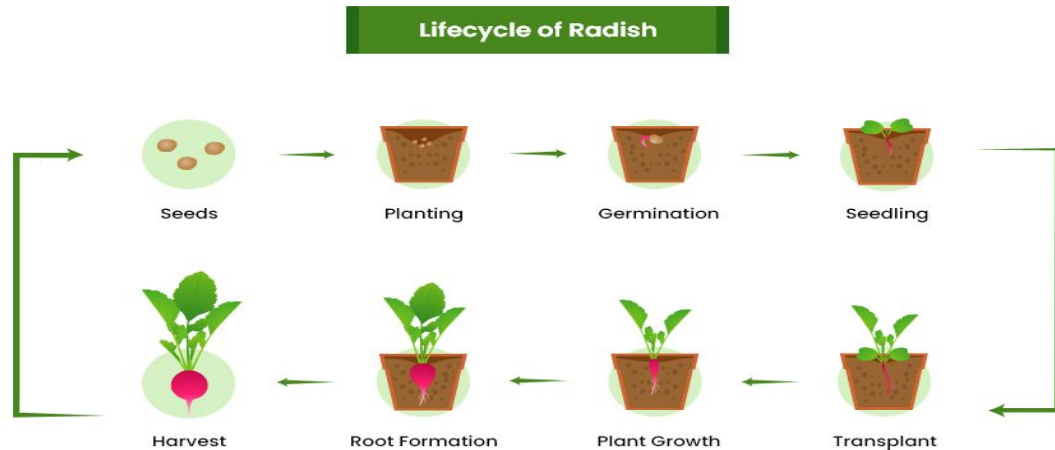
Sources & more information at thedoctorskitchen.com/learn

How Radishes Grow From Seed to Harvest

Radishes are typically planted in the spring or fall.

They thrive in cool weather and can be harvested in as little as 3-4 weeks.

They grow quickly, making them ideal for gardeners looking for fast results.



Different Types of Radishes

Red Globe: The most common variety, with a mild flavor.

Daikon: A large, white, and milder radish often used in Asian dishes.

Black Radish: Known for its stronger, more peppery taste.

Watermelon Radish: A vibrant pink and white radish with a mild, sweet flavor.



Ways to Enjoy Radishes

Eat them raw in salads or as a crunchy snack.

Pickle them for a tangy side dish.

Roast them to bring out a milder, sweeter flavor.

Use them in soups and stews for added texture.



Fun Fact: “Did You Know?”

Radishes were once believed to have medicinal properties and were used by ancient Egyptians to promote good health.



When Are Radishes in Season?

Radishes grow best in the spring and fall.

Their peak season is typically from March to May, depending on the region.

They are a quick-growing crop, making them an ideal early spring vegetable.



Celebrate Radishes This Month!

Radishes are versatile, nutritious, and delicious. They're a great addition to any meal!

Try adding fresh radishes to your next salad or snack.

