

Radish

HARVEST OF THE MONTH

Radishes are crisp root vegetables known for their peppery, slightly spicy flavor. They are most commonly enjoyed raw in salads, slaws, and vegetable platters, but can also be pickled for added tang or roasted and sautéed, which mellows their sharpness and brings out a subtle sweetness. Radish greens are edible too and can be blended into pesto, sautéed, or added to soups for extra flavor and nutrition.



did you know?

Although they're often eaten raw, roasting radishes completely changes their flavor! The heat softens their peppery bite and brings out a naturally mild, slightly sweet taste, making them a delicious addition to sheet pan meals, grain bowls, and roasted vegetable medleys.

fun fact

The spicy kick in radishes comes from the same family of natural compounds found in mustard, horseradish, and wasabi.

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