



Radish

Radishes come in quite the variety: spicy to mild, small to long, round to straight, red to white to multicolored.



Nutrition

- A half cup of sliced raw radishes contains around 10 calories, 2g carbohydrates, and 1g fiber.
- While radishes do not contain much protein, fat, or sodium, they do have vitamins and minerals, including vitamin C, folate, potassium, and calcium.



Shopping

- Choose firm radishes that do not show signs of decay, such as soft spots or slimy surfaces.
- If radish greens are still attached, and you want to eat them too, look for greens that have a deep green color and are firm.



Price

- Fresh radishes cost \$1.46 per pound on average.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



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Storage

- Radishes store best in the refrigerator for 1-2 weeks in a food-safe container.
- If greens are still attached, cut these off the radishes and store in the refrigerator, separately from the radishes. Use greens within a few days.



Eat

- If you are more familiar with eating radishes raw, such as with ranch dressing or on top of salads, give cooked radishes a try, such as sautéed or roasted radishes.
- Find recipes online for sautéed radish greens, pesto using radish greens, and raw salads mixed with lettuces and other tender greens.



Preparation

- Wash radishes - and greens - just before eating. Cut off the top and bottom ends of radishes and cut per your recipe, such as sliced, diced, or shredded.
- **Preserve at Home**
 - Radishes do not freeze well with their high water content. Find a tested recipe for pickled radishes instead.



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