



Produce of the Month

Radishes



Nutritional Information



Radishes contain antioxidants.

Radishes are a good source of Vitamin C.

Radishes also contain folate, Vitamin B-6 and other important vitamins and minerals!

Fun Facts



Radishes can help to clear sinuses and soothe sore throats!

Radishes are a natural cleansing agent to promote digestion.

Radishes are great to help keep you hydrated and your skin looking fresh and healthy!

Selecting, Storing, Preparing



Selecting: smooth, brightly colored, medium sized radishes. Squeeze to ensure they are hard and not hollow-feeling or soft. Tops should be green and look fresh.



Storage: remove tops before storing. Radishes can be kept for a week if in a plastic bag in the refrigerator.



Preparing: Before eating, soak in ice water for a few hours. Wash, then chop off greens (if present), then slice off the

Recipes/Ideas



Radishes are great when sliced and added to a salad.



Radishes can also be sliced and layered on bread with cheese.

For more ideas:

<http://www.bbcgoodfood.com/glossary/radish>

Manchester's Message for a Healthier You



9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

<http://95210.townofmanchester.org/>