



# Radishes

## General Information

- Radishes are root vegetables that come in a variety of colors, shapes, and flavors.
- **Select** by looking for fresh, vibrant greens that are not brown or wilting and radishes that are firm, not squishy.
- **Store** radishes at room temperature for up to two days. For longer storage, up to 14 days in the refrigerator, place trimmed and washed radishes between two layers of damp paper towels.

## Cooking Ideas

- **Pickled** radishes make a great topping for tacos, salads, and sandwiches!
- **Roasted** radishes tend to be less spicy than raw radishes and have a juicy sweet flavor.
  - Preheat oven to 400°F. Wash radishes and cut each in half. On a sheet pan, toss 1 bunch radishes with 1 Tbsp olive oil, 1 tsp salt, and 1 tsp pepper. Roast for about 15-20 minutes until the radishes are slightly tender.

## Nutrition Facts

Great source of **Vitamin C** which is necessary for **growth and development** and helps support your **immune system!**

## SPROUT Growing Tips

- Recommend varieties: watermelon radish, daikon, English breakfast, and black spanish.
- Directly sow your seeds into your bed! Radish don't like their roots to be disturbed so plant them where they'll live!
- Radish are frost tolerant and will bolt if it gets too warm.
- Sow seeds at least one-half inch apart at a depth of one-quarter inch. Try not to sow the seeds too thickly. Thin out one they sprout.

**Sprout**  
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