

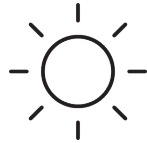
Radishes

"Peppery and Colorful"



HEALTHY BENEFITS

Rich in Vitamin C, Folate, Potassium, & Calcium, & More!



USEFUL TIPS

Scrub and wash with cold water. Trim tops and bottoms. Do not peel.

Radishes add zest and color to tossed salads. They can be eaten raw, cooked or pickled.



BEST TIME TO FIND

May
June
September
October



STORAGE

Refrigerate radishes in a plastic bag for use within 1 week. Remove tops before storing.



WHAT TO LOOK FOR

Smooth, brightly colored, medium sized radishes. Greens should be fresh & bright.



QUICK & EASY WAYS TO ENJOY

Quick Snack: Eat 'em Raw. Slice radishes and eat raw with a dip like ranch or peanut butter, or add shredded radishes to salads.

Slow Cooker Meal: Place radishes in a slow cooker with carrots, onions, garlic, seasonings, vegetable broth, lean meat and all of your favorite vegetables. Turn on low and let the juices and flavors start mixing for an all-in-one meal!



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GET MORE INFO ON RADISHES @ [HTTP://BIT.LY/DHC-RADISHES](http://bit.ly/dhc-radishes)