

HARVEST OF THE MONTH

APRIL: RADISHES

Radishes

SELECT

Choose smooth, brightly colored radishes.

STORE

Remove tops before storing. Refrigerate radishes in a plastic bag and use within one week.

PREPARE

Rinse under cool, running water.

SEASONALITY

Red radishes grown in Wisconsin are available from May through June.

NUTRITION

Radishes have vitamin C that helps keep us healthy and helps wounds heal.



Uses

Fresh radishes have a peppery flavor. Add radishes to salads for a pop of crunch and a little spice. Radishes can be sliced and eaten raw or with dips.

Roasted Radishes

- 1 pound of radishes, halved
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon dried dill (or 1 tablespoon fresh)

Preheat oven to 425°. Combine the radishes with other ingredients to evenly coat. Spread over a sheet pan or large baking dish and bake for 20 – 25 minutes, stirring after 10 minutes. Makes 4 servings

<https://watauga.ces.ncsu.edu/2024/05/radish-root-and-greens-mellow-when-cooked/>





Recipe: Spring Vegetable Saute

Ingredients:

- 1 teaspoon olive oil
- 1/2 cup medium sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 small potatoes, quartered
- 3/4 cup carrots, sliced
- 3/4 cup asparagus pieces
- 3/4 cup sugar snap peas, or green beans
- 1/2 cup radishes, quartered
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill



Directions:

1. Heat oil in a large skillet over medium heat. Cook the onion for 2 minutes, then add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a tablespoon or two of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender -- about 4 minutes more.

<https://www.myplate.gov/recipes/spring-vegetable-saute>

Creamy Radish and Cucumber Salad

Ingredients:

- 1/4 cup plain yogurt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 10 radishes, washed and thinly sliced
- 1 cucumber, washed and cut into rounds

Directions:

In a large bowl, mix together yogurt, garlic powder, salt, and pepper. Add radishes and cucumbers and stir to combine. Cover and refrigerate for at least 15 minutes before serving.

https://fns-prod.azureedge.us/sites/default/files/resource-files/Radishes_Fresh.pdf



Extension
UNIVERSITY OF WISCONSIN-MADISON