

# Radish



## Selecting

The most common type of radish is the Red globe. It is small (1 to 4 inches) in diameter and comes in a variety of colours—red, white, purple or red and white.

The freshest radishes are sold with the greens attached. Look for fresh greens and unblemished radishes. Small size radishes have the best texture and flavour.

Radishes are also available in plastic bags with greens already removed. Inspect the bags to ensure there is no mold.

## Storing

For fresh radishes, remove the greens. Keep the greens and the radishes in separate perforated bags in the crisper.

If you have purchased bagged radishes, store them in their original bag.

Radishes can be stored for a week or two.

## Preparing

To prepare a radish, trim the stem and tip ends. Scrub well with a vegetable brush.

The greens are also edible and can be eaten raw or cooked.

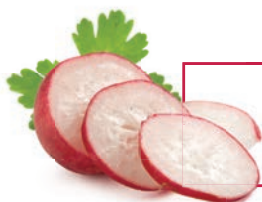
Radishes are used in salads, on their own or with a dip.

## Seasonality

Radishes are available all year round but are at their peak from June to October.

## Nutrition

Radishes are low in calories and a source of Vitamin C.



**These rosemary garlic radish chips are a delicious snack!**

[www.dudafresh.com/recipes/rosemary-garlic-radish-chips](http://www.dudafresh.com/recipes/rosemary-garlic-radish-chips)

