

NUTRIENTS FOUND IN RADISHES

- Radishes are an excellent source of vitamin C, which boosts the immune system.
 - The fiber in radish bulbs and greens aid in digestion.
 - Radishes contain calcium, phosphorus, potassium, and magnesium!
 - The phytochemicals in radishes help cells stay healthy.
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HEALTHY, FIT & READY TO LEARN

- When life gets busy, it is easy to fall into a rut during mealtimes. This month, try one new recipe each week. Not only will this keep your food interesting, but you might learn some new, healthy favorites!
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GROWN IN OREGON

Radishes are one of the most widely grown garden crops in Oregon. Because they do well during cool seasons, they often usher in the fresh vegetable season during Oregon spring and then reappear when the weather cools down in the fall!



LIVING AND EATING GREEN

Try taking an after dinner walk with your family. Wear gloves and bring bags so that you can collect litter along your way. You can even turn litter collecting into a friendly competition-- who will fill the bag first? Make sure to sort out the recyclable materials as you go!



JUST FOR KIDS

Radishes are a great vegetable to use when learning the basics of gardening.

Radish seeds germinate quickly, grow fast, and are ready to eat in just over three weeks! If you do not have garden space, you can even grow radishes in pots on your porch or balcony.

YOUR OREGON KITCHEN

QUICK AND EASY

- Slice raw radishes and add them to salads for a crunchy, peppery pop!
- Add sliced radishes to stir-fries or soups.
- Eat raw radishes with a plain yogurt or ricotta cheese dip.
- Roast radishes and other root vegetables tossed in olive oil and sea salt.



PRODUCE POINTERS

- Select radishes that are firm and brightly colored.
- Purchase fresh radishes that have bright green leaves-- remember, you can eat the radish greens too!
- Keep radishes in a covered container or loose plastic in the refrigerator. Store the radish greens separately from the radishes themselves.

RECIPE: BUTTERED LEEKS AND RADISHES

INGREDIENTS:

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 3 scallions, cut into 2-inch pieces
- ¼ lb radishes, quartered
- 3 leeks, cleaned and thinly sliced crosswise
- ½ cup chicken (or vegetable) broth
- ¼ teaspoon salt
- 1 teaspoon lemon juice
- 2 tablespoons fresh parsley, chopped



DIRECTIONS:

1. Heat the oil and butter in a large skillet over medium heat. Add the scallions and cook until golden, about 3 minutes. Add the radishes and cook another minute. Remove the scallions and radishes from the pan and set aside.
2. Add the leeks, chicken broth, salt, and lemon juice and cook, stirring occasionally, until the leeks are softened, about 5 minutes. Add the parsley, scallions, and radishes and toss well.

From www.realsimple.com



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.