Radish Basics

Shop and Save

- Choose radishes that are smooth, firm and brightly colored. The green leafy tops, if still attached, should be a deep green color.
- Avoid radishes that have cracks or cuts.
- Red and white radishes are sold in stores year-round, but generally cost less in the spring.

Kids and Radishes

Radishes are great vegetables for kids to grow!

Here are some basic tips on planting radish seeds:

- Sprinkle seeds thinly over damp soil and cover with at least ½ inch of soil.
- Water seeds well after planting, and keep them moist until they sprout.
- Radish seeds prefer a slightly sunny semi-shaded spot.
- The seeds will sprout in 4 to 8 days and be ready to pick in a month.

Types of Radishes

Not all radishes are red; they come in many colors from white to purple and even black!

They also come in different sizes, shapes and flavors!

You can often find different kinds of radishes at Asian markets. An example is the daikon radish. You can eat it raw or add it to soups, stir-fries, and many other recipes!

Another low-cost way to try different radishes may be to grow them from seed.

Store Well, Waste Less

- Radishes do not store well with the leafy tops left on. Cut them off before storing.
- Store radishes in the refrigerator for up to 2 weeks. Put them unwrapped in the produce drawer of your refrigerator, or in an open plastic bag or bowl to let air in.
- Radishes do not freeze well.

Raw radishes have a peppery taste but cooked have a mellow, sweeter taste.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211.

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Serving up Radishes

Quick Fix
- Add sliced radishes to a stir-fry recipe.
- Top salads or sandwiches with sliced radishes for added flavor and crunch.
- Add chopped radishes to potato or grain salads.
- Add finely chopped radishes to dips or salsa.

Oven-Roasted Radishes with Peas

**Ingredients:**
- 1 bunch radishes, (approximately 10 radishes) washed, trimmed and cut into quarters
- 2 teaspoons vegetable oil
- ¼ teaspoon each, salt and pepper
- 1 cup peas (fresh, thawed from frozen, or canned and then drained)
- 1 tablespoon lemon juice
- 1 teaspoon dried dill (optional)

**Directions:**
1. Preheat oven to 450 degrees.
2. In a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
3. Sprinkle peas over the radish mixture and roast until peas are heated through.
4. Remove from oven and sprinkle with lemon juice and dill, if desired.
5. Refrigerate leftovers within 2 hours.

Radish and Cucumber Salad

**Ingredients:**
- ¼ cup plain nonfat yogurt
- ¼ teaspoon garlic powder
- ¼ teaspoon each, salt and pepper
- 10 radishes, washed and thinly sliced (about 1 bunch)
- 1 cucumber, washed and cut into thin rounds

**Directions:**
1. In a large bowl, mix together yogurt, garlic, salt and pepper. Add radishes and cucumbers and stir to combine.
2. Cover and refrigerate for at least 15 minutes before serving.
3. Refrigerate leftovers within 2 hours.

Try the Ranch Dip recipe on FoodHero.org

Kids can enjoy radishes sliced or whole with a tasty dip!