

BUY FRESH - BUY LOCAL

Food of the Week: Radish

History

The radish has a long history going back thousands of years to the ancient Egyptian and Chinese times. The Greeks and the Romans were also known to utilize the benefits of the radish, and the Romans spread its use to many other European countries. The radish was later introduced to America in the 1500's.

The radish was used for its medicinal value where it was believed to stimulate appetite, prevent indigestion and constipation, and treat melancholy. During the middle age, it was also consumed to "treat" rheumatism and insanity.

Radish Facts

There are various varieties of radishes - the most common can be categorized into spring, summer, and winter types. The spring types are grown from early spring to late summer, the summer types from the late summer to fall, and the winter types from midsummer until before the ground freezes in the fall. The winter types, which include China Rose, Chinese White, Round Black Spanish, and Tama Hybrid, are larger in size, maintained at high quality longer, have stronger flavor, may be black, white, or green, and take longer time to mature (52-70 days) than the spring types. The spring types, including Burpee White, Champion, Cherry Belle, French Breakfast and others, take 22-28 days to mature and are often small and have a red, pink, purple, white, or red and white color. They can be globe-shaped or elongated, and have a fiery hot or mild flavor.

The spring type radish could be stored refrigerated in a plastic bag for 5-7 days. The winter types could be stored for several months.

Nutrition Information for 1/2 cup slices: Calories: 8, Carbohydrates: 2 g, Protein: 0 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 9 mg, Fiber: 0 g

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Recipe of the Week: Marinated Potato Salad

Preparation time: > 20 minutes Makes 6 servings

Ingredients:

- 2 c hot cooked potatoes, cubed or sliced
- 1/3 c low-calorie Italian salad dressing
- 1/2 c celery, cut on bias
- 1/2 c red onion, sliced thin
- 1/4 c radishes, sliced
- 2 T green pepper, chopped
- 1 1/2 c lightly cooked broccoli, roughly chopped
- 1/2 t salt
- 1/4 dried dill weed

In a large bowl pour dressing over hot cooked potatoes; mix gently to coat. Cover and marinate in refrigerator for at least 2 hours. Add the celery, onion, radishes, green pepper, broccoli, salt and dill weed. Toss gently to combine. Delicious with any grilled item.

Nutritional Information per serving: calories: 77 kcal, carbohydrates: 15 g, protein: 2.3 g, fat: 2.0 g, cholesterol: 1 mg, fiber: 2.6 g, sodium: 322 mg, vitamin A: 61 RE, vitamin C: 40 mg, calcium: 31 mg

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