

Radishes



Radishes are small, crisp root vegetables with a peppery flavor commonly used in salads, slaws, and pickles. They belong to the Brassica family, which includes other nutrient-dense vegetables such as broccoli and kale. They are an excellent source of vitamin C, antioxidants, and fiber, supporting immune health and digestion. Radishes are also known for their natural diuretic properties; helping to maintain kidney function while being low in calories makes them ideal for weight management. They can be eaten raw, roasted, or pickled. Radish greens are also edible and are packed with nutrients.

Roasted Radish & Carrot Medley

INGREDIENTS

- Bunch of radishes, trimmed and halved
- 4 medium carrots, peeled and sliced into 1-inch pieces
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme (or fresh thyme if available)
- Salt and pepper to taste
- Optional: 1 tablespoon balsamic vinegar for drizzling after roasting
- Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Preheat your oven to 425°F (220°C).
2. In a large mixing bowl, combine the halved radishes and sliced carrots. Drizzle with olive oil and sprinkle with garlic powder, thyme, salt, and pepper. Toss until the vegetables are well coated.
3. Spread the vegetables in a single layer on a baking sheet lined with parchment paper. Roast in the preheated oven for 20-25 minutes, or until the radishes and carrots are tender and slightly caramelized, stirring halfway through for even cooking.
4. Remove from the oven and, if desired, drizzle with balsamic vinegar for added flavor. Garnish with fresh parsley before serving.

STORAGE & SELECTION

Select firm, smooth, brightly colored radishes, avoiding those that are soft or blemished. Smaller radishes are usually more tender and flavorful. Remove greens before storage to prevent moisture loss, and keep radishes in the refrigerator in a perforated plastic bag for up to 1-2 weeks. Store radish greens separately and use them within a few days. For longer preservation, consider pickling or fermenting radishes.