



Select – Choose smooth, brightly colored radishes.

Store – Remove tops before storing. Refrigerate radishes in a plastic bag and use within 1 week.

Prepare – Rinse under cool running water.

Radishes are The Harvest of the Month!

Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!

#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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RADISHES: QUICK & EASY

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables
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¡Los rábanos son la cosecha del mes!

Agregue rábanos a sus comidas familiares favoritas:

- Agregue rábanos daikon a un asado o a una cazuela con verduras asadas.
- Espolvoree rábanos rebanados frescos en sopa, guisado o pozole.
- Coma rábanos crudos con yogurt natural o salsa de queso ricotta.

Preparen juntos comidas y recuerdos.

Es una lección que los niños usarán toda la vida.

Seleccione: Elija rábanos con una piel lisa y de color brillante.

Almacene: Retire la parte superior antes de guardar. Refrigere los rábanos en una bolsa de plástico y consuma dentro de una semana.

Prepare: Enjuague con agua fresca corriente.

¿Sabía usted?

No todos los rábanos son rojos. Los rábanos vienen en tamaños, formas, colores y sabores diferentes. La próxima vez que esté en la tienda de abarrotes pruebe un nuevo tipo de rábano, como sandía, español negro o daikon.



¡Nutritivo, delicioso, Wisconsin!

#WlHarvestoftheMonth



RÁBANOS: RÁPIDO Y FÁCIL

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**FOOD
WISE**
Healthy choices, healthy lives.



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