



## Radishes

### **What is it?**

Radishes are a group of root vegetables with light-colored, crunchy flesh, variable skin color, and an almost spicy, peppery taste. They vary in shape from short and round to long and narrow, and the skin can be red, black, white, yellow, pink, or purple.

### **What does it taste like?**

When eaten raw, radishes are spicy, crisp, and zesty. Varieties can range from very spicy (similar to the heat of raw garlic) to very mild – for example, Daikon radishes are milder than red radishes.

### **What to do with it?**

Raw radishes have peppery flavor and an amazing crunch, making them an excellent topping to tacos, burgers, sandwiches, and salads. If you want to bring out the sweetness of radishes, roast them like you would any other root veggie.

### **How to store it?**

Radishes should be refrigerated, but don't wash them before putting them in the fridge. Place the radishes in a plastic bag, and seal it, so these vegetables don't lose moisture and stay crisp to the bite.