



# Radish

## Storage

Separate the greens from the root. Store the roots in the crisper drawer where they will keep for up to a week. Wrap the unwashed greens loosely in a paper towel and refrigerate, where they will keep for 2-3 days.

## Preparation

Trim the roots and greens. The greens are edible and can be eaten as any other green - on a salad or sandwich, or sauteed, steamed, or boiled. The radishes can be eaten raw, sliced thinly in salad, but you can also boil, steam or roast them.

## Nutrition

Radishes are rich in Vitamin A and B-6 and are a good source of antioxidants, electrolytes, fiber, and minerals like iron, magnesium, copper, and calcium. They contain anti-inflammatory benefits and a cancer preventative antioxidant compound.

