

# Radish

Edible root vegetables. The most commonly eaten portion is the root, although the entire plant is edible and the tops can be used as a leaf vegetable.

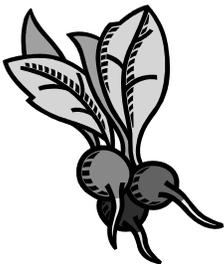
**Store:** Store leaves separate from roots for 2-3 days. Roots can be stored in a plastic bag for up to 2 weeks in the refrigerator crisper.

**Prepare:** Use a stiff vegetable brush and scrub radishes under cold running water. Trim off damaged areas, do not peel.

**Serve:** Can be eaten raw on a sandwich or in a salad. Bake or roast with other root vegetables or with meats to absorb the flavors. Use in soups and stews as you would a turnip.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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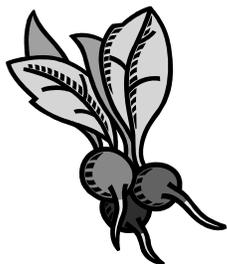
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# Radish Recipe

## Radish and Parsley Salad with Lemon

### Ingredients:

About 10 medium or 12 small red radishes,  
scrubbed  
3 large ribs celery, ends trimmed, peeled  
1 cup tightly packed fresh flat-leaf parsley leaves  
1 Tbs. fresh lemon juice; more to taste  
¼ tsp. kosher salt; more to taste  
2 Tbs. extra-virgin olive oil  
Freshly ground black pepper

Try this salad with red globe, icicle, or watermelon radishes.

Serves 2-3

enjoy!

Source: Amy Albert  
[http://www.finecooking.com/recipes/radish\\_parsley\\_salad.aspx](http://www.finecooking.com/recipes/radish_parsley_salad.aspx)

### Directions

Trim the root and stem end of the radishes. Cut in half lengthwise and then slice them 1/8 inch thick (about 1½ cups). Slice the celery crosswise 1/8 inch thick. Combine the sliced radishes, sliced celery, and parsley leaves in a medium bowl. Add the lemon juice, salt, and olive oil; toss well. Add several generous grinds of black pepper, taste and adjust seasonings, and serve.



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