

Harvest of the Month



Network for a Healthy California



Healthy Serving Tips:

- Watermelon radishes are beautiful additions to salads
- Slice thinly and add to sandwiches
- Shred and use as a topping for burritos, tostadas or taco salads
- Shred watermelon radishes and other seasonal vegetables like cabbage and carrots and use in fresh spring rolls with rice, cilantro and mint
- Beautiful garnish thinly sliced
- Add to a stir fry
- Add to sushi
- Chop and oven roast with other winter vegetables like sweet potatoes, parsnips, winter squash, turnips

Watermelon Radish

Watermelon radishes for Harvest of the Month are from **Super Tuber Farm in Penn Valley!**

Super Tuber Farm was started by Jeremy Mineau in 2012, with the aim to grow the tastiest certified organic produce you can put in your belly. Super Tuber specializes in vegetables that can be stored or grown in winter, including organic potatoes, carrots, cabbage, and salad mix. You can find their produce at the Briar Patch Coop, many local restaurants and the Nevada City Farmer's Market.

Winter salad

Serves: 4-6, Time: 45 m bake, 10 prep

3 watermelon radishes

- 1 golden raw beet
- 2 carrots
- 2 cooked red beets (oiled, wrapped in foil, roasted 30-45 min at 375)

Vinaigrette:

- 1/4 C olive oil
- Juice of one orange
- 1 Tbsp apple cider vinegar
- 2 Tbsp finely chopped parsley

Finely slice the raw beet and radishes with a mandolin or sharp knife. Shave carrots with potato peeler. Cube cooked beets.

Place the ingredients for the vinaigrette in a pint jar and shake to emulsify.

Place all the vegetables in a bowl, toss with the vinaigrette, and add salt and pepper to taste. Enjoy!

Recipe by Rene Medina Jimenez



Nutrition Facts

Serving size		1 Radish (3.5")
Amount Per Serving		
Calories		30
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrate	7g	3%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	2%
Vitamin D	0mcg	0%
Calcium	46mg	4%
Iron	0mg	0%
Potassium	384mg	8%
Vitamin C		40%
Folate		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recommended Daily Amounts of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults
Males	2½ - 5 cups/day	4½ - 6½ cups/day
Females	2½ - 5 cups/day	3½ - 5 cups/day



Watermelon Radish Fun Facts:

Watermelon Radish is a Chinese heirloom variety of a daikon radish. It is a root vegetable and member of the Brassicaceae family, which also includes arugula, broccoli, cauliflower, kale, turnips, red mustard, Brussels sprouts, cabbage, horseradish and other radishes.

Its scientific name is *Raphanus sativus acanthiformis*. *Raphanus* means “quickly appearing” in Greek.

Don't worry, this is no genetically engineered melon-radish hybrid. The watermelon radish doesn't actually taste like watermelon. Instead, the flesh, which is green to white around the exterior with a deep pink center, resembles watermelon when sliced.

Watermelon radishes can grow to be the size of grapefruit!

Watermelon radishes are known by many names including Beauty Heart, Rose Heart, Shinrimei, Misato, Asian Red Meat or Xin Li Mei radish. Their Chinese name, shinrimei, means “beauty in the heart”.

Radishes are related to wasabi, a type of horseradish paste and spicy sushi condiment.

Like most radishes, the Watermelon radish contains isothiocyanate, a pungent chemical compound that is an organic, natural pest repellent. This also gives radishes their spicy flavor.

Watermelon radishes can be served fresh or cooked, hot or cold. Cooking the Watermelon radish will enhance its natural sweetness and temper some of the spice. Sliced watermelon radishes are a great addition to soups or stir-fries. Enjoy them thinly sliced in salads, atop sandwiches, or alongside sushi. This variety is also popularly sliced and pickled, then utilized as a colorful condiment. The greens of the radish can be added to soups, stews, and stir-fries.

Radish plants can reach 6 feet in height and 3 feet in width. Depending on the variety, radish roots range from about 1 inch to 24 inches long. The largest radish ever recorded weighed 100 lbs and was 3 ft long!

Radishes are a low-calorie food that supply fiber, vitamin C, potassium and calcium.

The rat-tailed radish variety has long, edible seed-pods

California and Florida grow the biggest crops of radishes in the United States.

Many radish varieties are easy to grow from seed, tolerant of cold weather, and quick-growing. They are a wonderful crop for school and home gardens.

