



Selection:

Choose radishes that are brightly colored and medium sized. The attached tops should be green and fresh looking.

Storage:

Store unwashed radishes, with tops removed, in a plastic bag in the refrigerator for up to 1 week.

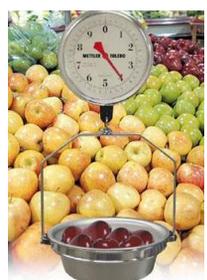
Refrigerator: Up to 1 week

Use:

Scrub the radishes and trim off the stem end and tip. The skin can either be peeled or left intact. Small radishes can be served whole or chopped, while larger radishes are served cut or grated. Radishes are usually used as a garnish or in a green salad.



Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Radishes can be sold in pre-weighed and priced packages or per pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the amount of radishes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Radishes

Use this table to find the total cost.

Example: What is the total cost for 1.5 lbs of Radishes at \$1.09 per lb? **1.5 lbs x \$1.09 = \$1.64**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

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Nutrition:

7 medium Radishes

Nutrition Facts	
Serving Size 7 radishes (85g)	
Amount Per Serving	
Calories 10	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store.

This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 7 medium radishes. All radishes are not the same size, but you can use this to estimate the nutrition content for smaller or larger radishes.

Recipe:

Roasted Radishes and Root Vegetables

Preparation Time: 40 minutes

Serves 4

Cups of Vegetables per Serving: 2

Ingredients:

- 3 medium sweet potatoes, peeled and cut into 2-inch chunks (about 3 cups)
- 4 medium parsnips, peeled and cut into 2-inch chunks. (about 2 cups)
- 2 medium red onions, peeled and quartered
- 12 oz package radishes
- 1 head of garlic, cut in half lengthwise
- 2-2½ tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon fresh or 1 teaspoon dried thyme

Preparation:

- 1.) Preheat the oven to 450°F.
- 2.) In a large bowl, combine potatoes, parsnips, onions, radishes, and garlic.
- 3.) Toss with olive oil, salt, and pepper.
- 4.) Arrange vegetables in a single layer on a cookie sheet.
- 5.) Bake until the vegetables are tender and golden, stirring occasionally, about 45 minutes.
- 6.) Sprinkle the vegetables with thyme.



Nutrition Information per Serving:

Calories 260, Total Fat 9 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 240 mg, Carbohydrates 43 g, Dietary Fiber 9 g, Protein 4 g.