



RADISHES



FIND LOCAL RADISHES IN ARIZONA:

Harvest Months: Jan-May and Oct-Dec

Farms to get the local produce:

- **Aguiar Farm, Paulden, AZ**
- **Agritopia Farm, Gilbert AZ**
- **Blue Sky Organic Farm, Litchfield Park, AZ**

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SCHOOL INTEREST FORM



To ensure food safety with radishes always thoroughly wash them under running water before cutting, eating and/or cooking.

ARIZONA HARVEST FACTS!

- Despite the harsh desert climate, radishes flourish in Arizona due to their adaptability to various soil types and climates. They can mature quickly, often in just 3 to 4 weeks, making them a popular choice for local gardeners.
- Radishes are rich in essential nutrients such as vitamin C, folate, and potassium. They support a healthy diet and can boost your immune system.
- Radishes are mostly consumed fresh in salads, but roasted radishes are tasty too. Some compare the flavor and texture are similar to roasted potatoes.
- The radish greens are edible. Try them cooked or raw!
- The “hot” flavoring of a radish is found in the skin so if you peel the radish, you will lose most of the flavor.
- The peppery taste of radishes comes from natural compounds called glucosinolates. This spicy flavor can add a refreshing bite to salads and other dishes



LOCAL RECIPE: Simple Roasted Radishes

Roasting radishes transforms both their flavor and texture significantly. The heat diminishes the sharpness of a raw radish, bringing out their natural sweetness, similar to carrots or beets. Additionally, they become more tender, resembling the texture of roasted potatoes.

La Noche de los Rábanos: “The Night of the Radishes”
is celebrated in Oxaca, Mexico on December 23rd every year.



Enhance your holiday meal with a delightful edible radish carving that adds a colorful and peppery touch to your plate. Feel free to keep it simple or go all out with an elaborate design!

QUICK MATH: RADISH



1 LB FRESH RADISHES AS PURCHASED (AP) YIELDS

12.5, (1/4 cup) whole, fresh radishes, without tops	15, (1/4 cup) raw, sliced radishes, without tops	10, (1/4 cup) cooked radishes, without tops
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Credits as “other vegetables” sub-group