

Radish



What is a radish?

- Radishes grow in the ground as root plant.
- They need sandy soil and plenty of sunlight to grow.
- The entire plant, including the stem and leaves, are edible.
- Radishes can be red, pink, purple, or white.

Why is it healthy?

- Radishes are high in antioxidants which reduce the risk of chronic disease.
- They are also high in vitamins and minerals such as: **Calcium, Vitamin C, Niacin and Iron.**

How can it be used?

- Add sliced radishes to a salad.
- Roast in the oven with garlic and olive oil.
- Pickle them with vinegar and spices.
- Top a burger or sandwich with sliced radishes.
- Mix with onion, Greek yogurt and spices to make a dip.

