What’s Fresh:

Radishes

They’re naturally good!
- Good source of vitamins B-6 & C
- Rich in dietary fiber
- Good source of Calcium & potassium

Don’t throw away the greens!
Fresh radish greens can be steamed, sautéed or added to soups, stews & stir-fries! They can also be eaten raw in salads.

Storage Tips:
- Remove the leaves before storing.
- To keep fresh, refrigerate in an unsealed plastic bag for up to 1 week.
- Store radish greens wrapped in a damp paper towel for 2-3 days.

Preparation Tips
- Scrub radishes under running water before eating to remove any dirt.
- Chop off the tops and bottom root and discard.
- Leave whole, thinly slice, or chop as desired.
- Revive limp radishes by slicing and soaking in ice water.

Ways to eat radishes:
- Eat them raw. Cut them into sticks and enjoy with hummus or low-fat ranch as a healthy snack. Slice them into thin strips and eat on a salad or on top of a sandwich!
- Sauté them. Cut radishes into quarters. Heat oil in a pan over medium heat. Add radishes and cook 12 minutes or until fork-tender.
- Roast them. Cut radishes in half, then toss lightly in with oil, salt, pepper and minced garlic. Roast on baking sheet at 450°F for 10 minutes. Turn radishes; roast for 8 more minutes, or until tender.
- Grill them. Cut in half and brush lightly with oil. Place on the grill. Grill for 3-4 minutes on each side, or until golden brown. If pieces are small enough to fall through the grate, use a grill basket.
- Pickle them. Place sliced radishes in a bowl with vinegar for 30 minutes and enjoy a tangy topping.

See more recipes on the back
Stretch Your Food Dollars with **FREE Double Up Food Bucks**

When you use your SNAP BRIDGE CARD at participating farmers markets between *June 1–October 31*, to purchase SNAP-eligible foods, Double Up Food Bucks will match what you spend—up to $20, which you can use to buy Michigan grown fruits & vegetables.

For more info call **866-586-2796** or visit [www.DoubleUpFoodBucks.org](http://www.DoubleUpFoodBucks.org)