

Winter Radishes

There's no better way to excite the somber winter plate than with the peppery zip of Winter Radishes! With different shapes, diverse colors, and a range of tastes, winter radishes are a great way to explore the range of vegetables grown as winter crops. Radishes are from the mustard (brassicaceae) family. This includes other hardy and storage crops such as cabbage, kale, rutabaga, broccoli and turnips. Here are a few radishes you will find at the market:

Watermelon Radish: A large round root vegetable, with a crisp texture and a mild to sweet peppery flavor. Unlike many other radishes, the intensity of this radish decreases as the radish matures. Generally, the flesh of this radish is hotter toward the outside and sweeter toward the center. The Watermelon radish grows to approximately three inches in diameter, displaying a white outer skin at the top with green shoulders and a pink base that covers a bright red to magenta inner flesh. The striking color of the inner flesh makes it attractive for slicing and serving raw. This radish may also be referred to as a Rose Heart Radish.

Daikon Radish: An Asian root vegetable that is a long, white, and carrot shaped. It is crisp and juicy with a milder taste than red radishes. Daikon can be cooked for a long time without losing its taste and texture. It can be sliced or grated for use in salads and slaws, and it is also popular cooked or pickled. Also known as Mooli, Chinese white radish and Japanese radish.

Black Radish: A stunning radish, remarkable for its rough black exterior, the Black radish (or Spanish Black radish) has a strong and peppery flavor. It is believed to have originated in Asia, and was cultivated by the Egyptians during the time of the pyramids, then migrated north into Europe and came to the Americas with the conquistadors in the 16th century. The pungent flavor can be tempered by peeling and cooking. When cooked, it has a similar consistency and flavor to potatoes.

Storage of Radishes: Keep cold (32-35 degrees F) and humid, by wrapping them in a plastic bag, and storing in your crisp drawer.

How to prepare: Raw, salads, slaws, roasted, pureed, au gratin, stir-fried, pickled...recipes on back!



The man pulling radishes
Pointed my way
With a radish.

Haiku by Kobayashi Issa (1763-1827)
Translated by Robert Haas

*Information and recipes from Seacoast Eat Local
(www.seacoateatlocal.org) made possible by a grant
from Sustainable Agriculture Research and Education
(www.sare.org).*

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Glazed Winter Radish

2 oz of butter
4 shallots, chopped
1 lb of winter radishes, peeled and chopped
2 Tablespoons wine vinegar
1/2 Cup water
Salt and pepper to taste
Chopped parsley

1. Melt the butter in a small saucepan, add the shallots and cook gently for 4-5 minutes until softened. Add the radish and stir-fry gently for about 5 minutes, until beginning to brown. Add the vinegar, water, salt and pepper and bring to a boil.
2. Cover and simmer for 15-20 minutes, until the radish is tender. If there is too much liquid, uncover and boil rapidly for a few minutes to reduce. Serve hot, sprinkled with parsley.

Radish Relish

1 winter radish, peeled and coarsely grated
1 teaspoon sugar
1/2 teaspoon coarse salt (or to taste)
1 tablespoon white wine vinegar
1 tablespoon olive oil
Hot red pepper flakes to taste

1. Combine all ingredients.
2. Refrigerate until ready to serve.

Radish Preparation Ideas:

Peel, then boil and mash with butter, salt, and a touch of cream (like potatoes).

Peel, then grate with raw cabbage, carrots, and beets. Add a vinaigrette: Winter Vegetable Slaw!

Sautee peeled, chopped radish with garlic and onions.

Add to stir-fry, allow it to stay firm and peppery.

Replace potatoes with a winter radish in an au gratin recipe.

Pickle and enjoy throughout the year!

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