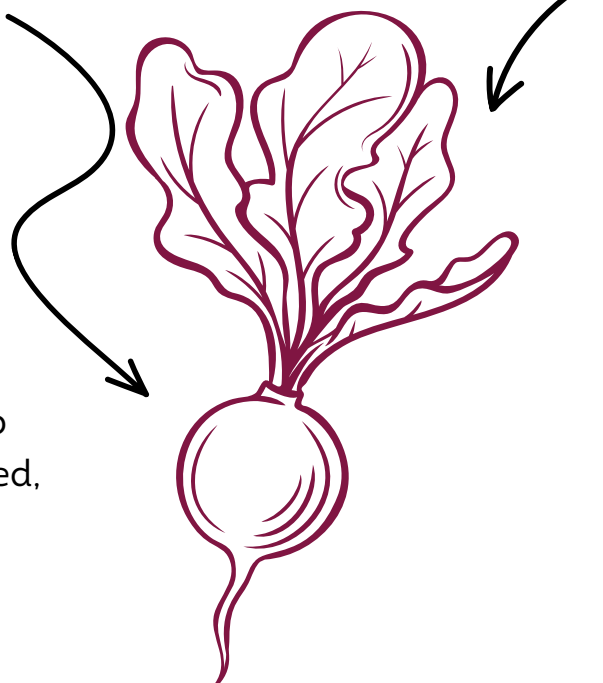


# RADISH

## WHAT PARTS CAN I EAT AND HOW?

### ROOT (BULB)

- Baked, boiled, steamed or roasted
- Shredded in a coleslaw or with potatoes in a hashbrown
- Eat raw with a dip or in a salad (sliced, shredded, etc.)
- Pickled



### LEAVES

*Radish greens taste similar to other leafy greens, ranging from peppery like arugula to mild like spinach*

- Raw in salads
- Substitute for parsley or basil in your favorite pesto recipe
- Substitute them for spinach, such as in egg dishes or sautéed in butter

### WHEN IS IT IN SEASON?



Radishes are in season from **April to November**, but they will much spicier at the height of summer

### STORAGE



Store leaves separate from bulbs. Store the **leaves** in the refrigerator as you would any other salad greens, either in a breathable container or separate plastic bag. Store the **bulbs** in a damp paper towel inside of a food storage bag in the crisper drawer of the fridge. Alternatively, place them in a tightly sealed jar filled with water in the refrigerator.

# QUICK PICKLED RADISH

## INGREDIENTS:

- 1 bunch of radishes (18-20 average size radishes)
- 1/2 cup apple cider vinegar
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons salt
- 1 cup hot or warm water

Try adding some flavour in with these add-ins:

- Red pepper flakes - start with 1/2 tsp.
- Mustard seeds - try 1/2 tsp.
- Black peppercorns
- Coriander seeds
- Fresh dill

## INSTRUCTIONS:

1. Slice radishes as thin as you can.
2. Stuff all the radishes in the jar of your choice.
3. In a measuring cup, combine apple cider vinegar, salt, sugar, and warm water. Stir to dissolve the sugar and salt. Pour this pickling mixture over your sliced radishes and let them set for an hour. After an hour, cover and store in the fridge for up to three weeks.
4. Toss them into salads, or use them as a topping for your sandwiches (*see recipe below*), burgers, or tacos

Recipe from Rachel Cooks

# TOFU BANH MI

## INGREDIENTS:

### MARINATED TOFU

- 14 oz. (1 package) firm tofu
- 1 tablespoon olive oil
- 2 tablespoon soy sauce
- Juice of half a lime
- 2 garlic cloves, minced
- 1/2 teaspoon ginger, minced
- Black pepper, to taste

### SANDWICH

- 4 sandwich rolls
- Mayonnaise
- Sriracha
- Cilantro
- Pickled\* radish
- Pickled\* carrots (sliced into matchsticks)
- Picked\* cucumber (sliced into matchsticks)

\*see above recipe



## INSTRUCTIONS:

1. Drain the tofu and slice it into 1/2-inch slices. Place it on a towel and gently pat dry to remove excess water.
2. Mix together the marinade ingredients. Place the tofu in a shallow pan and pour the marinade on top. Flip the tofu to fully coat it. Marinate for at least 15 min.
3. Heat a nonstick skillet to medium-high heat. Add a little oil to the pan and cook tofu for a few minutes per side until caramelized.
4. Assemble sandwiches with remaining ingredients.

Adapted form New York Times Cooking