

Radishes 101

aka what can I do besides take pics of them?

Radishes are arguably one of the most underused (but most commonly photographed) vegetables in the market field. It's too bad because despite their notoriety as spicy, they're quite versatile and certainly add color to the dinner table. We'll demystify the lovely varieties of radishes that you can find in our market field on this card. Some of these varieties are heirlooms and aren't commonly grown so must be ordered as specialty ingredients by top restaurants.

Cherry Belle - These are the ones most often seen in the grocery store. They are small and round with a deep, bright pinky-red colored outside and are bright white inside. They are sharp & peppery when raw, but mellow when cooked. This is what most people think of as a typical radish flavor.

How to Use: Good for dipping - like in hummus (balances the zippy flavor), great for roasting, and they add a nice zippy flavor in salads.

Easter Egg - Like their namesake, these can be red, pink, white, or purple in color and are similar in taste and texture to Cherry Belles.

How to Use: Like Cherry Belles, they're good for dipping. They make a nice presentation on salads or crudité platters.

French Breakfast - Oval, bright pink-red with a white tip, these are usually milder and easier to eat raw than many radishes

How to Use: Great for eating raw as well as roasting

German Giant - Large heirloom radishes can get as large as baseballs, but hold their flavor & texture as well as smaller radishes. They're large, round, and bright red with a mild flavor.

How to Use: In Germany, these radishes are served on platters in pubs. Cut the large radishes very thin, then add a little oil and red wine vinegar, then a little salt and pepper. You may be surprised how great they are!



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Green Meat Radishes - Spicy and crisp, this heirloom variety has an elongated shape and is light green on the outside and green-to-white on the inside.

How to Use: Their texture really works nicely on sandwiches, salads, or wraps. Adds a spicy accent to tacos & nachos and nice crunch in a stir fry. Excellent sliced into thin coins and tossed with red onion slivers in a light lemon juice vinaigrette

Pink Beauty Radishes - A round, pink radish that has become hard to find. It is sweet and tasty and popular as a specialty item.

How to Use: Pickling, roasting, makes a delicious salad with cucumbers.

Watermelon Radishes - An heirloom variety of daikon, they are green outside and bright pink in the middle (are you surprised?)

How to Use: Can be prepared every way but we recommend slicing them thinly and eating them raw because it shows off their good looks.

White Beauty Radishes - A round, medium sized, mild radish that's white inside and out. It's enjoyed by those who aren't fans of the spicier varieties.

How to Use: Popular raw in salads or for dips and its mild crispiness is easy to enjoy.

Market Shopping List

- Cherry Belles - CT Valley
 - Easter Egg Radishes - Easy Pickin'
 - French Breakfast Radishes - Blueberry Hill Organics, Colgan Farm, CT Valley, Easy Pickin'
 - German Giant Radishes - Colgan Farm
 - Green Meat Radishes - CT Valley
 - Pink Beauty Radishes - Blueberry Hill Organics
 - Watermelon Radishes - CT Valley
 - White Beauty Radishes - Blueberry Hill Organics
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- Breads - Hartford Baking, Shayna B's, Soleil and Suns
 - Olive Oil - Ariston, Capa di Roma
 - Vinegar - Ariston, Capa di Roma