

KEWEENAW GROWN FOOD

RADISH



PEAK SEASON
Summer.

HOW TO SELECT & STORE

Choose smooth, brightly colored, medium-sized radishes. Attached tops should be green and fresh looking.

Refrigerate radishes in plastic bag for use within one week. Remove tops before storing (if not using).

HEALTH BENEFITS

Radishes are an excellent source of vitamin C and are also considered to be a low FODMAP veggie, which is better tolerated for those with irritable bowel syndrome. They are also considered to be one of the most hydrating vegetables, with a water content of >95%! The brighter varieties have antioxidant properties, which may reduce inflammation and heart disease.

WAYS TO USE

Savory - Slice into thin strips and add to a coleslaw. Thinly slice and add to sandwiches. Try a quick pickle for a zesty and crunchy snack! Roasting radishes can create a milder and sweeter flavor. Dice radish and add to a salsa for an extra crunch factor.

Radish greens (tops) are also safe and delicious to eat. They have a spicy and peppery taste, similar to mustard greens. Sautéing or steaming are the most common ways to eat, however they can be used raw in pesto, salads or as a garnish.



PHFoundation

KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD