



**Thought
Foodness**

**Featuring
Sliced Radish**



WEST VIRGINIA HARVEST™



Did You Know?

Sliced Radish

Where I grow best:

Radishes grow best in cool weather with lots of sunshine. They need at least six hours of sun each day and soft, loose soil to grow big and crunchy. Radishes like temperatures between 50 and 70 degrees and grow very fast, usually ready to eat in just three to four weeks. They do not like hot weather, so they grow best in early spring or fall before it gets too warm.

My Nutritional Superpowers include:

Radishes have awesome nutritional superpowers that help keep the body strong and healthy. They are full of vitamin C, which helps fight off germs and keeps the immune system strong. Radishes have special nutrients that help keep the heart healthy and fight inflammation. Eating radishes is a crunchy and colorful way to stay strong and full of energy!

I taste great in meals like:

Radish Cucumber Wraps, Radish Apple Salad, and Radish Chips!

You can find Radishes at Grocery Stores and Walmart in West Virginia!




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Recipe Spotlight

Radish Chips

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Preheat the oven to 375°F.
2. Toss radish slices with olive oil and salt.
3. Spread on a baking sheet and bake for 10-15 minutes until crispy.
4. Let cool and enjoy crunchy radish chips!

What you will need:

- 1 cup radishes, thinly sliced
- 1 teaspoon olive oil
- A pinch of salt



*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe.
Please ask a parent or guardian to assist with cutting fruits or vegetables.


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healthier
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