



VEGETABLE OF THE WEEK

BLACK SPANISH RADISH

Black Spanish radish has been used for centuries both as food and as medicine. When used for culinary purposes, the dull black skin is typically removed, and the white inner flesh is steamed, sautéed, braised, or stir-fried. Black radish can also be eaten raw, in which case it is usually grated or sliced, and added to salads or eaten as a healthy snack. When used for its health benefits, black Spanish radish can also be juiced or ingested in supplemental form. Rich in vitamin C, glucoraphasatin, and a bunch of other health-protecting compounds, this earthy and pungent root vegetable might just be the next healthy food to earn a "superfood" status.

To store: Store your radishes without the tops in a plastic bag in the crisper drawer of your fridge. Under the correct conditions these radishes can store for 4-5 months! Ideal conditions are about 36 degrees and 95% humidity, so they won't last quite as long in your slightly warmer fridge, but they are a variety that is grown for longer term storage.

Handling: Wash and cut into wedges or slices, grate into slaws and salads.

To cook: Sauté and braise to be served as a vegetable side dish. Cook like a turnip and smother in cream or butter. Dice and add to soups, stir-fries and stews to add a radishy bite. Grate or chop into matchstick size and add to mixed green salads. Their size makes them ideal as an hors d'oeuvre when sliced and served alongside an assortment of dips. Their flavor is enhanced by chervil, chives, sea salt and parsley. To tone down the heat of radishes slice, salt and rinse with water prior to using.

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