



# HealthiestWeight

Morning Announcement  
January 2016

**Food for Thought**

**Healthy Food of the Month**

## **Radish**

The radish is a root vegetable that comes in different shapes and colors including the familiar red, as well as white and black varieties with round or elongated roots.

Originating from China, this nutritious vegetable is grown world-wide, and in Florida it is cultivated during the cooler months of the year. It is a perfect home garden vegetable that grows quickly without much care; it is small and easily tucked around other larger vegetables in the same growing space, and harvested as early as one month after planting from seed.

The root of the radish is considered the main vegetable but the leaves and young pods are also edible, an added advantage of growing your own crop of radishes. The plant's leaves can be eaten raw as part of a salad, or lightly pan fried in olive oil and garlic until wilted. Seed pods are produced on radish plants that are allowed to grow past the root harvesting stage and they have a mild radish taste and slight spiciness.

Fresh radish roots are high in vitamin C, and most often eaten raw as part of a salad. Also a good source of anti-oxidants, dietary fiber and potassium the radish is a small vegetable gem well worth growing and eating.

**Remember: Make 5-2-1-0 your goal every day.**

- 5** - Fruits and vegetables a day (including the radish)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

References:

<http://www.nutrition-and-you.com/radish.html>

<http://www.onlyfoods.net/radish.html>