

# Harvest of the Month



Radish

Calories  
19

Total Fat  
0g

1  
cup

Sodium  
45mg

Sugars  
2g

## FUN FACTS:

Radishes have a crunchy texture with a flavor that can be a bit hot and spicy. They come in a variety of colors: white, red and purple.

Radishes are usually eaten raw. The flavoring is found in the skin, so if you peel the radish, you lose some of the “heat.”

One of the most nutritious root vegetables, radishes are an excellent source of potassium. They are made up of mostly water and fiber, which helps cleanse and hydrate the body.

*This institution is an equal opportunity provider.*

