

Radish

The bright, fresh, tangy, slightly sharp flavor of radishes is a good indication of its zippy personality. Best served raw, radishes are a terrific addition to everything from salads to spring rolls. They also make a nice addition to wraps and sandwiches when grated fine. Radishes are filled with fiber, calcium, iron, potassium, vitamin C, folate and vitamin B-6. The long French Breakfast variety is traditionally served at the "Petite Dejeuner" table with a small pot of unsalted butter, which the tips are swiped through and eaten with a slice of hearty country bread. However you chose to serve them, they're surely a welcome addition to the early summer table! Enjoy the delicate flavor of these lovely French beauties, and look for them throughout the rest of the season as well! Radishes make a yummy, spicy addition to cosmic salads! Slice in half and dip in a tahini dip, or hummus.

Blistered Radishes with Parsley

16 radishes

1 Tbls unsalted butter

1/4 cup chopped fresh flat-leaf parsley

Salt

Chop radishes into 1/4-inch dice. Melt the butter in a wide skillet over medium-high heat. When the butter foams, decrease the heat to medium-low and stir in the radishes. Cook, stirring frequently, 8-10 minutes until their skins blister slightly. Sprinkle them with the parsley and season with salt to taste. Serve warm. From The Nourished Kitchen

Pickled Radish Pickled radishes are great on burgers, tacos, salads and more!

1 bunch radishes

¾ cup apple cider vinegar

¾ cups water

3 tbls honey or maple syrup

2 teaspoons salt

1/2-1 tsp red pepper flakes

½ tea spoon whole mustard seeds (optional)

Slice off the tops and bottoms of the radishes, and then use a sharp chef's knife or mandolin to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds. In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, and then pour the mixture over the radishes. Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks, although they are in their most fresh and crisp state for about 5 days after pickling.

French Breakfast Radish, the traditional way! (Farm Family Favorite)

In France they are sliced lengthwise, spread with butter and salted, or placed atop a buttered baguette for a "tartine."