



Hey kids, become a **FOOD EXPLORER** and check this out!

Radishes



Did you know...?

- Radishes are root vegetables, categorized as tap roots.
- Radishes are often used as a salad ingredient.
- In Mexico, during “The Night of the Radishes,” sculptures like the nativity scene are created out of large radishes for a Christmas celebration.
- Radishes have been grown for thousands of years. They came to Massachusetts in 1629.
- Egyptian pyramid builders were given onions, radishes, and garlic as “wages.”

DELICIOUS AND NUTRITIOUS

Radishes are a good source of vitamins A, C and B and are known to help with the digestive system.

A SUPER SNACK IDEA

Sauté radishes in a pan with olive oil and a pinch of salt.

RADISH HUMOR

Why couldn't the radish finish the race?
Because he was just a little beet.