

Rad Radish Salad



Radishes are root vegetables in the cabbage family, and they can taste strong or spicy—but they’re also gorgeous, super-crunchy, and even, when you get past the spiciness, quite sweet. Try this spring salad for a blast of color and flavor.



“I love seeing so many vegetables pop up in the spring, and when I see lettuce it’s a sign that summer is on its way. A fresh, crisp salad is a refreshing addition to the table as the weather turns warmer. And lettuce is also a great source of many nutrients that help keep you healthy and give you plenty of energy so you can get outside and enjoy yourself.”

Deval Patrick
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 20 MINUTES ■ TOTAL TIME: 20 MINUTES ■ MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Measuring cup
Cutting board
Sharp knife (adult needed)
Measuring spoons
Large bowl

INGREDIENTS

3 cups torn lettuce leaves or mixed salad greens
3–4 radishes, thinly sliced
1 small orange or tangerine, peeled, seeded, and thinly sliced (“Seeded” means you’ve taken the seeds out.)
½ cucumber, peeled or washed well, and thinly sliced
1 tablespoon olive oil
2 teaspoons fresh lemon juice
½ teaspoon salt

INSTRUCTIONS

1. Put the spring mix, radishes, orange or tangerine, and cucumber in the large bowl and toss well. (“Toss” means to mix together lightly.)
2. Add the olive oil, lemon juice, and salt and toss again.
3. Serve right away.

Try This

The roots are the most commonly eaten part of the radish, but if yours come with healthy-looking leaves attached, you can wash and cook them like spinach (they’re tasty, and full of nutrients too).

Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

**DID
YOU
KNOW?**



Lettuce gets its name from the Latin word **lac**, which means “milk,” because of the milky liquid that comes out of its cut stems.

The name **radish** comes from the Latin word **radix**, which means “root.”



Radishes can be white, red, or purple, round or carrot-shaped. There’s even a multi-colored radish called an Easter Egg radish!

By the numbers:

In 2010, the world produced **23,620,000** metric tons of lettuce.

The world’s heaviest radish was grown in Japan in 2003 and weighed **68 pounds 9 ounces**.

Summer radishes can grow quickly, with many seeds varieties sprouting in **3 – 7 days**, and ready for harvest in **3 – 4 weeks**.



Ray Young and Tory Field own and operate Next Barn Over farm.

Next Barn Over is a 35-acre mixed organic vegetable farm owned and operated by Ray Young, Tory Field, and their stupendous farm crew. NBO grows over 40 crops for weekly distribution from June through November to over 500 CSA members and several local grocery stores and restaurants. CSA farm shares are available for pickup in Springfield, Westfield, Boston, or on the farm in Hadley, MA. At NBO, we strive for sustainability in all aspects of our relationship with the environment, each other, and the broader community. Through partnerships with several community organizations, NBO is working to increase access to healthy food, regardless of income, throughout the region. www.nextbarnover.com



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