



ROOT for

RADISHES



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Root for Radishes at home!

Slow Roasted Radishes

Place daikon radishes in a baking pan or slow cooker with chopped carrots, onions, garlic, low-sodium seasonings, low-sodium vegetable broth, and lean meat. Turn on low and let the juices and flavors start mixing for an all-in-one meal!

Family Fun: Radish Exploration

Try a new type of radish, like Watermelon or Black Spanish. Have your kids guess what color the inside of the radish will be. Cut the radish in half. Were you correct? Sample the radish — does it taste more or less spicy than other radishes?

*Make meals and memories together.
It's a lesson kids will use for life.*

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