



## BENEFITS

### Because they come in 3 varieties!

The black radish is the largest and spiciest of all, with a deliciously sharp flavour. The most common variety is the red radish, which can be pinkish, red, two-toned or scarlet. The white radish, also known as the daikon or Japanese radish, is often mistaken for a turnip because of its size and weight. It can reach up to 1 m in length and weigh 1 kg.

### Because they're not just good raw!

Keep the radish's tops or leaves, chop them up and add them to your soups and omelettes. They also make a delicious velouté when cooked in a little water or stock with a potato and mixed at the end of cooking. White radishes can be sliced and cooked in soy sauce for a taste that will transport you to the Land of the Rising Sun.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



## RADISH AND CUCUMBER CONCASSÉ ON PITA

Portions: 3 to 4  15 min

### Ingredients

- 500 ml (2 cups) radishes, diced
- 375 ml (1 1/2 cup) cucumber, diced
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) lime juice
- Salt and pepper to taste
- Small pita breads or mini baguette

### Directions

1. Whisk together the oil and lime juice. Add the remaining ingredients (except for the pitas or bread) and mix to combine.
2. Eat as a topping on small pitas or toasted bread slices or alone as a salad.

### Variation

For a heartier recipe, add a can of drained tuna.  
If needed, add a little vinaigrette (olive oil, lime juice and plain yogurt).

Source: Delphine Deschamps (aged 5)



## RADISH SOUP

Portions: 4  10 min  20 min

### Ingredients

- 1 onion, chopped
- 15 ml (1 tbsp) olive oil
- 1.25 L (5 cups) radishes, sliced
- 250 ml (1 cup) potatoes, diced
- 750 ml (3 cups) chicken broth
- Salt and pepper to taste

### Directions

1. Sauté the onion in the oil.
2. Add the remaining ingredients and cook 20 min.
3. Transfer into the blender and purée.
4. Season to taste.

Source: Julie Strecko, RD

### Tip!

If you like your radishes less sharp, you can peel them. Arm yourself with patience though - it's a painstaking job!

