Fresh Vegetable

RADISHES

Ref: RAV-01

Italian name: Ravanelli

Weight order: 6 kg

Description: It has a peppery flavour and a crisp, crunchy texture. Radishes are rich is folic acid and potassium and are a good source of vitamin B6, magnesium, riboflavin, and calcium.

Season: from December to June and from September to October

Serving suggestion: Radish leaves are sometimes used in recipes, like potato soup or as a sauteed side dish. They are also found to benefit homemade juices; some recipes even calling for them in fruit-based mixtures. Radishes may be used in salads, as well as in many European dishes.

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