

Sautéed Radishes

This is a very simple and delicious way to prepare radishes. Sautéing makes the radishes slightly less spicy, and so more palatable to young mouths.

INGREDIENTS:

- 3 cups radishes, washed & cut in half or quarters
- 1 tbsp butter or olive oil
- salt & pepper to taste

DIRECTIONS:

- 1.) Heat butter or oil in a skillet over medium-high heat.
- 2.) Add the radishes and sauté for 3-4 minutes, or until radishes are lightly browned and tender.
- 3.) Season with S&P. Continue cooking, stirring occasionally, for another minute or two.
- 4.) Remove pan from heat & serve.

Radish Sandwiches

The creaminess of the butter combines very well with the crunchiness of the radishes in this sandwich. Students can even make their own butter!

INGREDIENTS:

- 1 loaf of bread (1 slice/sandwich) (French bread works great!)
- 20 fresh radishes, washed and thinly sliced (1 radish/ sandwich)
- 8 oz. butter, softened at room temperature*
- Salt

DIRECTIONS:

- 1.) Cut each slice of bread in half.
- 2.) Spread one half of bread with butter & arrange radish slices on other half.
- 3.) Sprinkle salt over the radishes & place buttered bread on top of radishes.

*Making butter for these sandwiches is easy. Just pour 1/2 pint of heavy cream into a clean jar with a tight-fitting lid. Shake the jar until a ball of butter forms in the center. Pour the butter into a colander to strain out the buttermilk and enjoy!

Courtesy of Chef Seth Freedman

Blender Ranch Dressing

This is an easy and delicious homemade ranch dressing recipe that is perfect to use as a dipping sauce for raw radish slices.

Makes approximately 2 cups of dressing

INGREDIENTS:

- 3/4 cup mayonnaise
- 3/4 cup sour cream
- 1/2 cup buttermilk
- 1 tbsp olive oil
- 1 tbsp minced fresh parsley
- 1 tbsp minced fresh chives
- 1 small garlic clove (or half of 1 large clove)
- 1/2 tsp dried dill
- 1 tsp apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp black pepper

DIRECTIONS:

- 1.) Add all ingredients to a blender.
- 2.) Puree for about 10 seconds to combine.
- 3.) Check the consistency and add additional buttermilk a couple tablespoons at a time if you desire a thinner dressing.

Courtesy of Chef Asata Reid

Sautéed Radish Greens

The leaves of radishes are edible, too! Sautéing them is an easy way to prepare them to give students a quick taste.

INGREDIENTS:

- 1 bunch radish greens, rinsed & chopped
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt & pepper to taste
- Parmesan cheese

DIRECTIONS:

- 1.) Heat the oil with the minced garlic over medium heat until you start to smell the garlic.
- 2.) Add radish greens to the pan & cook, stirring periodically, until they wilt (about 2 min).
- 3.) Season with salt and pepper. Garnish with parmesan cheese and serve.

Courtesy of Chef Asata Reid



For more information, visit georgiaorganics.org/for-schools/grow-radish-grow.
For questions, contact us at 678-702-0400 or emily@georgiaorganics.org.

