

Fresh Facts:

Radish

Chef Ben's cooking tip:

Radishes are spicy and satisfying as a raw addition to a salad or sandwich, but try tossing them in a little oil and salt and grilling them - it's a whole different experience!

HEALTHY INSIGHTS

- Good source of antioxidants that protect against cancer
- Contain compounds like glucosinolate and isothiocyanate that can help regulate blood sugar levels, and coenzyme Q10, which helps block formation of diabetes
- The nutrients in radishes help lower high blood pressure and reduce your risks for heart disease. The radish is also a good source of natural nitrates that improve blood flow.

FRESH TRIVIA

When the Ancient Egyptians were building the pyramids, they paid the workers in radishes. The Ancient Greeks revered radishes and made gold replicas of them to be offered to the god Apollo.



SPICE
— FIELD KITCHEN —

