



# DISCOVERY DAYS!

## Radishes

- Radishes are a member of the cabbage family, which also includes kale, broccoli, and horseradish.
- They are a great low calorie snack, with one cup of radishes at 19 calories.
- Because they grow so rapidly, radish plants are ideal for children's gardens.
- Radishes are a rich source of Vitamin C. They also contain potassium, calcium and magnesium.
- Leaves can be eaten fresh, but are less popular than the root. Seeds can also be used as a spice.
- Several Radishes are available year round. They may vary in size, taste, and color but share the same nutritional values.

**TRY SOMETHING NEW!**

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aramark 