



IDEA
Public Schools

Child Nutrition Program NOVEMBER 2021 Harvest of the Month Recipe

RADISH & CORN SALAD



Radishes get to shine in this delicious salad! The tangy lime dressing is easy to put together and complements the zesty radish and sweet corn perfectly. This is a great salad to take to your next fall gathering.

Ingredients

- 1/8 cup fresh lime juice
- 1 1/2 tsp. honey
- 1/4 tsp. cumin
- 1/4 cup olive oil or canola oil
- Salt & Pepper to taste
- 4 cups of yellow corn kernels*
- *Note: If using frozen corn, thaw and drain. If using canned, drain well.
- 8 medium radishes, halved and thinly sliced
- 1/2 cup chopped cilantro
- 1/2 cup thinly sliced red onion
- **Optional:**
- For an extra kick, add 1 small jalapeno, diced.

Directions

1. Make sure corn is thawed and drained well. Set aside.
2. In a small bowl, add lime juice, honey, cumin, oil, and salt and pepper to taste. Whisk until well combined.
3. Wash and dry radishes. Thinly slice.
4. Wash and dry cilantro. Chop.
5. In a large bowl, add drained corn, thinly sliced radishes and cilantro.
6. Pour dressing over radish and corn mixture.
7. Gently combine so all ingredients are coated with dressing.
8. Cover and place in refrigerator until ready to serve.
9. Enjoy!



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Radish

Varieties



Black Spanish Radish

Raw Black Spanish radishes are peppery and spicy. They pair well with potato and egg dishes or try them roasted with a little olive oil and salt.

Daikon White Radish

Daikon radish are mild in flavor and delicious raw! Slice daikon and dip in peanut butter for a healthy snack, or shred and add to coleslaw.

Cherry Bell Radish

Cherry Bell Radishes are the most common type found in the supermarket. They have a mild flavor and are great in the November HOM recipe: Radish and Corn Salad.

Fast Facts

Radish crops were first cultivated in China. They were brought to the United States in the 1629.

Radishes are related to Kale, Broccoli, Cauliflower and horseradish.



There are many different varieties of radish and all are nutritious. They range in flavor from mild to peppery.

Want to start a garden? Radishes are ideal because they grow quickly. Plant a garden with the family and watch them grow.

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park

IDEA Eastside
IDEA Quest
IDEA Horizon Vista



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Radish Coloring Activity



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Radish Word Search

Directions:

Find the RADISH related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

RADISH
DAIKON
CHERRY
BELL

VARIETIES
CHINA
NOVEMBER
HARVEST

BLACK
GROW
FALL
ROOT

T	U	N	X	X	V	O	C	P	P	B	N	D	F	A	L	L	Y	G	X
D	S	U	G	Q	I	U	Y	W	W	J	E	G	Y	X	I	H	B	J	F
W	K	E	P	K	A	N	O	X	C	B	P	M	M	Z	G	X	N	X	I
E	C	W	V	P	Y	R	P	S	B	Y	L	W	W	F	G	A	J	P	F
D	A	F	V	R	G	F	H	Z	P	G	R	A	Y	W	X	W	T	M	V
N	L	T	R	H	A	D	S	B	B	N	G	S	D	I	P	N	H	R	A
G	B	P	O	O	K	H	I	K	C	A	W	F	Z	A	O	Z	Q	A	R
H	Y	D	M	M	O	A	D	G	I	X	N	B	E	K	G	Q	C	U	I
X	P	C	F	C	Y	T	A	U	P	D	T	I	I	L	L	I	O	R	E
W	C	G	H	Q	C	P	R	P	O	P	Y	A	B	F	W	V	J	H	T
N	R	I	L	E	E	L	I	C	O	T	D	B	C	H	E	R	R	Y	I
E	N	B	A	A	Q	Y	Z	G	S	D	U	C	E	A	M	G	Z	V	E
A	R	E	B	M	E	V	O	N	O	Y	I	I	J	L	D	U	D	L	S
R	J	S	G	Q	U	H	W	J	O	I	Z	O	D	P	L	D	P	B	F
U	I	P	R	V	V	H	Q	V	F	L	I	Y	D	Z	C	J	R	V	X



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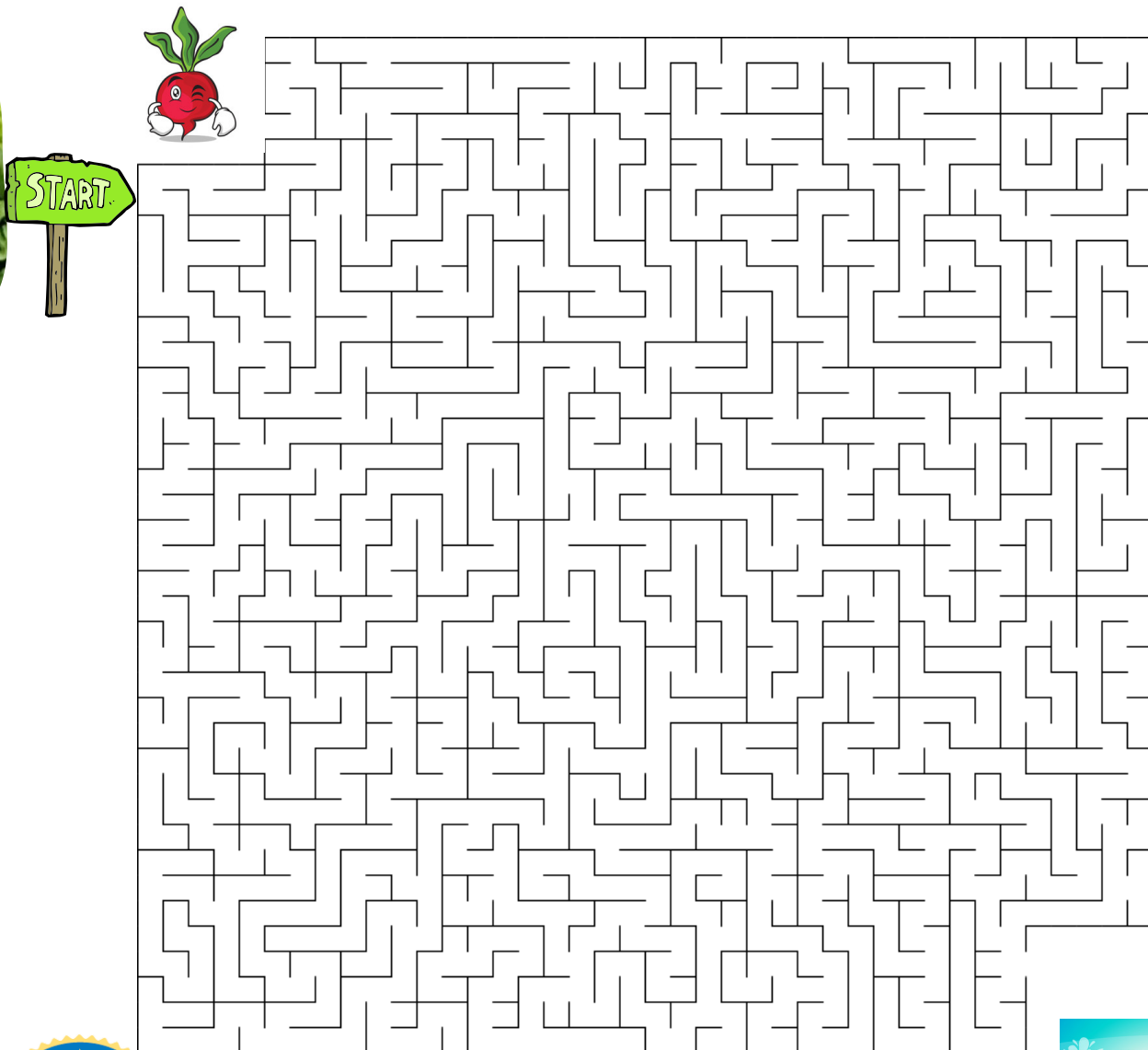




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Radish Maze

Directions:
Help Rosie Radish find her way to school!





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Radish Word Scramble

Directions:
Unscramble the RADISH Related Words!

Scrambled Word

Unscrambled Word

1. RMVNBE OE

2. KNODAI

3. VRAIETSEI

4. AHIDARS

5. TTEAUCVDIL

6. AHINC

7. EPPRPEY

8. RTSAVEH

9. WGOR

10. DER

11. LBEL

12. CAKBL

13. ROTO

14. RUGNOD

Answer Key

1. NOVEMBER
2. DAIKON
3. VARIETIES
4. RADISH
5. CULTIVATED
6. CHINA
7. PEPPERY
8. HARVEST
9. GROW
10. RED
11. BELL
12. BLACK
13. ROOT
14. GROUND

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