



Try the December Harvest of the Month! **Radish**



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IDEA Child Nutrition Program

December 2023 Harvest of the Month Recipe

Holiday Roasted Radishes



INGREDIENTS

- 1 lb. of fresh radishes
- 1/4 cup of olive oil
- 2 cloves garlic, minced
- 2 tsp. fresh rosemary, roughly chopped or 1/4 tsp. dried rosemary
- salt and pepper to taste

Did you know?

Radishes are a tasty alternative for roast potatoes!

STEPS

1. Wash the radishes. Trim the ends and cut in half. Set aside.
2. Preheat oven to 400F.
3. In a large bowl, combine the olive oil, garlic, rosemary and salt and pepper to taste. Stir until combined.
4. Add in the radishes and toss to combine.
5. Spread into a baking dish.
6. Carefully place into the oven.
7. Bake for 20-25 minutes, until golden brown.
8. Carefully remove from oven.
9. Enjoy!

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Radish

VARIETIES

Red Radish



Red Radish are the most widely available. They are crisp and juicy with a sharp, spicy taste. They are excellent roasted!



Watermelon Radish



Don't be fooled! Watermelon radish don't take like watermelon. They have a mild flavor that is slightly sweet and peppery.



Daikon



Daikon have a crispy textures, and a milder flavor compared to the red varieties. They are delicious in salads, stir-fries and also pickled.

Radish FAST FACTS

Radishes are high in Vitamin C, Calcium and Potassium. They are a low glycemic foods and make a delicious alternative to potatoes.

Most U.S. States grow radishes, but California and Florida have the biggest crops in the United States.



In Oaxaca, Mexico, radishes are celebrated during "Noche de Rabanos" on December 23rd. The celebrations include a radish carving contest with a cash prize for the winner.

Radishes were first cultivated in China. They spread into Europe in the 1500s and made there way to Massachusetts around 1629.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2024 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve

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Coloring Activity



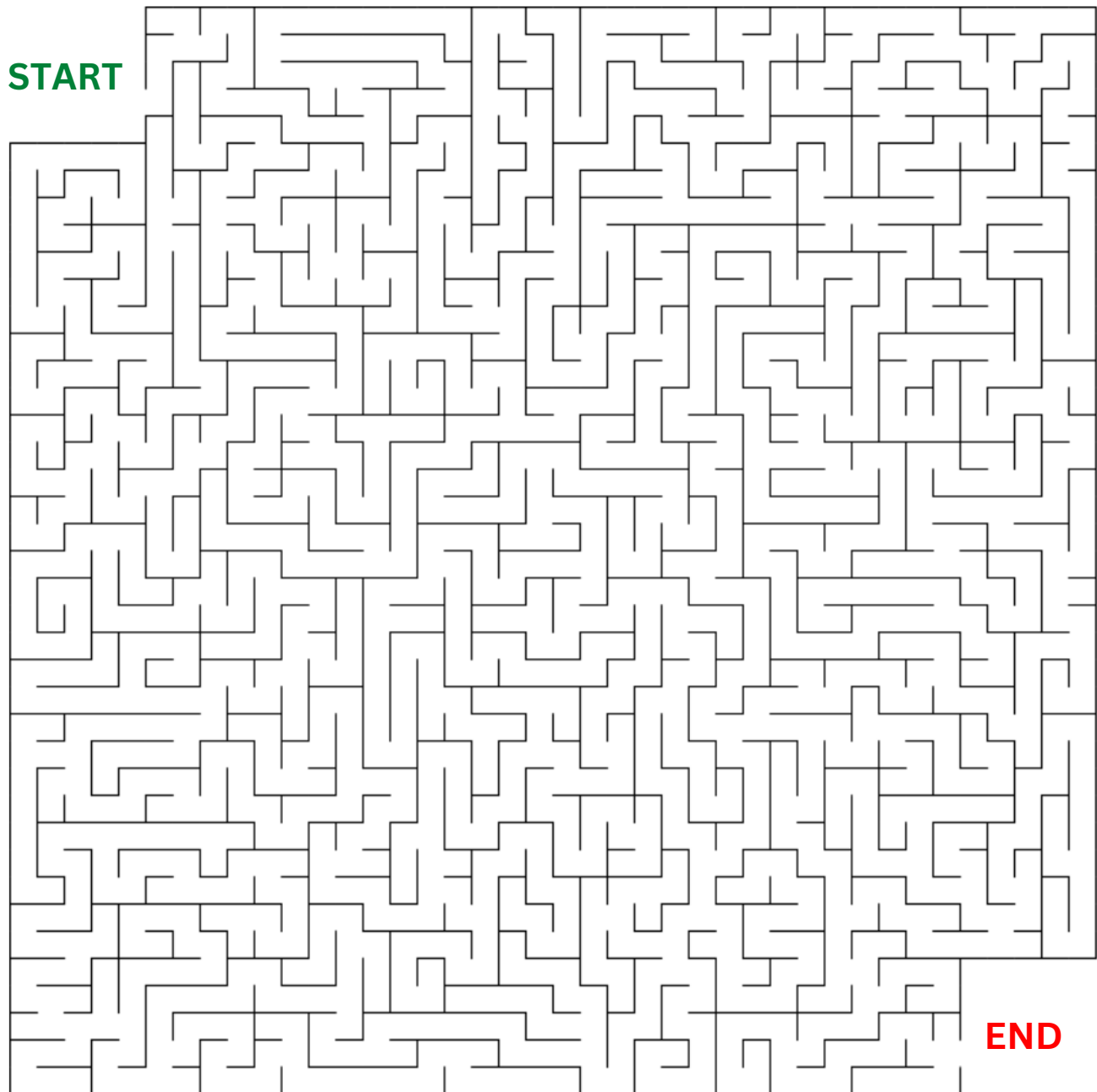
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IDEA Child Nutrition Program December 2023 Harvest of the Month

Maze

Directions:
Find your way to the end of the Maze!



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December 2023 Harvest of the Month

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
HARVEST
DECEMBER
RED

DAIKON
WINTER
DELICIOUS
ROASTED

ROOT
ROSEMARY
WATERMELON
PURPLE

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



IDEA Child Nutrition Program December 2023 Harvest of the Month

Word Scramble

Directions:
Unscramble the Radish Related Words!

Scrambled Word

Unscrambled Word

1. AIDSRH
2. EHSTARV
3. CEMREDEB
4. ERD
5. KINDAO
6. NRWIE
7. ISEDICOU
8. EDOATSR
9. OTOR
10. SMAOEYRR
11. TROWENELA
12. PPELUR

ANSWER KEY

1. RADISH
2. HARVEST
3. DECEMBER
4. RED
5. DAIKON
6. WINTER
7. DELICIOUS
8. ROASTED
9. ROOT
10. ROSEMARY
11. WATERMELON
12. PUPPLE

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