

# Everyone Eats

Cultural Community Garden

## BLACK RADISH

You may have more often come across radishes that look bright red or pink in the produce section of the grocery store, but the black radish is just as tasty and versatile. One of the oldest cultivated vegetables, black radishes likely originated from Asia, spread to Europe, particularly the Mediterranean region.

You're more likely to find them at farmers markets either in an elongated, cylindrical shape, or spherical. With a charcoal skin, and stark contrasting white inside, the black radish is a crunchy, peppery treat that can be enjoyed with salads, pickled and eaten as a snack, or roasted with other vegetables.

### **BENEFITS**

- Vitamins A, B, C, and E
- Potassium
- Iron
- Magnesium
- Digestive aid

### **HOW TO STORE**

Whole, dry, unwashed black radishes wrapped in a perforated plastic bag or newspaper will last up to 2 weeks in the refrigerator.

### **HOW TO PREPARE**

Prepare by trimming off the root. For a milder flavor, peel, slice, salt, and rinse fresh radishes before serving in salads, tacos, or sandwiches. They can also be roasted, fried, or sauteed and served as a topping for meat, added to soups, or fried into chips. In traditional dishes across Europe, they are also pickled or fermented.



### **WHERE TO FIND**

- St. Mary's Episcopal Church - 3055 Main Street, Barnstable
- Marina F. Andrews Community Garden at Tony Andrews Farm - Berry Patch Lane, East Falmouth
- Faith Assembly of God - 154 Bearses Way, Hyannis
- Canaan Seventh-Day Adventist Church - 204 Route 28, West Yarmouth



## **Shvartze Retach mit Schmaltz** **(Black Radish and Onion Relish)**

**Serves: 6**

**Prep Time: 15 minutes**

### **Ingredients**

**1 lb black radishes, peeled and quartered**  
**1 small onion, peeled and quartered**  
**6 tablespoons schmaltz or sunflower oil**  
**½ teaspoon kosher salt, or more to taste**  
**½ teaspoon freshly ground black pepper**



### **Instructions**

- 1. Grate the radishes and onion with the large holes of a box grater, or in a food processor fit with a shred blade.**
- 2. Lay the grated radish and onion in a clean dish towel and squeeze out as much water as possible, then transfer to a medium bowl.**
- 3. Add the schmaltz or oil, 1/2 teaspoon salt, and pepper, and stir well to combine. Taste and add more salt, if desired.**
- 4. Transfer mixture to a container, cover, and refrigerate for at least 2 hours to allow flavors to meld. The relish can be stored in the fridge for up to 1 week.**

Source: <https://www.tabletmag.com/recipes/black-radish-onion-relish>

## **Black Radish Chips**

**Serves: 2**

**Time: 10–15 minutes**

### **Ingredients**

**1 bunch black radish (5–7 radishes)**  
**Sprinkling of course sea salt**  
**Olive Oil to coat**

### **Instructions**

- 1. Preheat the oven to 325°**
- 2. Slice the radishes into very thin slices.**
- 3. Coat the radishes in olive oil.**
- 4. Using a baking sheet pan, cover it in parchment paper (if you don't have one, it can go directly onto the pan)**
- 5. Bake for 10 minutes, then turn them all over and bake for another 5 minutes, or until the edges start to brown and the radishes become slightly crispy.**



Source: <https://steelwheelfarm.com/2017/11/13/nero-black-radish-chips/>

## Quick Pickled Radishes

### Ingredients

$\frac{2}{3}$  cup red wine vinegar

$\frac{1}{2}$  cup sugar

Coarse sea salt

15 medium black radishes

### Instructions

1. Very thinly slice the radishes.
2. Add them to a bowl and combine all other ingredients until fully mixed.
3. Pour them into a jar with a tight lid and let it sit for 30 minutes, or refrigerate and enjoy later.



Source: <http://pfcmarkets.com/blog/2017/9/28/quick-pickled-radishes/>

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