



Food of the Month

Nutritional Information
& Recipes

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A healthy community through the
power of good food

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FEATURED FOOD: THE RADISH

The radish is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. Radishes are grown and consumed throughout the world year-round. They have several varieties, varying in size, flavor, color, and length of time they take to mature. There are winter varieties but typically in Canada, we associate the radish with early springtime varieties. So keep an eye out for these beautiful, bold roots in your grocery store this month.

Radishes can have a very sharp flavor based on the variety and are mostly eaten raw as a crunchy salad vegetable. Radishes are a fast growing crop which can be grown in containers on a balcony so they are an excellent vegetable to grow for those tight on space. They also make great companion plants as they naturally keep garden pests away.

In a 100 gram serving, raw radishes provide 16 calories and contain about 18% of your Daily Value of Vitamin C. and contains a good amount of minerals such as 25g of Calcium per the 100-gram serving. Radishes come in several different shapes and colors so it can be a beautiful way to add color to your plate.



RECIPE: QUICK SAUTEED RADISHES

1 Tbsp of butter or oil
20 radishes, trimmed, washed & cut in half
Salt & Pepper to taste

Heat butter or oil in a pan over low heat; arrange radishes, cut-side-down, Season with salt and black pepper. Cook, stirring occasionally, until radishes are browned and softened, about 10 minutes. Serve as a quick and easy side dish.

RECIPE: SPRINGTIME RADISH & CUCUMBER SLAW

1/4 cup of apple cider vinegar
1 tbsp honey or maple syrup
2 tbsp oil
salt and pepper to taste

1 cup radish slices
1 english cucumber, peeled and sliced
1/2 cup parsley
1/2 cup minced onion
1 small red cabbage, chopped

Whisk the vinegar, sweetener, oil, and seasoning in a bowl to make the dressing. Gently toss the salad ingredients in a bowl, pour the dressing over the salad and stir to combine. This will store in the fridge well for 24-48 hours.

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Next Markets:

May 17 (3pm-6pm)

June 5 (3pm-6pm).

Location:

Glenwood
Community
League (16430-97 Ave).

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FOOD ORGANIZATION!

