

Welcome to the “Fresh Veggie Series” with Vine & Fig’s

Educational Outreach Program and Radical Roots Farm



Please use the QR code or website address at right to find cooking videos in English, Spanish, Arabic and Kurdish.

vinefigeducation.org/recipes

This week’s produce items:

Radishes, Swiss Chard, Lettuce Mix, Cilantro or Parsley, Head Lettuce, Spinach or Scallions

Pickled Radishes or Salad Turnips

Add these delicious, crispy veggies to tacos, hummus wraps, toast or salads

Ingredients

- 1 bunch radishes or salad turnips (stems and roots removed) and cut into slices
- ½ cup white or apple cider vinegar
- ⅓ cup sugar
- ¼ cup water
- 1 tsp. salt
- 1 tsp. mustard seeds (yellow or black)
- ½ tsp. ground black pepper
- 1 bay leaf
- ½ tsp. crushed dry red pepper flakes



Directions

1. Place radishes or salad turnips in a hot, sterilized jar. Bring vinegar, sugar, water, salt, peppers, mustard seeds and bay leaf to a boil.
2. Ladle hot pickling liquid over radishes. Cover with lid to finger tight. Let cool on a wire rack (about an hour). Chill for 6 hours before serving. Store in the refrigerator for up to 4 months.

Notes

Greens from radishes, turnips and beets can be used similar to other greens like kale, swiss chard and spinach!

Storage tips for fresh radishes and salad turnips:

1. Store radishes and salad turnips unwashed in a plastic bag in the refrigerator for 1-2 weeks or wash and put in water for up to 1 week.
2. Store radishes and salad turnips greens separately, wrapped in a damp towel or plastic bag in hydrator drawer of your refrigerator. Use as soon as possible. Try using them in eggs or pesto!