

Radishes Radishes Radishes Radishes



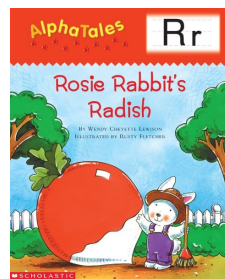
Family Fun Page!!

Rosie Rabbit's Radish

What will Rosie Rabbit do when her bright red radish is ripe? Find out when you read along with the video at: <https://www.youtube.com/watch?v=80fRwO7Mb-4>.

Go on a fun adventure with Rosie Rabbit and her radish...and help your children learn about the letter R.

AlphaTales are humorous stories designed to help young children recognize letters and the sounds they make. Lay the foundation for reading success and learn about a tasty spring vegetable — the radish. A great visual of how radishes grow. Read the book then taste some radishes together!



Plant Parts We Eat

Plants are made up of many different parts: roots, stems, leaves, flowers, fruit, and seeds. The vegetables we eat all come from different parts of plants:

- ♦ Roots: Radishes
- ♦ Stems: Celery
- ♦ Leaves: Lettuce
- ♦ Flowers: Broccoli heads
- ♦ Fruit: Tomatoes
- ♦ Seeds: Corn

Each plant part has an important role:

Roots: Hold the plant in the ground and soak up water and nutrients (or food) from the soil.

Stem: Hold up the plant (act like our spine/back), separates the plant's leaves and holds them up to the sun. Also brings water and nutrients from the roots to different parts of the plant.

Leaves: Helps change the energy from the sun into food for the plant.

Flowers: Form seeds that produce new plants.

Fruits: Form once the flower is pollinated. They act like a seed suitcase to protect the seeds.

Seeds: Store energy needed to grow a new plant.

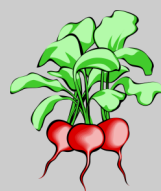
Radishes are examples of root vegetables. What other root vegetables can you and your child name? Carrots, yams, beets, onions, turmeric, kohlrabi, jicama, and turnips are some root vegetables. How many have you tasted?



Kitchen Korner!

CRUNCHY VEGGIE SALAD

- 1 1/2 cups thinly sliced mini cucumbers, (about 3)
- 1 small yellow sweet pepper, thinly sliced
- 1/2 cup thinly sliced radishes, (about 6)
- 1 tbsp seasoned rice vinegar
- 1 tbsp olive oil



- ♦ Combine vegetables, add vinegar and oil and toss to coat.
- ♦ Let stand for 15 min to allow flavours to combine.

Recipe: <https://www.todaysparent.com/>

MAKE IT WITH THE KIDS!



Great Ways to Serve Radishes

We asked the experts to share their favorite radish tips. These are some of the best:

- ◆ **French Classic:** On bread, with butter and salt
- ◆ **Stir-Fry:** Add julienned or sliced radishes to chicken stir fries.
- ◆ **Salads & Slaws:** Add shaved radishes to salads. Shred them and add to slaws.
- ◆ **Tacos:** Add shaved or shredded radishes to your taco fixin's.
- ◆ **Roasted Radishes:** Cut radishes in half. In a bowl, drizzle with olive oil, salt, and pepper. Toss them to coat. Spread radishes, cut side down, on a cooking sheet covered with parchment paper. Roast in preheated 450° oven. Cook until radishes are crisp/tender...about 18 minutes.
- ◆ **Steak:** Thinly slice radishes and grill them with steak.



Make a Radish Mouse

Who says you can't play with your food? Help your children make mice out of radishes, and serve them with your favorite dip.

Click this link for instructions:

https://www.google.com/search?q=make+a+radish+mouse&rlz=1C1CHBF_eNUS804US807&oq=make+a+radish+mouse&aqs=chrome..69i57j0l3690j0j4&sourceid=chrome&ie=UTF-8#kpvalbx=F2-eXqeaD-NqfytMP85eQ8A438

Safety First: Adults should do the cutting; kids can tackle assembly.



GARDENING WITH CHILDREN

“Children are curious, like to learn by doing, and love to play in the dirt. Working in a garden, a child can experience the satisfaction that comes from caring for something over time, while observing the cycle of life firsthand.” *Eartheasy*

Radishes are easy to grow, and they grow fast. So, they're a great vegetable to start with. Other easy-to-grow plants include lettuces and spinach, potatoes, sunflowers, tomatoes, beans, squash, and peas. Regardless of what you plant, make your garden experience a success with these tips from experts at Green Mountain Farm To School:

- ◆ **Planning the Garden:** Involve kids from the beginning. Let them help pick a crop list, location, and even a name for the garden.
- ◆ **Create a Kid-Friendly Garden:** Make wide paths (about 4 feet apart) or use raised beds. Plants should be fun to eat, smell, and look at or have an interesting feature. Favorite kid vegetables to eat right out of the garden are orange and yellow cherry tomatoes, baby carrots, radishes, peas and cucumbers.
- ◆ **Gardening Tools:** Supply real tools for little hands. Invest in kid-sized tools, such as a hoe, rake, spade, trowel, gloves and watering can. This will allow children to feel an ownership of the garden.
- ◆ **Explore Nature:** Kids need to be hands-on with soil, plants, and water. Let them use all of their senses to experience the garden. Explain when it is okay to touch or taste and when to check with an adult first. Make sure children have the right clothing and shoes, and don't be afraid to let them get dirty.
- ◆ **Boundaries of the Garden:** Children who haven't worked in a garden before have to be taught the basics, such as where they can and cannot walk, that stakes have to be left in the ground, and how to be safe with tools. Talk about the responsibilities of gardening and, while it's fun to have a garden, it's also work that everyone shares together.

