

Radish



Radishes store well in the refrigerator once the tops have been removed. The radish leaves cause moisture and nutrient loss during storage. Store greens separately for 2-3 days. Refrigerate radishes wrapped in plastic bags for 5 to 7 days. Winter radish varieties can be stored for up to 2 weeks in the refrigerator.

In order to prepare the radish greens, cut the tops off the radishes and rinse them under cold water. Then carefully sort through the greens and spread out the usable leaves onto a large kitchen towel, discarding any moldy or wilted radish leaves in the process. Lay out another kitchen towel onto the leaves and then lightly press the towel into the leaves in order to dry them.

Radish Greens Pesto

makes 2 cups

Ingredients

2 bunches radish leaves, washed and dried

1/2 cup toasted pine nuts, pistachios or almonds

extra-virgin olive oil

1 cup fresh grated parmesan cheese

1 clove garlic

1 tablespoon lemon juice

salt & pepper, to taste

Directions

1. Wash and dry greens. Add dry radish greens, garlic, lemon juice and nuts to a food processor or blender. Add olive oil through the chute of the food processor as it runs, until the pesto reaches your preferred consistency. Scrape pesto into a bowl, and add parmesan. Stir to combine. Season to taste.

2. Toss pesto with spaghetti squash or pasta before serving. Also, serve with crispy sliced vegetables such as peppers, carrots, celery, or lightly toasted crostini or warm pita bread.

In advance: To freeze, scrape pesto in 2 tablespoon-portions into ice cube trays. Cover with plastic wrap and freeze until solid. Remove pesto cubes from tray and store in a plastic bag in the freezer for up to a year. Or, store pesto in the refrigerator covered with a thin layer of olive oil (the olive oil layer prevents browning of the pesto during storage).