

Visit the cafeteria on
Local Harvest Day
DECEMBER 14
and receive a free sample
of locally-grown
daikon radish!



HARVEST of the MONTH
WORD SEARCH

Fall Produce Word Search
Find and mark the words below

p	o	t	a	t	o	b	w	e	t
u	v	u	x	r	a	d	i	s	h
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apple turnip pumpkin lettuce
onion radish carrot potato

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Daikon Radish Roast

Ingredients:

- 3 daikon radish
- 16 oz bag of baby carrots
- 1 whole onion
- 1 fresh garlic clove
- 1 1/2 TBSP extra virgin olive oil
- 1/4 tsp pepper
- 1/4 tsp salt

Directions:

1. Preheat oven to 350 degrees F.
2. Lightly drizzle 1 Tbsp. olive oil over a flat baking pan
3. Peel daikon radishes and cut into slices that are a quarter inch thick. Spread slices evenly on baking pan.
4. Chop onion into big chunks and evenly spread onion chunks and carrots along with the radish on the baking pan.
5. Mash clove of garlic and place on top of vegetables.
6. Season vegetables with salt and pepper and drizzle with additional olive oil.
7. Bake in oven for about 45-60 minutes.



Harvest of the Month

Daikon Radish

DECEMBER 2018



Did You Know?

- Daikon is a white, Japanese radish which means "big root".
- The leaves of the daikon can also be prepared and eaten.
- Daikon tastes best when it is pickled or can also be an edible garnish!
- The juice of the daikon can be extracted and used to treat headaches, fever, swollen gums and hot flashes.
- Daikons are also known to have anti-inflammatory and cooling effects.

HARVEST of the MONTH // Daikon Radish



In Texas, daikons are primarily grown in the Houston area. Daikons are grown to prevent compaction which allows the soil to absorb more rain. The daikon needs more space and time than an average radish to grow.

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