

Watermelon Radish

Did you know?

- The colorful watermelon radish is green on the outside and pink on the inside. It is milder and sweeter than a regular radish with a crunchy texture.
- The watermelon radish is also known as a rose heart or beauty heart radish.
- This vegetable is available year round and can be served fresh or cooked, hot or cold.
- Depending on when it is harvested, watermelon radishes can range in size from a golf ball to a softball.



Sources

- http://www.wvps.org/images/departments/nutrition_services/fruitsandveggies/watermelon_radish_fs.pdf
- Picture: <https://www.thekitchn.com/recipe-kale-salad-with-quick-pickled-radishes-and-pumpkin-seeds-166488>