



## Meet the Farm to School Fabulous Five

The Farm to School Fabulous Five, or “Fab Five,” are five foods that are important to our health, our community, and our food system: **kale, kohlrabi, legumes, radishes, and squash**. You’ve maybe tried the Fab Five in meals at home or school, or spotted them growing in a garden or on a farm. The Fab Five teach us important lessons about nutrition, history, farming, cooking, science, and more. Each of them nourish our bodies with important nutrients, contribute to local and global food cultures, and play an important role in Minnesota agriculture. For all these reasons and more, Minneapolis Public Schools celebrates and teaches about the Fab Five in our school cafeterias, classrooms, and gardens.

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## RADISH

### History

Radishes are edible root vegetables known for their mild to sharp “bite,” or spice. It is thought that radishes originated and were first domesticated in Southeast Asia, since this is the only region where wild varieties are found. Radishes have been around for so long that ancient Egyptians were eating them when the pyramids were built! From Asia, radishes continued to spread west, and became one of the first Eurasian crops to be introduced to the Americas. While we typically eat the crunchy root of the vegetable, radish leaves are also edible.



### Nutrition Benefits

Radishes are great sources of fiber, potassium, and vitamins C and B6. Potassium is essential for muscle contractions and healthy blood pressure, but most Americans get less than half of the daily recommendation. The crunchy texture of radishes also means they are a good source of water to keep the body hydrated!

#### Fun Facts

- A radish’s spicy flavor comes from the same oils also found in wasabi and horseradish
- The word “radish” comes from the Latin word for “root,” *radix*.

#### Reading Corner

- *Rah Rah Radishes! A Vegetable Chant* by April Pulley Sayre
- *Rosita and the Night of the Radishes* by Dorothy Thurgood Manning
- *Runaway Radish* by Janice Levy

## Varieties

There are many radish varieties with distinct shapes, sizes, and colors.



Red Radish



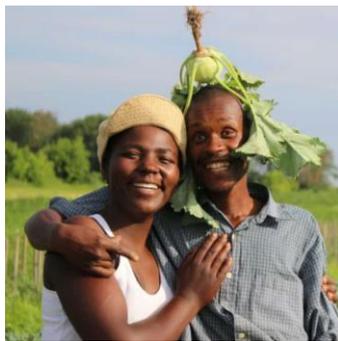
Purple Daikon Radish



Beauty Heart Radish

## Meet Local Radish Farmers

Did you know that local, Minnesota farmers grow food specifically for Minneapolis Public Schools (MPS) through our Farm to School Program? Here are local farmers who grow legumes for MPS school meals:



**Dawn 2 Dusk Farm**  
Cambridge, MN



**Pearson Organics**  
Lake City, MN



**Open Hands Farm**  
Northfield, MN

## Farm to School Recipe Box

# KID KIMCHI

INGREDIENTS	PREPARATION
2 CUPS KOHLRABI, MATCHSTICK 1/2 CUP DAIKON RADISH, MATCHSTICK 1/2 CUP CARROT, MATCHSTICK 2 TBSP SRIRACHA 1 TBSP RICE WINE VINEGAR 1 1/2 TSP GARLIC, CHOPPED 1 TSP GINGER, PUREED 1 TSP SUGAR 1/4 CUP APPLESAUCE 1 GREEN ONION, SLICED	1. COMBINE SRIRACHA, RICE WINE VINEGAR, GARLIC, GINGER, SUGAR, AND APPLESAUCE FOR THE DRESSING. SET ASIDE.  2. CUT THE VEGETABLES INTO MATCHSTICKS. SLICE THE GREEN ONION.  3. MIX VEGETABLES WITH DRESSING.
<b>ALLERGENS</b> (NONE)	<i>Enjoy!</i>

Photos Sources:

Red radish: [https://specialtyproduce.com/produce/Japanese\\_Red\\_Cherry\\_Radish\\_9583.php](https://specialtyproduce.com/produce/Japanese_Red_Cherry_Radish_9583.php)

Purple daikon radish: <https://www.baldorfood.com/product/vegetables/zra7a-organic-purple-bordeaux-daikon-radishes>

Beauty heart radish: <https://thrivecuisine.com/taste-test/what-does-watermelon-radish-taste-like/>

