

# TASTE IT

November 21



# Thursday

## NUTRIENTS

Vitamins A & C  
Calcium  
Magnesium  
Phosphorus  
Potassium

## WATERMELON RADISH

is a root vegetable with pale green skin and a bright pink interior, named for their resemblance to the watermelon. They are a member of the Brassicaceae plant family, which also includes broccoli and cauliflower.



## HISTORY

Watermelon radishes originated in China around 500 BC

## HOW TO EAT

Watermelon radishes can be eaten raw, cooked, or pickled

## TASTE

Slightly sweet & peppery