



# Watermelon Radish

**THE ORGANIC BOX NEWS**  
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**We wish you all an incredible 2012, with health and happiness for you and your family.**

## Holiday Hours

The only change to our holiday hours will be on December 31<sup>st</sup>. For Saturday Box collection on that day, please pick up your Box at the warehouse by 11:00 a.m. instead of by 1:00 p.m. Deliveries will continue as usual from December 28<sup>th</sup> to 31<sup>st</sup>.

## Watermelon Radish Facts



The watermelon radish is a sweet surprise in your Box this week. Larger than a radish, they look more like a turnip! They have bright pink flesh inside and a mild-sweet

peppery taste. The intensity of the watermelon radish decreases as it matures.

Watermelon radishes are a rich source of antioxidants, vitamins and minerals. They are strong sources of Vitamin A and C and are a good source of phosphorus, potassium, calcium and magnesium.

## Crudités and Appetizers

Use watermelon radishes as a crudité with other raw vegetables. Add a vegetable dip made with cottage cheese or yogurt to add protein and flavor. The brilliant color of a watermelon radish adds visual appeal when it is used as the base for an appetizer. Place a spoonful of potato salad, egg salad or Waldorf salad on top of a slice of raw watermelon radish to use as an appetizer, or add a cube of cheese to the radish slice.

## Tempeh Tacos with Pickled Watermelon Radish Slaw

Ingredients: Tempeh, tortillas, avocado, greens, watermelon radish, onion, orange juice, olive oil, rice vinegar, maple syrup, cumin, garlic, salt and pepper.

1. Prep your slaw (recipe below)
2. Slice the tempeh and prep your taco fillings (pea shoots, avocado, microgreens, cilantro).
3. Warm 3-5 corn tortillas
4. Sautee Tempeh until browned with olive oil, maple syrup, cumin, garlic, salt and pepper.
5. Assemble your tacos! You can add salsa, sour cream, cheese, rice, beans and guacamole - whatever you like!



## Sweet Pickled Onion Watermelon Radish Salad (makes 4 cups)

- 1 large watermelon radish, sliced into thin rounds
- 1 small white onion, sliced into thin rounds
- 1/3 cup orange juice
- 2 Tbsp extra virgin olive oil
- 1/2 tsp sea salt
- 1/2 tsp pepper (fresh ground)
- 2 Tbsp apple cider vinegar
- splash of rice wine vinegar (optional - adds an extra layer of tart-sweetness)

## Directions:

1. Slice your onion and radish. Place in a large mixing bowl.
2. Add the remaining ingredients to the mixing bowl - toss well.
3. Place in fridge to chill overnight.
4. Serve!

Recipe from <http://kblog.lunchboxbunch.com/2011/02/tempeh-taco-night-with-pickled-radish.html>

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