

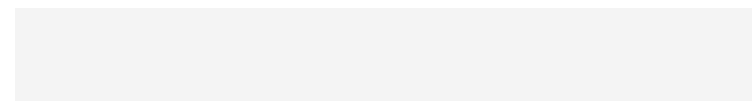


Radishes



Radishes are low in calories, high in flavor, and provide range of nutrients including potassium, fiber, and folate. Folate (vitamin B-9) supports heart and nervous system health.

Today's radishes are from:



Did you know?

Radishes are part of the brassica family that includes kale, cabbage, and mustard. Both the root and green tops of radishes can be eaten.

    #Nourished
noharm.org/NourishedbyNewEngland

