It is the season for root vegetables. 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.

They originated in China where it is called shinrimei. The Chinese have long believed in the healing powers of this vegetable.

Radishes and their leaves are an excellent source of vitamin C as well as a rich source of antioxidants and minerals.

Watermelon Radish is available year round. They can be served fresh or cooked, hot or cold.

In North India and Pakistan, the root is grated and mixed with spice and seasoning and stuffed inside bread to prepare “mooli parantha.”