

# WATERMELON RADISH



- ◆ 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.

