

# Watermelon Radish

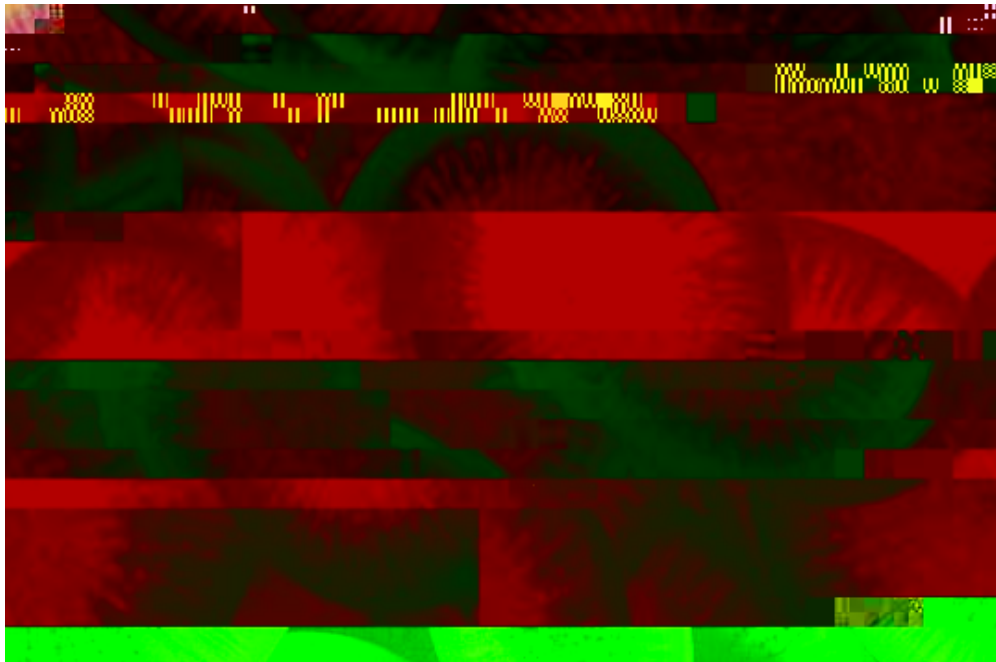
## *Did you know?*

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.

The watermelon radish is also known as a rose heart or beauty heart radish.

This vegetable is available year round and can be served fresh or cooked, hot or cold.

Depending on when it is harvested, watermelon radishes can range in size from a golf ball to a softball.



## Sources

[http://www.wvps.org/images/departments/nutrition\\_services/fruitsandveggies/watermelon\\_radish\\_fs.pdf](http://www.wvps.org/images/departments/nutrition_services/fruitsandveggies/watermelon_radish_fs.pdf)

Picture: <https://www.thekitchn.com/recipe-kale-salad-with-quick-pickled-radishes-and-pumpkin-seeds-166488>