



## The Kitchen at Second Harvest Pickled Radishes try at home recipe

*Recipe modified from Love and Lemons*

flip to learn more!



### Ingredients

- 4 bunches red radishes
- 1 cup vinegar
- 1 cup water
- 1 tablespoon sea salt
- 1 teaspoon seasoning

**Yield: 6 cups**

**Serving Size: 3/4 cup**

### Directions

1. Thinly slice the radishes, and divide between jars or other airtight container. The amount of radishes and brine used may vary based on the size and shape of your jars and how you slice your radishes.
2. Heat the vinegar, water, and salt in a medium saucepan over medium heat. Stir until the salt dissolves, about 1 minute. Pour the brine over the radishes, then stir in the peppercorns and mustard seeds. Let cool and chill for at least an hour.



**Find more recipes, free classes,  
and ways to get involved!**



[secondharvestkitchen.org](https://secondharvestkitchen.org)



## The Kitchen at Second Harvest Pickled Radishes try at home recipe

*Recipe modified from Love and Lemons*

flip to learn more!



### Ingredients

- 4 bunches red radishes
- 1 cup vinegar
- 1 cup water
- 1 tablespoon sea salt
- 1 teaspoon seasoning

**Yield: 6 cups**

**Serving Size: 3/4 cup**

### Directions

1. Thinly slice the radishes, and divide between jars or other airtight container. The amount of radishes and brine used may vary based on the size and shape of your jars and how you slice your radishes.
2. Heat the vinegar, water, and salt in a medium saucepan over medium heat. Stir until the salt dissolves, about 1 minute. Pour the brine over the radishes, then stir in the peppercorns and mustard seeds. Let cool and chill for at least an hour.



**Find more recipes, free classes,  
and ways to get involved!**

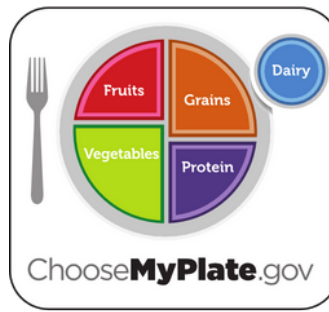


[secondharvestkitchen.org](https://secondharvestkitchen.org)

## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Use whatever vinegar you have. Apple cider, rice, and white vinegar work best.
- Try different seasoning combinations for a new flavor-
  - Fresh herbs: dill, thyme, oregano, and rosemary hold up well
  - Dried herbs: thyme, dill, rosemary, oregano, or marjoram
  - Garlic cloves: smashed for mild garlic flavor, or sliced for stronger garlic flavor
  - Fresh ginger: peeled and thinly sliced
  - Whole spices: mustard seed, coriander, peppercorns, red pepper flakes
    - Ground spices: turmeric or smoked paprika are great for both color and flavor
- Store in the fridge for up to two weeks.

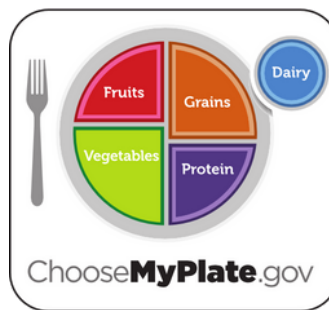
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
This institution is an equal opportunity provider.



## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Use whatever vinegar you have. Apple cider, rice, and white vinegar work best.
- Try different seasoning combinations for a new flavor-
  - Fresh herbs: dill, thyme, oregano, and rosemary hold up well
  - Dried herbs: thyme, dill, rosemary, oregano, or marjoram
  - Garlic cloves: smashed for mild garlic flavor, or sliced for stronger garlic flavor
  - Fresh ginger: peeled and thinly sliced
  - Whole spices: mustard seed, coriander, peppercorns, red pepper flakes
    - Ground spices: turmeric or smoked paprika are great for both color and flavor
- Store in the fridge for up to two weeks.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.  
This institution is an equal opportunity provider.



## Nutrition Facts

| Nutrition Facts  |                |
|--|----------------|
| 8 servings per container   |                |
| <b>Serving size</b>  | <b>3/4 Cup</b> |
| <b>Amount Per Serving</b>  |                |
| <b>Calories</b>  | <b>10</b>      |
| % Daily Value*   |                |
| <b>Total Fat</b> 0g  | <b>0%</b>      |
| Saturated Fat 0g   | 0%             |
| Trans Fat 0g   |                |
| <b>Cholesterol</b> 0mg   | <b>0%</b>      |
| <b>Sodium</b> 890mg  | <b>39%</b>     |
| <b>Total Carbohydrate</b> < 1g   | <b>0%</b>      |
| Dietary Fiber 0g   | 0%             |
| Total Sugars 0g  |                |
| Includes 0g Added Sugars   | 0%             |
| <b>Protein</b> 0g  | <b>0%</b>      |
| Vitamin D 0mcg   | 0%             |
| Calcium 0mg  | 0%             |
| Iron 0.18mg  | 0%             |
| Potassium 47mg   | 0%             |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                |

## Nutrition Facts

| Nutrition Facts  |                |
|--|----------------|
| 8 servings per container   |                |
| <b>Serving size</b>  | <b>3/4 Cup</b> |
| <b>Amount Per Serving</b>  |                |
| <b>Calories</b>  | <b>10</b>      |
| % Daily Value*   |                |
| <b>Total Fat</b> 0g  | <b>0%</b>      |
| Saturated Fat 0g   | 0%             |
| Trans Fat 0g   |                |
| <b>Cholesterol</b> 0mg   | <b>0%</b>      |
| <b>Sodium</b> 890mg  | <b>39%</b>     |
| <b>Total Carbohydrate</b> < 1g   | <b>0%</b>      |
| Dietary Fiber 0g   | 0%             |
| Total Sugars 0g  |                |
| Includes 0g Added Sugars   | 0%             |
| <b>Protein</b> 0g  | <b>0%</b>      |
| Vitamin D 0mcg   | 0%             |
| Calcium 0mg  | 0%             |
| Iron 0.18mg  | 0%             |
| Potassium 47mg   | 0%             |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                |