WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

Local radish

Benefits

- Because they come in 3 varieties!

The black radish is the largest and spiciest of all, with a deliciously sharp flavour. The most common variety is the red radish, which can be pinkish, red, two-toned or scarlet. The white radish, also known as the daikon or Japanese radish, is often mistaken for a turnip because of its size and weight. It can reach up to 1 m in length and weigh 1 kg.

- Because they’re not just good raw!

Keep the radish’s tops or leaves, chop them up and add them to your soups and omelettes. They also make a delicious velouté when cooked in a little water or stock with a potato and mixed at the end of cooking. White radishes can be sliced and cooked in soy sauce for a taste that will transport you to the Land of the Rising Sun.

Availability: May to November
Radish and cucumber concassé on pita

PORTIONS: 3 TO 4   15 MIN

Ingredients
- 500 ml (2 cups) radishes, diced
- 375 ml (1 ½ cup) cucumber, diced
- 15 ml (1 tbsp) olive oil
- 15 ml (1 tbsp) lime juice
- Salt and pepper to taste
- Small pita breads or mini baguette

Directions
1. Whisk together the oil and lime juice. Add the remaining ingredients (except for the pitas or bread) and mix to combine.
2. Eat as a topping on small pitas or toasted bread slices or alone as a salad.

Variation
For a heartier recipe, add a can of drained tuna. If needed, add a little vinaigrette (olive oil, lime juice and plain yogurt).

Source: Delphine Deschamps (5 ans)

Radish soup

PORTIONS: 4   10 MIN 20 MIN

Ingredients
- 1 onion, chopped
- 15 ml (1 tbsp) olive oil
- 1.25 L (5 cups) radishes, sliced
- 250 ml (1 cup) potatoes, diced
- 750 ml (3 cups) chicken broth
- Salt and pepper to taste

Directions
1. Sauté the onion in the oil.
2. Add the remaining ingredients and cook 20 min.
3. Transfer into the blender and purée.
4. Season to taste

Source: Julie Strecko, RD

Tip!
- If you like your radishes less sharp, you can peel them. Arm yourself with patience though - it's a painstaking job!