

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

PURPLE RADISH



These veggies are not only eye-catching, but also super healthy. Purple radishes get their color from antioxidants called anthocyanins - the same stuff that makes blueberries blue! They're crunchy and a bit peppery in taste. These radishes are like nature's way of adding a pop of color to your plate while giving you a boost of vitamins and minerals.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER