



Milin Radish Pico or Watermelon Radish Pico

by: Chef Shannon Reina

Yield 8 servings; 1/2 cup each

Equipment List

- Mixing bowl
- Cutting Board
- Vegetable peeler
- Knife

Recipe Ingredients

- 1 large Milin radish (Watermelon radish)
- 1 medium yellow onion
- 1 bunch of fresh cilantro
- 2-4 jalapeno peppers
- 1 large cucumber
- 2-4 limes
- Salt & pepper to taste



Allergy Indicators:



As a Community member and Food Services Manager for Salt River Schools, Shannon Reina strives to incorporate traditional cultural foods with the meals she and her team serve to students and staff during the school year. Shannon's work has been featured in the Arizona Department of Education's Kitchen Creation's recipes and on Slow Food USA. This is Shannon's third time volunteering as our featured Chef at Chef in the Garden.

Instructions

1. Wash all the veggies and set aside.
2. Peel and dice the onion into small pieces.
3. Slice the jalapeno, and remove the seeds with a spoon or gloved hand. Chop the pepper into small pieces.
4. Remove the stems from the cilantro and chop or tear them into smaller pieces.
5. Peel and dice the cucumber.
6. Carefully slice the radish. You can dice it into small squares or slice them into tiny Milin triangles.
7. Add all the veggies to your bowl, add a sprinkle of salt and the juice of 2-4 limes.
8. Toss together and enjoy with the salt and pepper crackers!

Meet Your Radish Farmers

McClendon's Select is a family-run, third-generation, certified organic farm in Peoria and Goodyear, Arizona that spans 93 acres. The McClendon family grows over 100 types of organic fruits and vegetables, along with dates, honey, and bee pollen. Their produce is sold at twice-weekly farmers' markets in the Phoenix area and to top award-winning restaurants throughout Arizona.





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#chefinthegardenaz



Planting Watermelon Radish

Planting Supplies

- Garden pot or space cleared in the school garden
- Soil
- Radish seed
- Toilet paper
- Mesh or tulle
- Water source

Planting Instructions

1. Line the area that you want radishes to grow with a sheet of toilet paper. This will help students see the distribution of seed and can help prevent overseeding.
2. Gently, cover with a thin layer of soil. Use enough soil to cover the seeds and toilet paper. Don't worry the toilet paper will decompose by the microorganisms that live in the soil.
3. Gently cover with water, be sure to use a low-pressure option to prevent the seeds from washing away. Alternatively, you can soak your seed for 1-24 hours to help give them a head start. Cover with mesh until the seeds sprout to avoid bird invasion.

Lesson

Watermelon Radish The word for watermelon radish in Chinese means “beauty in the heart” or “beautiful heart”. This descriptor was given in honor of the fruit’s pale skin and unique fuchsia internal coloring. Most of the history of watermelon radishes is unknown, experts believe the variety originated near Beijing. Watermelon radishes were later brought to the United States and were sold under the new name “Red Meat Radish”. Over time, the name was changed to “Beauty Heart” and later Watermelon radish. Today, Watermelon radishes are available in many grocery stores and in home gardens worldwide including the United States, Europe, Asia, and Australia.

Knife skills:

1. Set up your workstation properly. Make sure you have all your equipment cleaned, laid out, and ready to use! You can use Chef Dina’s “left to right” method and keep all the washed veggies to your left as you chop and then move them to your mixing bowl on your right. Don't forget to have a set of paper towels ready to catch your cucumber peels for easy cleanup.
2. Use a “pinch grip” on the base of the knife, make sure your other hand that is holding the food is in a “claw” with your fingers pulled back, and use a smooth rocking motion to make your cuts.
3. Finally, if you do not have access to gloves, be sure to wash your hands thoroughly after cutting the jalapenos...the capsaicin from the peppers can remain on your skin for quite some time and will irritate your eyes if you touch them!

Pollinators are animals that move pollen from one plant to another so that they can make fruits and seeds. Bats, birds, bees, butterflies, beetles and other small animals are all pollinators! Sometimes the wind can also be a pollinator. When pollinators go to plants to eat their nectar, they get pollen grains stuck on them, which then rubs off onto the next plant they travel. The pollen from one plant can fertilize the next plant where the pollinator gets nectar. Only fertilized plants can make fruit and/or seeds, and without them, the plants cannot reproduce or make new plants.

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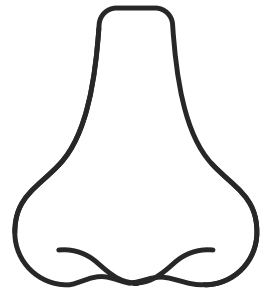
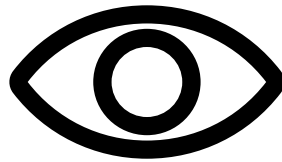
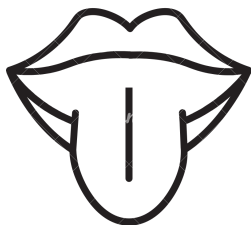




Student Feedback Sheet

Watermelon Radish

Can you describe it using the five senses?



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Student Feedback Sheet

Watermelon Radish

What feedback would you like to share with your Blue Watermelon Project team that prepared this lesson for you today?

What rating would you give this lesson?



Older Students:

Please complete the Student Feedback Form!
Scan the QR Code.



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