

THE *Radical* RADISH

Did you know?

- There are many different kinds of radishes, from the common round red globe to the pink-fleshed watermelon radish and the large, white daikon radish, which appears in many Asian cuisines
- Radishes are at their best in the spring months
- Radishes can be spicy, pungent, or even a little sweet
- The ancient Greeks prized radishes so much that they made small replicas of them from gold



Freshen YOUR FRIDGE!

Spring clean your fridge without harsh chemicals: Use a solution made from two tablespoons of baking soda dissolved in a quart of warm water to wipe down the inside of your fridge. The baking soda deodorizes as it cleans, so your fridge will smell as nice as it looks.



Vitamin Z Z Z Z Z Z

"A good laugh and a long sleep are the best cures in the doctor's book."

-Irish Proverb