



Go Bananas for QuickStart!

WHY do tennis players eat radishes?

BECAUSE ... RADISHES

- Are "root" vegetables rich in vitamin C
- Come in many different colors and shapes
- Are available all year long
- Can be eaten raw -- whole, sliced, as slaw or in salads
- Taste great steamed, stir fried or sautéed with other veggies
- Are bright-colored and packed with nutrition
- Have a FUN, tangy taste
- Crunch when you eat them

GROW YOUR OWN RADISHES — EASY

Loosen the soil six inches deep and mix in good compost. Sow seeds a half inch deep and one inch apart, in rows spaced 12 inches apart. After seedlings appear, thin them to be three inches apart in the row. Radishes like sun, but they don't like heat. Keep the soil moist while radishes are growing. ENJOY!

**Want to be a great tennis player?
Eat like a great tennis player!**

Eat lots of veggies every day! Add some spice and crunch to your meals with radishes. Radishes are members of mustard/cabbage family and full of fiber. Radishes are also related to kale, broccoli, cauliflower and horseradish. Radishes are easy and quick to grow – some as fast as 22 days. TIP: If a radish tastes too spicy, drink a small glass of milk or eat some plain yogurt. See if you can eat a red, orange, purple, green and yellow veggie every week. **Go HOOs!**



Photo by Matt Riley

Stephanie Nauta

- 44-11 -- two-year record at UVa
- #3 UVa singles player
- All-ACC Second Team
- UVa Tri-Captain
- #42 ITA national ranking
- Won the UGA Bulldog Classic in 2014
- Played in all four junior grand slams
- Started playing at 10

UVa Tennis Standout Goes Bananas for QuickStart!

Stephanie Nauta, UVa Women's Tennis player, says eating the right, healthy foods keeps her energized throughout the day, especially on the tennis court. She feels stronger, quicker and ready to play great tennis!

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Bag Check On the court Stephanie always has bananas, power bars, Gatorade and plenty of water. She starts her day with eggs, bagel with cream cheese, fresh fruit and orange juice. Her favorite lunch is a ham and cheese sandwich and a Caesar salad. For dinner she likes pasta with chicken and a salad with plenty of veggies. For special occasions, Steph likes a steak with sautéed asparagus and a salad.

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9/2014