

Harvest of the Month



DAIKON RADISH



Local Highlight

Daikon radish is one of the many root vegetables that Willow Creek Farm grows and harvests over the winter.

Check out our video about daikon radish and Willow Creek Farms:

vimeo.com/channels/hcoenutrition

Literature Links

- *Ghosts for Breakfast*,
by Stanley Todd
Terasaki
- *Farmer Will Allen and
the Growing Table*,
by Jacqueline Briggs
Martin

Joke Corner

What makes daikon
radishes such great
friends?

They root for you!

What vegetable is sort
of cool?

A rad-ish!

What did the daikon
radish say when it fell in
love?

I found my soil mate!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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DAIKON RADISH

Raphanus sativus



Spanish: el rábano daikon
Hmong: zaub lauj pwm daikon

Nutrition Power

Daikon radish is a good source of fiber and digestive enzymes.



Fiber and Digestive Enzymes
help your stomach and intestines to
work at their best!

History

The daikon radish is most likely from Southeast Asia. Today it is one of the most popular vegetables in Japan. When it was first grown there the Japanese only ate the leafy tops. Over time the Japanese started to use the root in many dishes that are now very important to their culture.

In the U.S. some farmers plant Daikon radishes as “tillage crops” to make their soil healthier. The long roots can pull nutrients from far down in the soil up to the surface, and they create spaces for water and air. This helps future crops grow better.



Did You Know?

- ❑ Plant part we eat: ROOT
- ❑ Daikon means “large root” in Japanese. It is usually 12 to 18 inches in length, but some varieties can grow over three feet long!
- ❑ Daikon can be eaten raw, cooked, and pickled. It can also be dried for a longer storage time and then re-hydrated before eating.
- ❑ Buddhist temples in the Kyoto region of Japan host daikon radish festivals in the winter. Thousands of people gather to eat boiled daikon to get a health boost and pray for a prosperous new year.

