

Harvest of the Month



DAIKON RADISH



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some daikon radish on its own.
2. **MAKE** a dish with daikon radish using the recipe and ingredients provided.
3. **LEARN** about daikon radish with the information below.



Fun Facts

- The daikon radish is one of the most popular vegetables in Japan. It is also a main ingredient in Korean kimchi and Vietnamese bánh mì sandwiches.
- Daikon radishes can be eaten raw, cooked, and pickled.
- Daikon means “large root” in Japanese. Some varieties of this root vegetable can reach over three feet long!
- Daikon radishes are a great source of vitamin C, which helps you fight off infections!

Cultural Connection



Daikon oroshi is a grated form of daikon radish that is often used as a condiment in Japanese cuisine. Oroshi can also be turned into edible art! Some Japanese cooks have fun shaping the grated radish into animals and other figures.



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.