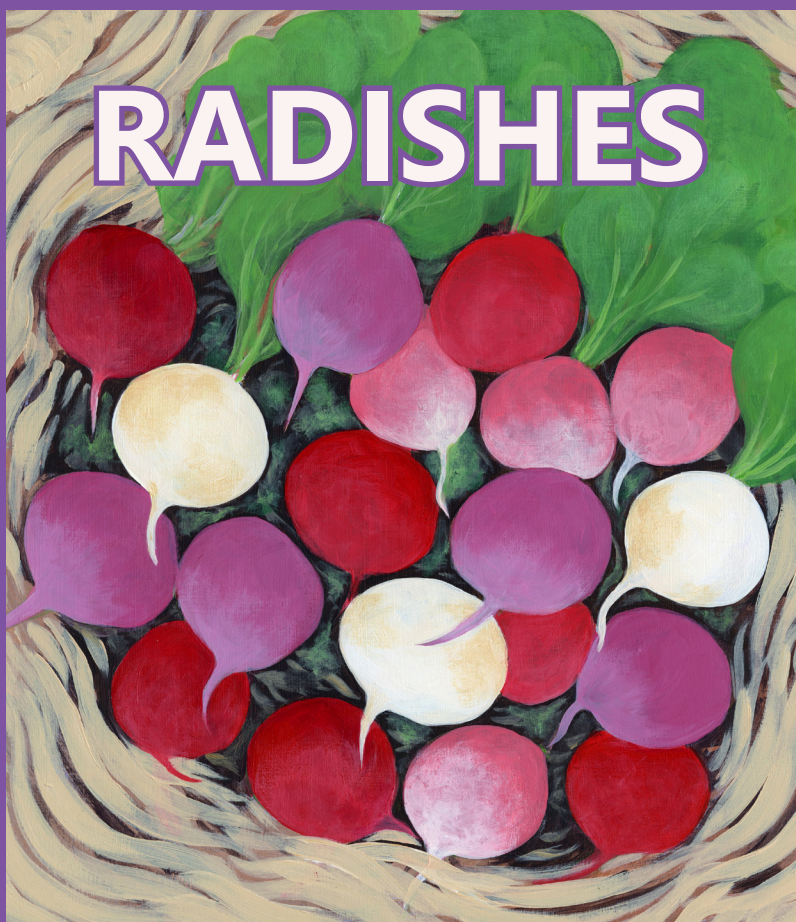


Harvest of the Month



RADISHES

Literature Links

- *Runaway Radish*, by Janice Levy
- *Rah Rah Radishes!: A Vegetable Chant*, by April Pulley Sayre

Local Highlight

Radishes are a quick growing crop that does well in early spring. Check out our video about radishes and how they grow at Shakefork Community Farm.

vimeo.com/channels/hcoenutrition

Video Discussion

Why do farmers use greenhouses?

How does the paper pot system help Melanie with growing radishes and other crops?

When is the best time to weed?

What are some other root vegetables we eat?

Harvest of the Month



RADISHES

Raphanus raphanistrum



Spanish: el rábano
Hmong: zaub lauj pwm

Nutrition Power

Radishes are a good source of vitamin C and other antioxidants.



Antioxidants

help your body fight against germs and keep your cells healthy!

History

Radishes probably originated from Southeast Asia, but different varieties of radish are now grown around the world. Spring or summer radishes, also called European radishes, are usually small in size. Winter varieties can be much larger and include the Daikon and Korean radishes.

Several cultures have a tradition of radish carving. Daikon are carved into radish dolls in Japan and Korea, while people in Oaxaca, Mexico make intricate carvings to celebrate the Night of Radishes (la noche de los rábanos) each year on December 23.



Did You Know?

- Plant part we eat: ROOT.
- Radishes are in the Brassica family and are related to broccoli, kale, Brussels sprouts and cabbage.
- Radishes are usually eaten raw. They are crunchy and have a slightly spicy, peppery flavor.
- Spring or summer radishes grow fast! The seeds germinate in 3-4 days and can be ready to harvest in 3-4 weeks!
- There are many different sizes, shapes and colors of radishes, depending on the variety. Some colors include pink, black, white, red, and yellow!

