

# Harvest of the Month



## RADISHES



### 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** a bit of radish on their own.
2. **MAKE** a dish with radishes using the recipe and ingredients provided.
3. **LEARN** about radishes with the information below.



### Fun Facts

- Radishes are a root vegetable that come in many sizes and colors, including red, pink, white, yellow, and even black!
- The heaviest radish on record weighed over 100 lbs!
- Radishes like cool weather and grow really fast, making them a fun addition to the garden in springtime. They can go from seed to harvest in 3-4 weeks!
- Radishes are a good source of vitamin C and other antioxidants which help your body fight infections!

### Local Connection



Kevin and Melanie Cunningham grow many types of fruits and vegetables at Shakefork Community Farm in Carlotta. They use oxen power to do a lot of the field work!



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



*Got CalFresh? Be sure to reach out to DHHS or one of the many community partners if you ever have a question about the program. Family Resource Centers and Food For People are wonderful resources.*