



RADISHES

- Radishes are root vegetables like carrots and beets. In fact, the name radish is derived from the Latin word “radix” meaning root.
- Radish seeds can be sprouted and eaten. The seeds of some radish types are also pressed for oil that is used medicinally and in beauty products.
- Oaxaca, Mexico hosts an annual event called “Noche de los Rábanos” (Night of the Radishes) on December 23. People carve giant radishes to create scenes and compete for prizes in various categories.
- Radishes are a good source of vitamin C.



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Nutrition Programs & Services



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ART AND CULTURE: Radish Carving

Materials:

- Root vegetables of choice: radishes, turnips, rutabagas, and potatoes work well
*Note: Vegetables with contrasting skin and flesh colors make for bolder carvings
- Kid-safe carving tools: Spoons, table knives, wooden skewers or toothpicks, melon ballers, cookie cutters, etc.

Instructions:

1. Discuss global traditions surrounding vegetable carving and look at some of the incredible examples: <https://kidsgardening.org/resources/garden-activities-vegetable-carvings/>
2. Gather your materials while also considering what size of vegetable and which tools might work best for the age and ability level of the carvers. A mix of small and large vegetables allows kids to test different techniques with different tools.
3. Provide kids with tools and vegetables and let their creativity shine!
4. Soak finished carvings in ice water for up to an hour to increase color contrast and open up scored marks further. Alternatively, if using turnips or rutabagas you can leave your carving somewhere dry and cool to dry out into a longer-lasting work of art.
5. Finished carvings make for fun snacks, colorful garnishes, or whimsical decorations.



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