

Farm to School: Highlighting Local Fruits & Vegetables



Materials to inspire your USDA Fresh Fruit & Vegetable Program

— RADISHES —

Radishes are easy-to-grow, cool-season vegetables. They are sown in early spring for maturity during cool, moist days. They can also be sown in late summer or early fall for winter radish varieties which are slower to mature but grow into much larger, more pungent versions for storage through winter months.

History: The word radish comes from the Latin word “radix” meaning “root”; its biological name comes from the Greek word “Raphanus,” meaning “quickly appearing.” Radishes originated in China. They were common in the ancient Egyptian diet and became of such worth in Greece that gold reproductions were created and given as offerings to Apollo, the God of healing. Radishes were introduced in England in 1500 A.D. and eventually grown by the first English colonists to settle in America.

Botanical Facts: Radishes are part of the Brassica family along with cabbages, broccoli, and mustards. Their wild-growing relatives include turnip and mustard greens. Their peppery flavor is caused by glucosinolate and myrosinase enzymes which can also be found in horseradish, wasabi, and mustards.



Spotlight on....



Cherry Belle



Watermelon



French Breakfast

More about.. RADISHES

More Facts



- Radishes contain as much potassium as bananas.
- They are categorized by summer, winter, spring, and fall varieties.
- Radishes grow in many shapes and colors including red, pink, white, grey, black yellow, globe-like, and oblong.
- Radishes are often used as companion plants to other vegetable varieties. This means that they work as a trap crop, providing foliage for pests to attack, keeping them away from other plants. The radish root can still survive and be harvested.

Preparing Radishes

- Summer radishes can be harvested when they are small and tender for optimal crunch and spicy flavor.
- Winter radishes should be harvested when they are large and mature for a stronger flavor.
- Before eating radishes, scrub them under cold water. Cut away the top and root ends, and then cut into desired size and shape. The skin is best left on.
- The larger Asian varieties can be used for cooking and are tasty with other roasted root vegetables.
- Try pickling radishes.
- Raw radishes can serve as a substitute for recipes with turnips.
- Radishes add a freshness and spice to salads and other summery dishes.



See RECIPES section on our website for recipe ideas

Nutrition Facts

Radishes are rich in potassium, ascorbic and folic acid, as well as vitamin B6, riboflavin, magnesium, copper, and calcium. They contain phytochemicals that work as detoxifiers, diuretics, anti-inflammatories, and anti-oxidants, and also help manage weight loss.

Nutrition Facts

Serving Size 7 radishes (85g)

Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Storage

- Radishes store well in the refrigerator for 5-7 days, wrapped in plastic with greens removed.
- The greens should be stored separately for 2-3 days.
- Winter radishes can be stored in the refrigerator or in a cool root cellar for up to 2 weeks.