



By Julia Field and Ivy Cirar

### Background

- Radishes are one of the most nutritious root vegetables, as well as fast-maturing and easy to grow
- Radishes come in a variety of colors, shapes, growth durations, and harvesting seasons
- There are 8 common varieties of radishes, and 7 unique varieties of radishes. The Red Globe variation is the most commonly found in U.S. supermarkets
- Radishes are thought to have originated on Mainland China centuries ago, and are grown all over the world today

### Harvesting

- Radishes will be ready to harvest as soon as three weeks after planting for some varieties.
- Do not leave in the ground long after their mature stage; their condition will deteriorate quickly.
- Cut the tops off short, wash the radishes, and dry them thoroughly. Store in plastic bags in the refrigerator with a paper towel at the bottom. This optimizes moisture content and helps keep them fresh for about a week.

### Ways to Eat

- Radishes are most often eaten raw, but can be boiled, steamed, or roasted
- Raw radishes are eaten in salads, slaws, or by themselves
- The whole radish can be eaten—including the stems and roots
- The roots and leaves can be steamed or stir fried

### Growing

- Plant 4-6 weeks before the average date of last frost, after aged manure or organic fertilizer has been worked into soil.
- Directly sow seeds ½ inch to an inch deep and one inch apart in rows 12 inches apart.
- After they have sprouted, thin to about 2-inch spacings. Crowded plants will not grow well.
- Radishes require well-drained soil with consistent moisture. Keep soil evenly moist but not waterlogged.
- Radishes need sun. If they are planted in too much shade—or even where neighboring vegetable plants shade them—they put all their energy into producing larger leaves.
- Practice three-year crop rotation.
- Plant consecutively every two weeks or so while weather is still cool for a continuous harvest of radishes.
- You can plant radishes later than any other root crop in late summer or early fall and still get a harvest.

### Recipe

#### Open-faced Radish Sandwiches

- 4 bagels cut in half or 8 slices black bread
- 8 ounces low-fat cream cheese
- 6 small globe radishes
- salt and freshly ground pepper
- 1. Spread bagels or bread slices with 1/4 inch cream cheese.
- 2. Using a sharp knife or mandolin, slice radishes very thin. Overlap radish slices on top of the cream cheese. Sprinkle each sandwich with salt and pepper. Cover with damp paper towels until serving.

## Nutrition & Health Benefits

- A good source of Riboflavin, Vitamin B6, Calcium, Magnesium, Copper, Manganese, Folate and Potassium.
- A very good source of vitamin C which rebuilds tissues and blood vessels and keeps bones strong.
- A great low calorie snack. One cup of sliced radishes has only 19 calories.
- Contain fiber which keeps your system regular and also helps maintain a healthy weight.
- Purify the kidney and urinary systems and relieve inflammation.
- Can regulate blood pressure, relieve congestion, and prevent respiratory problems such as asthma or bronchitis.
- Can help with stomach and intestinal disorders, bile duct problems, loss of appetite, infections, and fever.
- Antibacterial, antifungal, and detoxifying properties
- Contain compounds that soothe rashes, dryness, and other skin disorders.
- Contain an important antioxidant compound called sulforaphane, a proven inhibitor of prostate, colon, breast, ovarian and other cancers.

## Nutrition Facts

Serving Size 116 g

### Amount Per Serving

	Calories 19	Calories from Fat 1
	% Daily Value*	
<b>Total Fat</b> 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 45mg	2%	
<b>Total Carbohydrate</b> 4g	1%	
Dietary Fiber 2g	7%	
Sugars 2g		

### Protein 1g

Vitamin A	0%	• Vitamin C	29%
Calcium	3%	• 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.

## Stay Healthy with Radish Organic Facts

www.organicfacts.net

### Sources

- <https://extension.illinois.edu/veggies/radish.cfm>
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