



RADISHES

What is It?

- Radishes are a member of the brassica (also known as cruciferous) family with broccoli, cauliflower, kale, cabbage, and turnips.
- The part of radishes that is most commonly eaten is the root, but the green tops and seedpods can be eaten as well.
- Radishes originated in China centuries ago but are consumed all over the world now.
- It only takes three to four weeks to grow a radish from a tiny seed to a round, juicy, flavorful root. They are one of the easiest vegetables to grow!
- Radishes can be white, red, purple, or black, and come in a wide variety of root shapes and sizes.
- Radishes harvested in hot weather taste spicier than ones harvested in cool weather.

Grow It

Radishes are a great vegetable for school gardens. Their seeds germinate quickly, grow fast, and are ready to eat in just over three to four weeks! Plant spring radishes once daytime temperatures are consistently above freezing and about four weeks before expected last frost. Sow seeds 1/4 to 1/2 inch deep and 1/2 to one inch apart, in loose, sandy soil. Make sure to keep the soil moist.

Harvest radishes as soon as they are a usable size, about one inch, by pulling the entire plant from the ground. You can eat the greens too! Or, for a fun experiment, leave a few radishes in the ground until they go to seed (5–8 weeks from planting date) and harvest their edible seedpods. They taste like a cross between a radish and a snap pea. Some radish varieties, like Rats Tail, are bred specifically for their long tender seedpods.



Radishes, credit: WSDA



Make It

Be sure to follow local Food Safety rules and regulations. Learn more here: [Food Safety Rules and Regulations | Washington State Department of Health](#).

Recipe: Radish and Cucumber Salad
Yield: 20 sample servings (1/4 cup)

Ingredients	Directions
<ul style="list-style-type: none">• 1/4 cup nonfat plain yogurt• 1/4 teaspoon garlic powder• 1/4 teaspoon salt• 1/4 teaspoon black pepper• 1 bunch radishes (about 10), thinly sliced• 1 cucumber, cut into thin rounds	<ol style="list-style-type: none">1. In a large bowl, mix together yogurt, garlic powder, salt, and pepper.2. Add radishes and cucumber and stir to combine.3. Cover and refrigerate for at least 15 minutes before serving.

This recipe was adapted from adapted from [New York SNAP-Ed](#).

Explore interactive taste test resources to encourage participants to try what you made!
[Taste-Testing Event Resources](#)



Radish Exploration

Learn It

Pre-school

Supplies

- Several radishes of different varieties, such as red globe, French breakfast, black Spanish, watermelon/beauty heart, or daikon
- Paper plates—one for each radish
- One small kitchen knife
- Kitchen scale (optional)

Directions

1. Gather radishes and set each one on its own paper plate.
2. Ask children to describe how the radishes are the same or different. Are they big? Small? Round? Skinny?
3. Have children line up the radishes according to their size, from smallest to largest.
4. Ask children to predict the color of the inside of the radish, then cut each of the radishes in half. Discuss whether predictions were correct.
5. If you have a scale, have children predict which radishes will be the heaviest and the lightest. Help children weigh the radishes to find out.

Activity adapted from: Harvest for Healthy Kids and Wisconsin Harvest of the Month [Harvest of the Month Early Childhood Activity Guide Radish](#).



Eat It

Radishes are fun to eat and they also help build a healthy body! They are a good source of vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function. Radishes also contain vitamin B9, or folate, which helps make new cells, and potassium, an electrolyte that helps build muscle and keeps the heart healthy.



Read It

- Rah Rah Radishes, by April Pulley Sayre
- Ms. Piggle Wiggle's Won't-Take-A-Bath Cure, by Betty MacDonald
- Tops & Bottoms, by Janet Sevens
- Rainbows And Radishes: A Sprinkle of Sky, A Scoop of Soil, by Neha Moghe Roy
- The Littlest Radish, by Elizabeth Burns

More About It

Find additional learning resources about radishes for different age groups below.

- Activity for Preschoolers: [Radish Mouse](#) | [Buy Fresh Buy Local® Nebraska](#)
- Lesson Plan 3-5th grade: [The Radish Party](#) Corteva
- Lesson for K-5th grade: [Seed Sprouting- Gift of Curiosity](#)
- Lessons for Elementary, Middle, and High School: [RADISHES Oregon Harvest for Schools](#)