



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

Recipe: Creamy Dill Potato Salad with Radish
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none">• 2 pounds small potatoes (about 10)• 1 cup mild radish, sliced into thin rounds• 1 green onion, sliced or 1/2 small red onion, diced• 1/2 cup dill pickles, diced• 1/4 tablespoon salt• 1/2 cup yogurt, non-fat plain• 2 tablespoons sour cream, reduced calorie• 1 tablespoon prepared mustard• 1/4 cup fresh, chopped dill• 1/2 teaspoon garlic, minced• Drizzle of olive oil	<ol style="list-style-type: none">1. Scrub potatoes and cut into cubes.2. Place potatoes in a medium saucepan and cover with water. Bring to a boil.3. Cover, reduce heat and simmer for 12 minutes or until potatoes are done. Drain and place in a medium bowl.4. Add red onions, pickles, radish, and salt. Set aside.5. In a separate bowl, mix yogurt, sour cream, mustard, dill, garlic, and olive oil to create dressing.6. Pour dressing over potatoes and mix all ingredients together.

This recipe was adapted from USDA MyPlate.



Make It

Recipe: Roasted Radishes with Peas
Yield: 4 servings

Ingredients	Directions
<ul style="list-style-type: none">• 1 bunch (approximately 10) radishes, washed, trimmed, and cut into quarters• 2 teaspoons vegetable oil• 1/4 teaspoon salt• 1 cup peas (fresh, thawed from frozen, or canned and drained)• 1/4 teaspoon black pepper• 1 tablespoon lemon juice• 1 teaspoon dried dill (optional)	<ol style="list-style-type: none">1. Wash hands with soap and water.2. Preheat oven to 450 degrees F.3. On a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.4. Sprinkle peas over the radish mixture and roast until peas are heated through.5. Remove from oven and sprinkle with lemon juice and dill, if desired.6. Refrigerate leftovers within 2 hours.

This recipe was adapted from adapted from [Oregon Food Hero](#).

Eat It

Radishes are a good source of vitamin C, which helps with healing, keeps skin and gums healthy, and supports immune function, and fiber, which is important for maintaining a healthy heart and digestive system and regulating blood sugar. They also contain a range of other nutrients, including potassium, an electrolyte that helps build muscle and keeps the heart healthy, and a variety of phytochemicals, which prevent damage to our cells and support immune response.

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

Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!

Find It

- Washington radishes are available at many grocery stores. Check the product label or shelf tag to see where they were grown. They are also commonly found at Washington state's many farmers markets, farm stands, and other local markets from April through November.
- When selecting radishes, choose ones that are smooth, firm, and brightly colored. If the leafy greens are attached, they should look fresh—not yellow or wilted. Avoid radishes with cracks or cuts.
- Search for local farms and markets that sell Washington-grown radishes here: [Washington Food & Farm Finder - Eat Local First](#).
- Find a farmers market near you here: [Farmers Market in Washington](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.



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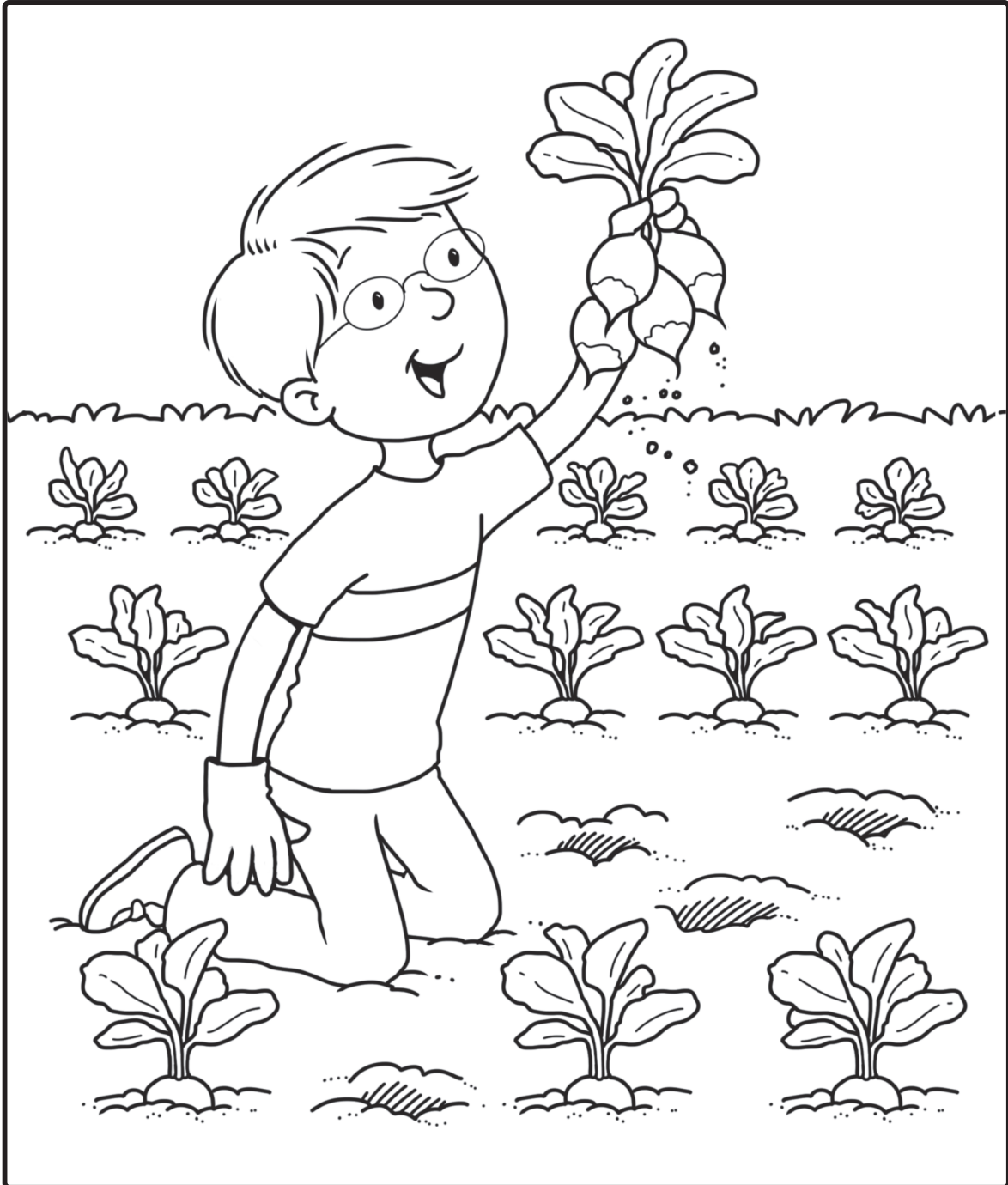
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Radishes



I like radishes because



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