

# RADISH TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on radishes. Here is some information on radishes.

## What Is a Radish?

Radishes are a small, round root vegetable that grows underground, like a carrot. It is known for its spicy or peppery flavor. Most radishes are red on the outside with white inside, but can also be pink, purple, white, or black. **Read trivia for the week.**

## How Radishes Grow

Radishes grow from seeds in soil. The edible root grows underground, and green leaves grow above. Radishes grow very quickly—some are ready to eat in just 3–4 weeks! **Read trivia for the week.**

## Health Benefits of Radishes

Radishes are high in vitamin C and fiber. They are also low in calories and mostly made of water. **Read trivia for the week.**

## Fun Radish Facts

Radishes originated in Southeast Asia and have been grown for over 2,000 years. They were eaten by ancient Egyptians, Greeks, and Romans. Radishes are one of the fastest-growing vegetables. The word “radish” comes from the Latin word “radix,” meaning root.

Radishes can be used to make natural dyes due to their bright colors. **Read trivia for the week.**

## Popular Types of Radishes

Red Radish: Small, round, red skin, white flesh—most common. Daikon Radish: Long, white, and used in Asian cuisine. Watermelon Radish: Green outside, pink inside. Black Radish: Dark skin, bold spicy flavor.

**Read trivia for the week.**

## Radishes in South Dakota

Radishes thrive in cool spring and fall seasons. Some varieties are ready in as little as 25 days. Radishes can germinate in soil as cool as 40°F. They are also used as a cover crop—helping improve soil structure and water flow. **Read trivia for the week.**



# HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

