

# ALL ABOUT RADISHES



## HEALTH BENEFITS OF RADISHES

Radishes are full of vitamin C. They are also low in calories and full of fiber. Radishes are mostly water.



Nutrition Facts	
Portion Size	116 g
Amount Per Portion	
<b>Calories</b>	<b>19</b>
% Daily Value *	
<b>Total Fat</b> 0.1g	0 %
<b>Sodium</b> 45mg	2 %
<b>Total Carbohydrate</b> 3.9g	1 %
Dietary Fiber 1.9g	7 %
Sugar 2.2g	
<b>Protein</b> 0.8g	2 %
Vitamin D 0mcg	0 %
Calcium 29mg	2 %
Iron 0.4mg	2 %
Potassium 270mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

## WHAT IS A RADISH?

A radish is a small, round vegetable that grows underground, similar to a carrot. Radishes usually have a spicy or peppery flavor, which makes them unique. Most radishes are bright red on the outside with white flesh inside, but they can also be pink, purple, white, or even black!

## WHERE DO RADISHES GROW?

Radishes grow from seeds that are planted in the soil. The round, edible part grows underground, while the green leaves grow above the soil. Radishes grow very quickly—some types are ready to eat in just 3 to 4 weeks after planting!

yum!





*delicious!*



## FUN FACTS

- Radishes originally come from Southeast Asia and have been grown for over 2,000 years.
- Ancient Egyptians, Greeks, and Romans also ate radishes.
- Radishes can be ready to eat in less than a month, making them one of the fastest-growing vegetables!
- The name "radish" comes from the Latin word "radix," which means root.
- Radishes have been used to make natural dye because of their bright color.



*yum!*

## RADISHES IN SOUTH DAKOTA

Radishes thrive in South Dakota's cool spring and fall seasons. Some varieties are ready to harvest in as little as 25 days. They are a good option for early-spring planting, germinating in soils as cool as 40 degrees Fahrenheit. They are also a good cover crop option because their taproots help to improve soil structure and water infiltration.

## POPULAR TYPES OF RADISHES

- Red Radish: The most common type, small and round with red skin and white flesh.
- Daikon Radish: A long, white radish that is popular in Asian cooking.
- Watermelon Radish: Greenish on the outside and pink like a watermelon inside.
- Black Radish: A black-skinned radish with a strong, spicy flavor.

