



Radish

Raphanus sativus

Nutrition Facts

- One serving of radishes contains 25% of the recommended daily value of Vitamin C.
- Radishes contain antibacterial and antifungal properties.
- Radishes are high in vitamins and minerals including magnesium, iron, copper and calcium.
- Radishes contain as much potassium as bananas.

Planting

Plant 3/15-5/1 or 8/1-8/25
(Guidelines for planting in raised beds)

Sow seeds 2-3" apart in rows that are 2-4" apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Young seedlings: After germination, thin the seedlings so that they are 3-4" apart. Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw to keep the soil moist.

Harvest & Storage

As radishes are ready for harvest you will be able to see them peaking out of the soil. When you harvest them, pull the plant from the base of the stem and it should come out. If the ground is hard, use a garden trowel to loosen the soil around the radishes.

Radishes will begin to split if left in the ground too long. Break the radish stems off of the root approximately 1" above the bulb. Store in the refrigerator or in a cool, dark place. Gently wash radishes after harvesting to remove loose dirt. Wash again when ready to eat.

Recipe

Wash all vegetables before using

Lemon Dip

8-10 radishes
Small bundle chopped parsley
3/4 cup plain yogurt
1/2 teaspoon salt
1 teaspoon pepper
1 tablespoon lemon juice

Chop radishes into coin-sized slices. In a bowl, mix yogurt, parsley, salt, pepper and lemon juice with a spoon. Dip radishes into yogurt and enjoy!



KCCG Headquarters
6917 Kensington Ave
Kansas City, MO 64132

www.kccg.org
816-931-3877