



Vegetable Spotlight



RADISHES

VEGETABLE SUMMARY

SYG Varieties: Cherry Belle, Easter Egg

Growing Seasons: Spring & Fall

Fast or Slow Crop: Fast (3-5 weeks from seed to harvest)

Maintenance: Root vegetables such as radishes need to be **thinned**. Watch this quick "[How to Thin](#)" video to learn more.

Harvest: Watch our quick "[How To Harvest Radishes](#)" video.



SEEDS



SEEDLINGS



FULLY GROWN PLANTS

Nutrition Facts: Radishes are a good source of **anthocyanins**. Anthocyanins are phytonutrients and responsible for a red, purple and pink radishes color. These powerful nutrients are important for brain and heart health. Radishes are also great sources of vitamins C, folate, and B6 as well as the mineral potassium.

Recipes: "[Cream Cheese Radish Rounds](#)", "[Radish Relish](#)"

Book Recommendation: *Runaway Radish/El rabano que escapo* by Janice Levy

RADISH EXPERIMENT



MATERIALS:

- 3 radishes, cut in chunks
- Water
- Small bowl
- Paper towel
- Marker



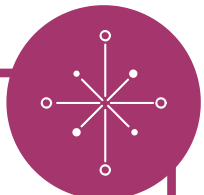
SUMMARY:

In the book, *Run Away Radish* by Janice Levy, Don Pedro sprays his precious carving radishes with water every night to keep them fresh. What do you think would happen if Don Pedro did not spray the radishes with water? Conduct the experiment to find out!

ACTIVITY:

1. Divide your radish chunks evenly into 3 groups.
2. Fill your bowl with water and place group 1 of radish chunks into the water.
3. Lay out the paper towel and place group 2 and 3 in their own piles on the paper towel.
4. Using a marker to write on the paper towel, label group 2 'rinsed' and group 3 'dry'.
5. About every hour or so let students take turns taking the 'rinse' group off the paper towel and running the radishes under water. Pat the radishes dry and place them back on the paper towel by their 'rinse' label.
6. After about 24 hours, have students examine the 3 groups of radishes and discuss as a group the differences between them.
7. Have them answer the question - What would happen if Don Pedro didn't spray his radishes?

Activity inspired by *Run Away Radish: Book Review and Experiment* (Alldonemonkey.com)



KELS AND MISSOURI EARLY LEARNING GOALS:

KANSAS:

CL.W.p4.6: With guidance and support from adults, recalls information from experiences or gathers information from provided sources to answer a question.

CL.W.p4.5: Participates in shared research and writing projects (e.g., explores a number of books by a favorite author and expresses opinions about them).

MISSOURI:

VI:A.2.a.: Asks questions about objects and materials.

VI:A.2.b.: Experiments with objects and materials to gather information and observe reactions.

