

Radishes

Radishes are part of the Brassicaceae family, which also includes arugula, broccoli, kale, cabbage, horseradish and other vegetables.



**RADISH
FACT**

1

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Radishes

**Radish is a root vegetable.
The word *radish* comes
from the Latin word *radix*,
which means “root.”
Radish leaves are
also edible.**



**RADISH
FACT**

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Radishes

**Radishes grow very quickly.
It takes about
25 days to go from
seed to harvest.**



**RADISH
FACT**

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Radishes

**Some radishes are
hot and spicy.
The heat comes
from the skin.**

**If you peel a radish, you lose
most of the heat —
and much of the flavor.**



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Radishes

You can cool down the spiciness of a radish by eating it with a little butter and salt.

Roasting radishes also makes them less peppery.



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Radishes

If you grow radishes in the heat of summer, your radishes will likely be hotter than if you grow them in cool weather.



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Radishes

Radishes come in different shapes (round, elongated) and colors (red, black, white, green).

They vary in size from tiny up to giant radishes that are 3 feet long and weigh 100 pounds!



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Radishes

Radishes are grown all over the United States.

The five most common radish varieties grown in the United States are Red Globe, Daikon, White Icicle, California Mammoth White, and Black varieties. California and Florida grow the most radishes.



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Radishes

Radishes are low in calories and are a very good source of anti-oxidants, electrolytes, minerals, vitamins and dietary fiber.



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Radishes

**La Noche de Rábanos* is
an annual event in
Oaxaca, Mexico.**

**On the Night of the Radishes*
(December 23rd), the Christmas market
is filled with large radishes — specially grown
for the event — that have been carved into
nativity scenes and other images.**



**RADISH
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