

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.



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Radishes

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



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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.**



**RADISH
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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, California Mammoth White, White Icicle, 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.



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