

# RADISH

Educator | VermontHarvestoftheMonth.org

## History

Humans have been growing and consuming radishes for millennia – records show that these roots were part of the Egyptian diet during the building of the pyramids. Radishes were introduced to Asia around 500 B.C. where the Chinese developed many new varieties of the crop. Today, we enjoy a number of radish types from round red radishes to elongated icicle varieties to robust Daikon radishes.

## Fun Facts

- The radish was one of the first vegetables to be domesticated
- European folk medicine recommends eating radishes on an empty stomach to reduce gallstones and kidney stones
- The name radish is derived from the Latin word “radix” meaning root
- Radish seeds can be sprouted and consumed
- Oaxaca, Mexico hosts an annual “Night of the Radishes” on December 23

## Reading Corner

- » “*Rah, Rah, Radishes! A Vegetable Chant*” by April Pulley Sayre
- » “*The Vegetables We Eat*” by Gail Gibbons
- » “*Runaway Radish*” by Janice Levy

## Benefits

- Radishes are a good source of vitamin C; they also supply potassium and folic acid.
- Radishes are noted for their ability to aid digestion.

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.



## CLASSROOM CONNECTIONS

### Science | Germinating Radishes

Materials Needed:

Radish seeds, potting soil, planter or container

Directions:

1. Fill container with moistened potting soil.
2. Following seed package direction, plant radish seeds.
3. Place in a sunny spot and keep seedlings evenly watered. Radishes will be ready to harvest in about 3 weeks.

### English | Posey Poetry

Materials Needed:

Radishes, paper, pencils

Directions:

1. Pass around radishes to each student. Ask students to come up with at least 2 words to describe the radish using their senses (smell, sight, touch, taste).
2. Combine vocabulary words to create radish poems and read aloud.

