

FARM FRESH
HARVEST
 OF THE MONTH



The Watermelon Radish is an heirloom radish. It is beautiful when sliced and looks like a watermelon with a green rind and a rosy interior. It can be eaten raw in a salad, roasted, sautéed, added to stir fries and stews, and boiled and mashed.

GEOGRAPHIC LOCATOR

The Harvest of the Month radishes come to us from Scott Frost at Nature's Fountain Farm in Jefferson Oregon.

RADISH FACTS

- Radishes are edible roots. Their shape can be round or long. They are usually red or white in color, but some kinds are black or multicolored. They are crisp and sometimes spicy in flavor.
- Radishes are in the same plant family as broccoli, cauliflower, kale and cabbage, turnips and mustard.
- The word Radish is derived through Italian and French from the Latin word, raddix, which means root!
- Radishes grow very quickly! They germinate, sprout, grow and are ready for harvest in about 30 days.
- The seeds of radishes grow in pods. They are edible and make a great, spicy, crunchy addition to salads.
- The radish is usually eaten raw and often put into salads. But you can make radish soup. Even radish tops can be eaten in salads or soups.
- Radishes are high in Vitamin C, folic acid, and potassium. These vitamins and minerals are good for healing cuts and bruises, keeping your memory sharp and for maintaining fluid balance in your body.
- Radishes have also been used to treat coughs, liver problems, and arthritis.
- The Greeks and Romans were the first cultures to cultivate radishes. Wild ancestors of the radish have been found all over Europe and Asia.

ACTIVITY

Radish Seed Paper

FOR GRADES K-2

Did you know?

The part of the plant we eat is the root. The root is the part of the plant that absorbs and stores water. The root also anchors the plant to the ground. Gophers, rabbits and voles love root vegetables.

Radishes are a fun crop to grow and harvest. When you pull them up you will be surprised by what they look like and how big they are.

- 1) Plant a mild radish variety like French Breakfast with your students in containers or outside in mid spring. Sow them 2 inches apart. Water plants daily and record observations as they sprout and grow. Grow different varieties of radish that have various colors and shapes.
- 2) Go to a farmers market and collect as many different radishes as you can find. Discuss the parts of the plant, the shapes, sizes, color and flavor of the radishes. Draw a picture of a plant on the white board and ask your students to name each part and its function, labeling them as you go.
- 3) Make radish seed paper. Collect old paper egg cartons and left over paper scraps and soak in a bucket to make a pulp. Use a screen to pull the fibers up and flatten them out. Sprinkle radish seeds on the paper and let it dry. Use the paper for thank you or note cards with instructions for planting, growing radishes. Include a recipe.