



Radish

Plant: Begin sowing radish as soon as the ground can be worked. Radish does best in the spring and fall when the soil is cool, 45-65°F and the days are short. Summer production of radish may not be as uniform. Sow radish $\frac{1}{2}$ " apart and $\frac{1}{4}$ " deep in rows 12-18" apart. Thin radishes to approximately 35 seeds/ft. Make successive sowings every 5-7 days to keep a constant supply of fresh radish all season. Plant radish in rows with slow germinating seeds like carrots, parsnip and beets to help break the soil and aid in the germination of the slower seeds.

Grow: Radishes do not like hot, dry weather. Radishes also grow very fast and need a lot of moisture. Their flavor will be "hotter" in hot weather and milder in cool. There is no need to dedicate a specific spot in the garden to radishes. Use radishes to mark the start and ends of other rows of plants. Plant at different times and grow radishes throughout the garden and you will have a steady supply all season. Radishes are extremely light feeders; no special soil preparation is required. Sufficient water is essential as the faster the radish grows, the better the flavor.

Harvest: Harvest radishes as soon as roots reach a desired size, about 20-25 days after planting.

Nutrition Facts	
Serving Size 7 radishes (85g)	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 2%

Nutritional Information:

Radishes are fat free, saturated fat free, low sodium, cholesterol free, low calorie and high in vitamin C.

How to Prepare: Radishes are used mainly in salads and as a garnish. Refrigerate radishes in plastic bag for use within 1 week. Remove tops before storing.



Radish-Mango Salsa

Yields: 8 servings

Serving size: ½ cup

Ingredients

2 large mangoes, diced
¼ cup cilantro, diced
2 Tbsp fresh lime juice
1 cup radishes, diced
a pinch of salt

Preparation

1. Combine mangoes, salt, lime juice, and cilantro in medium bowl.
2. Stir in radishes.
3. Enjoy with whole grain tortilla or tortilla chips (not included in nutrition facts below).

Nutrition Facts per Serving:

43 calories, 0 g fat, 11 g carbohydrates, 1 g fiber, 0 g protein