



# Know What You Grow!



## Radish

**Scientific Name:** *Raphanus sativus*

**Recommended Varieties:**

There are a variety of shapes and colors available.

- Red, Cherry Belle (AAS), Champion (AAS), Scarlet Knight (F)
- Multicolored, Easter Egg Hybrid
- White, April Cross Hybrid, Icicle, Snowbelle

**Common Pest(s):**

Usually pest free, cabbage maggot, harlequin bug, downy mildew.

Source: Master Gardeners Handbook

All Photos: Creative Commons

### Growing Information

**Cool Season Plant**

Radishes are a cool-season crop, quite easy to grow and are ready to harvest just 3-6 weeks after seeds are planted. Temperatures over 70-80 degrees may produce more deformed and thread roots, as well as cause bolting.

**Ideal Planting Window**

Inland Valley – Sept - April

Desert – October - March

**Growing Guidance**

Optimal growing conditions, with the best root shape and yield are produced at a cool temperature of 50° to 70° F. Sow the seeds, by making furrows about three inches apart and plant the seeds at a depth of about 1/2 inch and cover loosely with soil.

**Further information:**

[Ucanr](#)

[Burpee](#)



## Interesting Facts

The word “**radish**” means “**root**,” comes from the Latin “**radix**.”

The **radish** is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times.

Radishes have **numerous varieties**, varying in size, color, shape, and duration of required cultivation time.

The first written records that mention radishes come from 3rd century BC. Ancient Greeks and Romans also have text where they write about them, and they even give different types like small, large, round, long, mild, and sharp. When the Americas were rediscovered, radish was one of the earliest vegetables to be brought over from the Europa.

A crispy, peppery radish is the perfect springtime finger food and adds a tasty crunch to our salads. Sweet, juicy radishes can be long or round and colorfully red, purple, black or white. Also, they are full of health benefits.

Radishes are mostly used in salads, but also **appear in many European dishes**. Radish leaves are sometimes used in recipes, like potato soup or as a sauteed side dish. They are also found blended with fruit juices in some recipes.

[JustFunFacts](#)

## Contact Information



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## Nutritional Information

### Nutritional Value

All varieties of radishes and their greens are low in calories and an excellent source of vitamin C. Radish leaves contain almost six times the vitamin C of the root and are also a good source of calcium. In addition, Red Globes are an exceptionally good source of trace minerals, folic acid and potassium. They have a high content of fiber and are abundant in Iron.

### Recipe: Summer Radish Salad



#### Ingredients:

- 2 cups sliced radishes
- ½ teaspoon salt
- 1 cup seeded and sliced cucumber
- ½ cup extra virgin olive oil
- 2 tablespoons white wine vinegar
- ½ teaspoon white sugar

#### Prepare:

Toss radishes with salt; let stand for about 10 minutes. Drain any liquid and transfer radishes to a large bowl. Add red onion and cucumber slices.

Whisk olive oil, vinegar, sugar, garlic, and dill in a small bowl until well mixed; pour over vegetables and toss to combine. Cover and refrigerate for at least 1 hour before serving.

[All Recipes](#)