

Radishes



Radish Facts

- Radishes originated thousands of years ago in China, Egypt and Greece.
- Radishes are a root vegetable. The leaves grow above the ground with the edible root growing underground.
- Radish leaves are edible, with some people enjoying the spicy taste.
- Radishes are typically eaten raw in salads, but may be pickled, as well as oven or pan roasted.
- The largest crops of radishes are grown in California and Florida.
- New Jersey's radish season is from May – June and in the month of December.
- Farmers can “cold store” heartier radishes for sale over several months.
- Radish flavors can range from sweet and mild to strong and spicy.
- Radishes are very good for the liver and stomach and help to increase oxygen in the blood.
- Apply the cut end of a radish to an insect bite to help lessen the sting or itch by reducing swelling and pain.
- Radishes are an all-around healthy vegetable and are known to help with urinary and kidney function, digestion, aid in respiratory health, and reduce blood sugar levels.

