OREGON RADISHES GROWN FOR SCHOOLS

White Daikon radishes can grow two to three feet long!

Radishes come in many different colors, from white, to bright red, to jade green, to deep black and many colors in between!

According to historical records, laborers who worked on the Egyptian pyramids received radishes, onions, and garlic as their rations.

Nutrients found in Radishes

- Radishes are an excellent source of vitamin C, which boosts the immune system.
- The fiber in radish bulbs and greens aid in digestion.
- Radishes contain calcium, phosphorus, potassium, and magnesium!
- The phytochemicals in radishes help cells stay healthy.

Radishes were first cultivated thousands of years ago in Egypt, then in China and Japan.

In Oregon, brightly colored radishes often spice up markets in spring and fall.

We can eat both the radish root and the green radish tops! Radish greens add peppery zest to salads and stir-fries.

OREGON HARVEST for SCHOOLS