

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!



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.

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



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.