



# RADISHES

**SPRING**

**SUMMER**

**FALL**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Sow radish seeds 1/4 to 1/2 inch (in.) deep in a sunny, well-drained area. Thin spring varieties (such as Cherry Belle) 1/2 to 1 in. between plants. Thin winter varieties (such as China Rose) 2 to 4 in. apart. Harvest radishes when they are 1 to 1 1/2 inches in diameter and relatively young.



# PREP

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Soak radishes in ice water for a couple of hours to retain crispness. Chop off the top leaves and cut root into desired-sized pieces. Prepare radishes pickled, oven-roasted, or raw. Radish tops can be prepared raw as an added ingredient.



# EAT

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Dip chips or other vegetables into a radish dip made with cream cheese! Add thinly sliced radishes to a salad. Enjoy oven-roasted radishes as a side dish. Munch on chicken salad made with apples and radishes in a sandwich. Snack on crispy, cinnamon sugar radish chips!



# LEARN

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Radishes have been cultivated for over 2,000 years. Radishes are a **vegetable** and are a part of the cabbage family. They are high in vitamin C and antioxidants that reduce the risk of many diseases. According to Guinness World Records, the heaviest radish ever grown weighed over 68 pounds!

