

[MARCH]

radishes



GROWING SEASON

Radishes grow from seed to eating plant in 25 days. They like a cool climate with planting and harvesting in the spring and fall. The longer they stay in the ground, the “hotter” they will taste.

FUN FACT

In Oaxaca in Mexico, December 23rd is known as “Noche de Rabanos”(Night of the Radishes). The festival features depictions of all kinds of subjects, all carved from radishes!

GOOD EATS

With high water content and lots of vitamin C as well as phosphorus and zinc, radishes are a nourishing food for your body. Use radishes as a topping to any dish or salad to add texture or heat. Yowza!

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